

Simple, Seasonal, & Magical Recipes

The Naturally Modern Witch's Kitchen

Autumn & Winter

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Kitchen Magic

NOURISHING



Kitchen Magic

Cooking becomes a sacred art for witches, not only a wizard in the kitchen but they craft their personal space with great intention and care. They are able to find Spirit in the dishwater and gratitude in the millionth load of laundry. Sweeping the floor free of dust can be a sacred act of cleansing unwanted energy. In the kitchen, a witch may not often dedicate a specific time and resources to ceremony, instead, they work intuitively to find the ritual and magic in everyday life.

Cooking can be regarded as a sacred art when all of life is performed as a ceremony. Don't get disconnected from your craft by losing kinship to the ingredients that are most special to you. If you feel the longing of juicy, ripe peaches in the middle of winter, and pray for warm comfort food in the summer then you may be unbalanced. Living in tune with what foods are in season during each time of year can help the witch restore sacred balance in life and home.

Practical Kitchen Magic

Food is an integral component of the human connection to nature. Our ancestors worked with nature's rhythms and cycles to plant and harvest crops and to gather wild food from forests or bodies of water. This dependence on seasonal eating and nature's clock kept a primordial connection with the elements alive. They knew the seasons well. They knew whether to farm early or late when it would rain depending on the smell in the air, or change in wind direction.

In each season, nature is producing plants like vegetables, fruits, nuts, and seeds as antidotes for what's happening in that environment. When it's hot in summer, nature makes sure we have plenty of cooling foods like watermelon and cucumbers. Likewise, we find nourishing and rich foods like pumpkins, nuts, and seeds as autumn arrives. When we eat with the seasons, our body gets the chance to balance and thrive in each season.

Nature knows how to balance herself. Our bodies too, know how to balance themselves. Unfortunately, the more we get disconnected from our wild selves, the harder it is for the body to synchronize. Eating in season within our local climate balances us and the planet by preventing foods from being transported from long distances.

if the body is not used to flowing with the seasons, it will take a bit of effort at first. But after tuning into nature we rewilded ourselves, our relationship to food, and the sacred elements.

Seasonal Food Correspondences

Spring - The Season of Air - Planting

The natural cleansing season in preparation for growing new life. Enjoy more leafy greens, bitter vegetables, astringent legumes, sprouts, dried fruit and pungent spices and herbs in your meals

Summer - The Season of Fire - Growing

This is the season in which nature provides carbohydrates for the energy needed to tend to our crops. Enjoy cooling foods like cucumber, tomato, and zucchini as a refreshing break from the long hot days. Sweet tasting fruits offer a satisfying treat.

Autumn - The Season of Water - Harvesting

The storing season when we're working hard to harvest and store food for the dark half of the year. Rich and filling starch-filled vegetables and grains are available which will hold us through winter. This helps our stamina during the harvest season; providing sustenance well into the cold months.

Winter - The Season of Earth - Resting

This is the season to go inward. Root vegetables and vine fruit like pumpkins can last deep in the earth or deep within a root cellar. These foods supply us with enough energy to plan for future crops. Other winter vegetables may not be as big and lush as their summer counterparts but are no less vital to our survival.

Elemental Food Correspondences

Get to know food on an elemental level.

Earth Foods

Perseverance, abundance, stability, strength.

- Herbs: Sage, Oregano, Cumin
- Flowers: Chamomile, Dandelion, Goldenrod
- Foods: Apples, Grains, Root Vegetables

Air Foods

Good judgement, communication, justice, and joy.

- Herbs: Anise, Peppermint, Wormwood
- Flowers: Lavender, Hibiscus, Pansy
- Foods: Sprouts, Poultry, Vine Vegetables

Fire Foods

Passion, transformation, creativity

- Herbs: Ginger, Cinnamon, Rosemary
- Flowers: Damiana, Agave, Marigold
- Foods: Peppers, Red Meats, Figs

Water Foods

Emotional connection, intuition, love

- Herbs: Poppies, Echinacea, Valerian
- Flowers: Hyacinth, Rose, Lotus
- Foods: Watery fruits, Jicama, Fish

Charge your ingredients

Select a recipe with ingredients that match your intention (p.81). Then it's time to direct that energy. Simply hold them in your hand, or hold your hand over the ingredients and concentrate on the energy that you want. Ask the ingredients to aid your intention. Here are a few other tips:

- Set up a kitchen altar.
- Eat with intention. Visualize the energy of the food transforming within you into your magical purpose.
- Make sure you're in a positive mood when working your culinary, magic.
- Use a dutch oven, crockpot, or big soup pot as a cauldron.

Seasonal Produce

Here's a glimpse of what foods might be available based on the season. This is by no means an extensive list as it will greatly depend on your region.

SPRING

Apples
Apricots
Asparagus
Avocados
Bananas
Broccoli
Cabbage
Carrots
Celery
Collard Greens
Garlic
Kale
Kiwifruit
Lemons
Lettuce
Limes
Mushrooms
Onions
Peas
Pineapples
Radishes
Rhubarb
Spinach
Strawberries
Swiss Chard
Turnips

SUMMER

Apples Tomatoes
Apricots Watermelon
Avocados Zucchini
Bananas
Beets
Bell Peppers
Blackberries
Blueberries
Cantaloupe
Carrots
Celery
Cherries
Corn
Cucumbers
Eggplant
Garlic
Green Beans
Honeydew Melon
Lemons
Lima Beans
Limes
Mangos
Okra
Peaches
Plums
Raspberries
Strawberries
Summer Squash
Tomatillos

Seasonal Produce

AUTUMN

WINTER

Apples
Beets
Bell Peppers
Broccoli
Brussels Sprouts
Cabbage
Carrots
Cauliflower
Celery
Collard Greens
Cranberries
Garlic
Ginger
Grapes
Green Beans
Kale
Kiwifruit
Lemons
Lettuce
Limes
Mangos
Mushrooms
Onions
Parsnips
Pears
Peas
Potatoes
Pumpkin
Radishes
Raspberries
Rutabagas

Spinach
Sweet Potatoes & Yams
Swiss Chard
Turnips
Winter Squash

Apples
Avocados
Beets
Brussels Sprouts
Cabbage
Carrots
Celery
Collard Greens
Grapefruit
Kale
Kiwifruit
Leeks
Lemons
Limes
Onions
Oranges
Parsnips
Pears
Potatoes
Pumpkin
Rutabagas
Sweet Potatoes
Swiss Chard
Turnips
Winter Squash
Yams

The Kitchen Garden



The Promise of the garden is "change." The earth's rhythm is marked by the revolving cycles in nature. Keeping even a small kitchen garden with just a few herbs can help you nurture your connection with your wild roots.

Here are a few simple herbs, each provides a remedy for the corresponding season.

Winter-Resting: Onion
Mid-Winter: Bay
Spring-Planting: Parsley
Mid-Spring: Violet
Summer-Growing: Chives
Mid-Summer: Lemon Verbena
Autumn-Harvest: Basil
Mid-Harvest: Sage

Inspired by The Herbcrafters Tarot.com

Kitchen Blessing

You'll need:

- Broom
- Salt
- Candle
- Mop and bucket or whatever you use to mop floors. Even a spray bottle and reusable swiffer rag will work.

Light the candle and hold your hands above just enough to feel the warmth but not as to burn yourself. This can also be done while the oven is on by placing your hands close enough to the outside of the oven to feel the warmth. Imagine you are drawing the fire energy from the candle or oven into your hands. Say: "With the power of fire, I use my will to inspire".

Next, sprinkle the salt on your floors. A little goes a long way, just a pinch here and there. As you do this, imagine the earth energy grounding your actions and intentions within this room. Say: "With the power of earth, I ground this hearth".

Grab the broom and begin to sweep up the salt east to west and say: "with the power of air, I curate this space with care".

Put the dustpan contents outside.

Begin to mop and say: "With the power of water clean and pure, I cleanse this space from ceiling to floor".

Just before leaving the room say one more blessing:

"I am a worker of magic, riding my broom.

I am a kitchen witch sending love to this room.

I exercise all bad.

Pots boiling over, bread hard as tack.

Unsavory dinners, coffee that's muddy and black.

On this day, I hereby decree

This is my will

Blessed be!

Autumn

THE SEASON OF HARVESTING

Water



COCONUT CREAMED CORN WITH GRAIN



INGREDIENTS

- 4 ears of corn, husked
- 1 tbsp olive oil
- 1/2 a jalapeño, diced
- 1 tbsp grated fresh ginger
- 2 garlic cloves, minced
- 1 scallion, thinly sliced, plus more for serving
- 1/4 tsp ground turmeric
- 1/4 tsp ground cardamom
- 1 cup cooked grains, such as couscous, freekeh, farro, or quinoa
- 1/2 cup unsweetened coconut milk, or other milk
- Salt
- 1 green onion, sliced
- Lime wedges (for serving)

MAKE

- Heat oil in a large skillet over medium until shimmering. Cook chile, ginger, garlic, and 1 sliced scallion, until softened and fragrant, 1–2 minutes.
- Add turmeric and cardamom and cook, stirring frequently about 30 seconds.
- Add corn and increase heat to medium-high. Cook, tossing occasionally, until corn is beginning to lightly brown.
- Add grains and cook about 2 minutes more.
- Add coconut milk and season with salt.
- Bring to a simmer and cook about 3 minutes, adding a splash of water if needed.

STIR FRY SQUASH AND SUNFLOWER SEEDS



I N G R E D I E N T S

- 2 cups corn
- 3 small zucchini
- 3 small summer squash
- 1 red bell pepper
- 1 jalapeno or anaheim pepper, finely chopped
- 2 tbsp oil for cooking
- 2 clove garlic, minced
- 1/2 tsp salt
- 1/2 tsp black pepper
- 1/4 cup sunflower seeds, shelled and un-salted

M A K E

- In a saute pan heat oil over medium high and add chili and garlic. Cook until fragrant.
- Add corn, zucchini, squash, red bell pepper, salt and pepper.
- Decrease heat to medium low and let cook, stirring occasionally until squash is fork tender.
- Add sunflower seeds and let simmer another 2 minutes.
- Serve hot topped with cornsilk spice

CARDAMOM PATTIES



INGREDIENTS

- 2 cups cooked brown rice
- 2 1/2 cups TVP crumbles
- 2 cups water hot
- 4-5 tbsp flour
- 2 tbsp olive oil
- 2 tbsp minced red onion
- 1/2 tablespoons chopped fresh parsley
- 1/2 tsp chili powder or to taste
- 1 1/2 tablespoons chopped fresh cilantro
- zest of one lemon
- 1/4 teaspoon cinnamon
- 3/4 tsp ground cardamom
- 3 cloves garlic grated
- 1 tsp liquid smoke
- 2 tbsp beets, grated
- 1 1/2 tsp salt
- pepper to taste
- 1/3 cup bread crumbs
- Sauce
 - 1/2 cup tahini
 - 1 clove garlic, minced
 - juice of one lemon
 - 1/4 tsp salt
 - about 1/4 cup warm water

Alternatively you can use the Beat Ball recipe on p. 46 and substitute the spices and seasonings if you want to avoid soy in the TVP (textured vegetable protein). For real meat balls or patties, you can omit the brown rice, TVP, and hot water and replace with 2 pounds ground meat.

CARDAMOM PATTIES

M A K E

- Preheat oven to 350 degrees F.
- Combine the TVP (soy crumbles) and hot water and allow to soak for 20 minutes or until most of the liquid is absorbed.
- Place all ingredients in a large bowl. Mix everything together using your fingertips until it's evenly distributed.
- Form 5 patties or 10 meat balls.
- Add some oil to a skillet and brown the meatballs on all sides for about 4 minutes. Add more oil as necessary.
- Place the patties/meatballs on a baking sheet and bake for about 12-15 minutes, or until cooked through.
- Meanwhile make the sauce by mixing the tahini garlic, lemon juice and salt, then adding enough water to make a thin sauce. Salt it to taste.
- Serve the meatballs hot from the oven, nestled in the sauce. Garnish with more pine nuts, herbs, atop rice, quinoa, or even orzo pasta.

APPLE HARVEST "CHICKEN" SALAD SANDWICH



I N G R E D I E N T S

- 2 cans of chickpeas
- 1 cup of walnuts or sunflower seeds
- 2 celery stalks , diced
- 3 tbsp red onion , minced
- 1/2 apple - chopped
- 1/3 cup dried cranberries
- 1/4 cup plain Greek yogurt or sour cream, more or less depending on personal preference
- 1/4 cup mayonnaise (p.76)
- 1 tsp dijon mustard
- 2 tsp fresh parsley, minced
- 1/2 cup pecans
- salt and pepper to taste

M A K E

- In a food processor, combine drained chickpeas and walnuts/sunflower seeds. Pulse a few times to chop and slightly combine.
- Put chickpea "chicken" in a large bowl and combine all other ingredients.
- Stir and adjust salt, pepper, mayo and greek yogurt/sour cream to your preference.
- Serve over a bed of greens or on your favorite crusty bread.

The chicken salad recipes are interchangeable. You can make either vegetarian or vegan and add any combination of ingredients that you have available.

GRAPE HARVEST CHICKEN SALAD SANDWICH



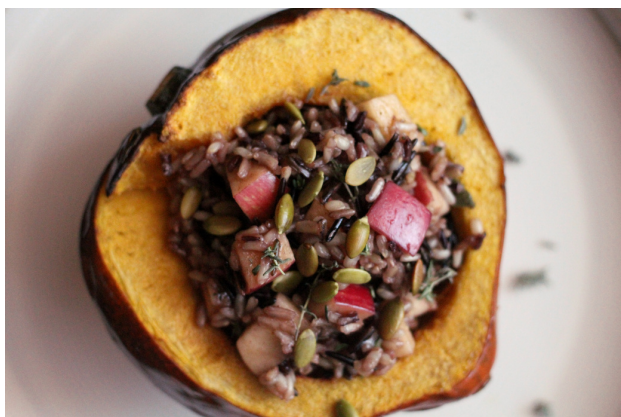
INGREDIENTS

- 4 lbs cooked chicken, shredded (use a whole roasted chicken and save the bones for broth)
- 1 cup grapes, halved
- 1 cup almonds thinly sliced
- 2 stalks celery, chopped
- 3 green onions, chopped
- 2 tbsp fresh dill, chopped or 1 tsp dried
- 1 tbsp parsley fresh, chopped
- 1 cup mayonnaise (p.76)
- Juice of 1 lemon
- 1 tbsp Dijon mustard
- salt and pepper to taste

MAKE

- Combine all ingredients a large bowl.
- Serve over a bed of greens or on your favorite crusty bread topped with lettuce and tomatoe.

WILD RICE STUFFED ACORN SQUASH



I N G R E D I E N T S

- 2 large acorn squash (any large squash will work)
- Olive oil
- 1 cup uncooked wild rice
- 1 1/2 cups broth
- 1 tbsp fresh thyme
- 1 tbsp fresh rosemary
- 1 tbsp fresh sage
- 1 apple, cored & chopped
- 1 tbsp maple syrup
- salt and pepper to taste

M A K E

- preheat oven to 180 degrees F.
- Bring broth to a boil, add rice and stir. Reduce heat to low and simmer, covered for 15 minutes.
- Meanwhile, slice squash in hal, scoop out seeds (roast them later) and place the squash halves open side up on a baking sheet. coat in olive oil and roast until fork tender, about 20 minutes.
- Once the rice is done, add it to a large bowl and combine the herbs, apple, maple syrup, salt and pepper. Mix well and fill squash with mixture. heat in the oven for 10 minutes. Garnish with pumpkin seeds.

SAVORY APPLE TART

INGREDIENTS

- 1 batch Perfect Pie Crust (p.17)
- 2 tbsp butter or olive oil
- 1 small yellow onion sliced into thin rings
- 1/2 cup greek yogurt or sour cream
- 1 teaspoon Dijon mustard
- 1 cup shredded smoky cheese like Gruyere cheese
- 1/2 cup sharp cheese like brie or cheddar
- 1/2 tablespoon fresh thyme leaves chopped, plus more for garnish
- 1 apple cored and thinly sliced
- Salt and pepper to taste



MAKE

- On a lightly floured surface, roll out the dough and press into tart pans, trimming off excess. Prick crust with a fork a few times around.
- Refrigerate until firm, about 30 minutes.
- Preheat oven to 375 degrees F. Bake for 20 minutes.
- Reduce the oven temperature to 350 degrees F.
- Meanwhile, make the filling: In a skillet over medium heat, add the oil and onions and cook until lightly browned and starting to caramelize, about 8 minutes. Remove from heat. In a small bowl, stir together the greek yogurt and mustard and spread evenly over the crust. Sprinkle with half of the cheese and the thyme.
- Arrange the apple slices and onions on top. Sprinkle with the remaining cheese and season with salt and pepper.
- Bake on the top oven rack until the pastry is golden and the cheese is melted, about 15 minutes.
- Let cool for 10 minutes, then garnish with thyme, cut into slices and serve.

PERFECT PIE CRUST

INGREDIENTS

- 2 cups AP flour (or gf flour mix)
- 1/2 cup oat flour (rice or all-purpose flour works)
- 1 teaspoon salt
- 1 cup cold coconut oil, cut into small pieces
- 2-4 tablespoons ice water

MAKE

- Pulse flour, salt, and sugar in a food processor (or by hand in a bowl). Add coconut oil and pulse (or use your fingertips) until mixture resembles coarse meal. Drizzle 2 tablespoons water over mixture. Pulse until mixture just begins to hold together.
- Gather dough into a ball, wrap in wax wrap, and chill for 30 minutes.

PUMPKIN & SAGE POLENTA



INGREDIENTS

- 1 1/2 cups water
 - 3 cups broth (p.57)
 - 6 tbsp butter (ghee or vegan is fine)
 - 9-10 oz polenta
 - 1 1/4 cup pumpkin purée p.74 (substitute with squash puree)
 - 1 tbsp chopped fresh sage
 - 1 tbsp salt
-
- 2 cups heavy cream (or combine 2/3 cup of plant milk with 1/3 cup of olive oil for dairy-free substitute)
 - 1/4 Parmesan (or nutritional yeast)
 - 1/2 tsp cinnamon
 - 1/2 tsp nutmeg
 - 1 tsp salt

MAKE

- In a pot, bring water, broth, and 3 tbsp of butter to a boil. Slowly whisk in polenta. Continuously stirring, cook for about 1 minute, or until polenta begins to thicken. Remove from heat. Stir in pumpkin, sage and salt.
- In a saucepan, warm heavy cream and remaining butter. Once butter has melted, stir in 1/4 cup pumpkin, parmesan, cinnamon, nutmeg and salt. Keep warm on a low simmer until ready to serve.
- Divide polenta into individual bowls and a generous drizzle of cream sauce.
- Top with roasted vegetables or sautéed mushrooms if desired. I love the roasted brussels sprouts and butternut squash recipe for topping.

PUMPKIN STUFFED SHELLS WITH ALFREDO



INGREDIENTS

- 20 jumbo shell pasta
- 4 tablespoons unsalted butter divided (ghee or vegan)
- 2 tablespoons fresh sage leaves
- 1 pound Italian sausage crumbled (Meatless is fine)
- 1/2 yellow onion diced
- 2 cloves garlic minced
- 15 ounces ricotta cheese*
- 1 cup pumpkin puree or extra ricotta (p.74)
- 1 1/2 cups heavy cream (see dairy-free option in polenta recipe p.18)
- 3/4 cup Parmesan cheese divided (vegan works)
- 1/8 teaspoon nutmeg
- 1 1/2 cups mozzarella cheese shredded (vegan works)

MAKE

- Cook pasta shells according to box directions.
- Melt 2 tablespoons butter in a large skillet over medium heat. Place the sage in the skillet and fry for 30-45 seconds on each side. Transfer fried sage to a towel to drain.
- Add, sausage, onion, and garlic to the skillet and cook until fragrant. Remove from heat and allow to cool.
- Preheat oven to 375 degrees F. Grease a casserole dish and set aside.
- Melt remaining butter in a saucepan over medium heat. Stir in pumpkin puree, heavy cream, 1/2 cup Parmesan cheese, and nutmeg. Stir continuously until combined about 3-4 minutes. Continue to simmer until sauce thickens slightly. Add a few tablespoons of pasta water if needed to thin if needed. Remove from heat.
- Spread 1/2 cup of the pumpkin alfredo sauce on the bottom of the casserole dish.
- Make Tofu Ricotta (p.20) by draining tofu block and combining ingredients in a food processor. Pulse until crumbly.

PUMPKIN STUFFED SHELLS WITH ALFREDO

MAKE

- In large bowl, combine the ricotta cheese and cooked sausage mixture. Crumble half of the fried sage into the mixture and stir well.
- Fill each pasta shell with heaping spoonfuls of the mixture, then set them open side up on top of the sauce in the casserole dish. Pour remaining sauce evenly over the shells.
- Sprinkle the mozzarella and remaining Parmesan over the shells. Bake for 20 minutes, until the cheese is melted and shells are warmed through. Turn the broiler on and broil on high for 2-3 minutes, until cheese begins to bubble and brown.
- Garnish with remaining fried sage and serve warm.

*Optional Tofu Ricotta

- 1 block of extra-firm tofu
- 1/4 cup nutritional yeast
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1 teaspoon kosher salt
- 1/2 teaspoon black pepper
- 1 1/2 tablespoons olive oil
- 1 medium lemon, juiced and zested
- 1/2 teaspoon crushed red pepper

CAULDRON BREAD



INGREDIENTS

- 3/4 cup Sourdough Starter (100% Hydration. (6 ounces) Unfed & Room Temperature
- 1 1/3 cup lukewarm water
- 3 cups unbleached all-purpose flour
- 1 tablespoon maple syrup or honey
- 1 1/2 teaspoons kosher salt

MAKE

- Feed your starter 12-24 hours before beginning.
- In a large stand-mixer bowl, mix together water, flour, syrup or honey, starter, and salt thoroughly with wooden spoon. Allow to rest for at least 15 minutes, and up to an hour.
- While dough is resting, lightly coat a medium-sized bowl with olive oil. The bowl needs to be big enough to allow the dough to double in size.
- Knead the dough for 10 minutes with a little water on the counter instead of flour since this is a sticky dough.
- Clean off the surface, lightly flour and knead the dough another 15 times and shape into ball.
- Put dough ball into the oiled bowl, smooth-side down first. Then flip it smooth-side up so that all sides of the dough are covered with oil.

CAULDRON BREAD

- Cover bowl and set in a warm place.
- Allow dough rise at least 6 hours, folding every 30 minutes for the first 2 hours. To fold, turn dough out onto a floured surface and pat down to remove most of the air bubbles. Fold up to down, then side to side. Return to bowl, smooth side up.
- Cover and proceed with the rising process. Re-oil the bowl with a tablespoon or two of oil the first two times you fold the dough.
- After the dough has risen for at least 6 hours form bread dough into a boule* and place it on a square of parchment paper.
- Place the dough, parchment and all, back into the bowl.
- Cover loosely with a damp towel and allow to rise for 1½- 3 hours, or until it has approximately doubled. If it is late in the day and your bread needs more time to rise, you can slow the process by allowing it to rise in the refrigerator overnight, and then baking it first thing in the morning.
- In the last 30 or 40 minutes of the last rise, move your oven rack to the bottom third of oven. Put an empty cast iron Dutch oven with lid in the cold oven. Preheat to 500 degrees F for 40 minutes.
- Remove the hot Dutch oven from the oven. Remove the lid from the Dutch oven and put the boule in by picking up the corners of the parchment and gently setting it in. Be very careful - the Dutch oven and lid are very hot! With a wet, serrated knife or lame, cut a couple of slashes on the top of the boule.
- Put the lid back on the Dutch oven. Put the Dutch oven back into the oven. Immediately reduce oven temperature to 450° [232°C], and bake for 13-14 minutes with the lid ON.
- Remove the lid and bake for another 13-14 minutes with the lid OFF. Using the parchment corners, carefully remove bread from the Dutch oven and place on a wire rack to cool for 30 minutes.
- DO NOT slice the bread until it has set for 30 minutes - this resting time is part of the baking process.

CORN BREAD



INGREDIENTS

- 1 1/3 cup all-purpose flour (may use a cup-for-cup gluten-free flour blend)
- 1 cup yellow cornmeal
- 2 tbsp baking powder
- 2 tsp salt
- 1 cup sour cream (vegan works)
- 3 eggs beaten (egg-free 2 teaspoons baking soda, 2 tablespoon vinegar)
- 1/2 cup honey (or 1 cup sugar)
- 1/2 cup melted butter or olive oil
- 16 oz. can creamed corn undrained

MAKE

- Mix all ingredients together and pour into greased 9x13 baking dish or cast iron skillet. Top with slivered almonds for special occasions.
- .Bake at 375 degrees F for 35 minutes or until lightly brown.
- Delicious when eaten with sauteed onions and apples.

STUFFING



INGREDIENTS

- 1 loaf sourdough bread, cubed (about 10 cups)
- 1 cup dried cranberries
- 1 medium apple, cored and chopped
- 24 oz sausage (meatless is fine)
- 1/2 cup shallots, finely diced
- 1/2 cup pecans or walnuts, chopped
- 1/2 cup fresh parsley, chopped
- 3 tablespoons fresh sage, finely chopped and divided
- 1 tablespoon fresh rosemary, finely chopped
- 1 teaspoon fresh thyme, chopped
- 1 cup chardonnay wine
- 4 tablespoons butter or oil
- 2 cups broth (p.57)
- 2 eggs, lightly beaten or flax eggs.

MAKE

- Preheat oven to 350 degrees F. Place cubed sourdough on 2 baking sheets. Bake 10-15 minutes, stirring bread occasionally until toasted. Place into extra large bowl, add cranberries and apples. Set aside.
- Grease 9x13-inch casserole dish. Set aside.
- In large skillet over medium heat, cook sausage. Add 1 1/2 tablespoons sage. Remove sausage and add it to bowl with bread cubes. Leave 2 tablespoons of sausage drippings in the pan and cook shallots until translucent; add pecans, herbs and remaining sage to skillet. Cook 2 minutes stirring frequently. Pour into bowl with bread cubes.
- Add wine to skillet and scrape browned bits from bottom of pan as it cooks. Add butter and broth. Bring to boil for 3 minutes, remove from heat and pour over bread cubes in bowl. Add eggs. Toss gently until combined and pour into prepared baking dishes.
- Cover with foil and bake 40 minutes. Remove foil and bake 15 minutes more.

ZESTY GRILLED CORN



INGREDIENTS

- 4 ears corn, shucked
- 3 Tbsp butter (vegan or refrigerated olive oil is fine)
- 1/2 tsp salt
- 1 tsp cajun seasoning
- 1 tsp paprika
- 1 1/2 tbsp mayo (p.76)
- 1 1/2 tbsp lime juice

MAKE

- In a mixing bowl, combine butter, salt, cajun seasoning, paprika, mayo, and lime juice.
- Apply this mix to the corn generously. Keep the leftover aside to apply later.
- Place each of the ears of corn on a heated grill or grill pan for some time till cooked well.
- Alternatively you can bring a large pot of water to a boil, and boil the corn until bright yellow. About 7 minutes.
- Apply remaining butter cajun mix to the corn ears and serve immediately.
- Use leftovers in a salad or bowl recipe.

SPICY LEMON GREEN BEANS

INGREDIENTS

- 1 Tbsp olive oil
- 1/4 tsp crushed red pepper
- 1 lb fresh green beans, trimmed
- 3 garlic cloves, minced
- 1 tsp lemon zest
- 1 tbsp lemon juice
- salt and pepper to taste



MAKE

- Heat oil over medium-high in a large skillet.
- Add pepper flakes and green beans. Toss to coat.
- Reduce heat to medium. Cook for 7 minutes, stirring every minute or two.
- Add the garlic, stir.
- Add lemon zest, juice, salt and pepper.
- If you have cherry tomatoes, this is a great step to add them. Let them cook just long enough for a few to pop open.
- Toss then serve.

ROASTED BRUSSEL SPROUTS AND BUTTERNUT SQUASH



INGREDIENTS

- 2 lbs of brussel sprouts
- Olive oil
- 1, 2lb or so butternut squash
- salt and pepper
- Balsamic vinegar

MAKE

- Preheat oven to 400 degrees fahrenheit.
- Trim brussel sprouts and cut in half. Toss with olive oil and sprinkle with salt and pepper. Place flat side down on a baking dish or sheet and drizzle with balsamic vinegar.
- Peel butternut squash with a potato peeler then cut into cubes. Toss with olive oil, salt and pepper. Add to a separate baking dish or sheet in a single layer.
- Roast both for about 15-25 minutes. They are ready when the squash is fork tender and the brussel sprouts are caramelized on the bottom. Flip brussel sprouts midway through if desired to caramelize both sides.

ONION & MUSHROOM CROSTINI



INGREDIENTS

- 5 tablespoons butter, divided (vegan or olive oil works)
- 1 medium yellow onion, thinly sliced
- 8 ounces shiitake mushrooms sliced
- 8 ounces brown mushrooms sliced
- 1 clove garlic, minced
- 1/4 cup red wine
- 2 teaspoons fresh thyme leaves
- 1/2 teaspoon kosher salt
- Black pepper
- 1 loaf baguette
- Optional swiss cheese and capers to top

MAKE

- Melt 4 tablespoons of the butter in a large skillet over medium heat. Add the sliced onion and mushrooms and cook for 5 minutes, stirring occasionally, until the onions and mushrooms become tender and golden. Off heat, add the Marsala wine and thyme leaves, place back on the burner and reduce the heat to a simmer. Cook for 5-7 minutes or until combined.
- Place the sliced bread on a lined baking sheet. Melt the remaining 1 tablespoon of butter and brush the bread slices and toast in the oven until lightly browned.
- To assemble, mound each of the toasts with equal amounts of the caramelized onion mushroom mixture. Sprinkle with more thyme leaves, top with swiss cheese and capers.

SOUTHWEST CAESAR SALAD



DRESSING

- 1/2 cup Greek yogurt or sour cream (vegan is fine)
- 1 Tbsp olive oil
- 2 Tbsp lemon juice
- 2 tsp Worcestershire sauce
- 1 clove of garlic
- 1/4 tsp chipotle seasoning
- 1 tsp dijon mustard
- 1/4 tsp salt
- 1/4 tsp black pepper
- 2 Tbsp water or milk

INGREDIENTS

- 1 small sweet potato, cubed
- 1 Tbsp olive or avocado oil
- 2 whole corn cobs
- 5 cups chopped fresh kale, lettuce, or favorite salad greens
- 1/2 medium red bell pepper, diced
- 1 cup cherry tomatoes, halved
- 1/2 cup chopped cilantro
- 1/2 cup diced red onion
- 1 avocado, cubed
- Jalapeño, diced

MAKE

- Preheat oven to 400 degrees F. Place sweet potatoes in a baking dish, drizzle with olive oil, salt and pepper. Roast in oven until fork tender.
- Meanwhile, combine dressing ingredients and set aside.
- Chop kale into bit sized pieces and toss with dressing. Top with remaining ingredients. Optional: Add crushed tortilla chips on top. A great way to use up broken chips.

HAZELNUTS APPLE, & CRANBERRY QUINOA SALAD



INGREDIENTS

- 1 cup quinoa, rinsed well
- 1 1/2 cups broth for quinoa (p.57)
- Olive oil
- 1 small onion, finely diced
- 2 stalks of celery, finely chopped
- 1 cup hazelnuts
- 1 bunch (about 5 to 6) green onions, chopped
- 1/2 cup dried cranberries, chopped
- 1 bunch flat leaf parsley, thoroughly rinsed and chopped
- 1 apple
- 1 large lemon, juiced

MAKE

- Preheat oven to 325 degrees F and toast hazelnuts for about 7 to 10 minutes. Let them cool completely, then peel skins off.
- Meanwhile, cook your quinoa boiling broth then add quinoa.
- Reduce heat to low, cover and let it cook for roughly 15 minutes.
- In a large bowl, combine quinoa and all ingredients. Toss with juice of 1 lemon and a generous drizzle of olive oil.
- Add salt and pepper to taste and toss once more. Serve hot or cold.

TURNIP, APPLE, CINNAMON SOUP



INGREDIENTS

- Olive oil
- 1 medium onion, peeled and chopped
- 2 cloves garlic, smashed
- 1 1/2 pounds turnips, peeled and diced
- 1/2 pound Granny Smith apples (2 or 3) peeled and diced, plus more for serving
- 2 tbsp brown sugar (or maple syrup)
- salt and pepper to taste
- 3/4 tsp cinnamon, plus more for serving
- 1/8 teaspoon cayenne pepper
- 3 fresh sage leaves (1/2 tsp dried)
- 4 cups broth or stock (p.57)

MAKE

- Heat the oil in a large pot over medium-high heat. Add the onion and garlic and saute until the onion is translucent, 4 to 5 minutes.
- Add the turnips, apples, sugar, salt, pepper, cinnamon, and cayenne and saute until fragrant, about 2 minutes. Add the stock and sage, bring to a boil. Reduce the heat, partially cover the pot, and simmer until the turnips and apples are fork-tender, about 20 minutes.
- Remove from the heat and puree the soup with an immersion blender (or in batches in a regular blender). Top with a drizzle of olive oil, some chopped apples, pumpkin seeds, and a sprinkle of cinnamon before serving.

TOMATO AND BASIL SOUP



INGREDIENTS

- 3 tbsp olive oil
- 1 medium onion, chopped
- 1 clove garlic, minced
- 2 (28 oz) cans whole tomatoes with juices or 4 lbs fresh tomatoes peeled.
- 1 1/2 cups broth (p.57)
- 12 leaves fresh basil, torn
- Salt & pepper to taste
- 4 tsp sugar to taste
- 1 tbsp flour
- 1 tbsp olive oil

MAKE

- Add 3 tbsp oil, and onion to a soup pot over medium-high heat.
- Sauté the onion for 5-7 minutes or until it's lightly browned. Stir in the garlic, followed by the tomatoes and chicken broth.
- Increase the heat to high and bring the soup to a boil. Reduce the heat and simmer, covered, with the lid slightly ajar. Cook about 8 minutes for canned tomatoes, or until soft enough to smooch with a spoon for fresh tomatoes.
- Blend the soup (I like to use an immersion blender) until it's smooth.
- Stir in the basil and season with salt & pepper as needed.
- Add sugar to taste to balance the acid/bitter taste,
- Heat 1 tbsp olive oil in a skillet, add flour, mix and let bubble. Add a ladle of soup to the skillet, whisk then add back into the pot.
- Tear basil and use the immersion blender one more time to mix it all together.

BREAKFAST CASSEROLE



INGREDIENTS

- 8-10 slices large of white sourdough bread cut into cubes (about 4 cups)
- 1 pound sausage crumbled and cooked (see meatless recipe with stuffed shells)
- 2 cups shredded sharp cheddar cheese(vegan works)
- 8 large eggs (mix 3 tablespoons of chickpea flour with 3 tablespoons of water for each egg, until thick and creamy)
- 2 1/4 cups milk (plant based works)
- 2 tsp dry mustard
- salt and pepper

MAKE

- Grease a 9x13 baking dish.
- Place bread in the prepared dish. and sprinkle the browned sausage over top.
- Sprinkle the freshly grated cheese over top the sausage.
- In a medium-size bowl, beat together the eggs, milk, dry mustard, salt and pepper.
- Pour the egg mixture over the cheese. Cover the casserole dish and refrigerate overnight or for at least 6 hours.
- Preheat the oven to 350 degrees F.
- Bake the casserole, covered with foil, for 30 minutes. Uncover and bake for an additional 15-20 minutes or until the middle of the casserole is puffed and set.
- Cut into squares and serve warm.

6 SPICE BLUEBERRY MUFFINS



INGREDIENTS

- 1 3/4 cup all-purpose flour
- 1 tsp baking soda
- 2 tsp ground cinnamon
- 1/2 tsp ground cardamom
- 1/4 tsp ground allspice
- 1/4 tsp ground nutmeg
- 1/8 teaspoon ground cloves
- 1/4 teaspoons ground ginger
- 1/2 tsp salt
- 1/2 cup melted butter or coconut oil
- 1/2 cup sugar or honey
- 1/2 cup packed dark brown sugar
- 1 cup milk or water
- 2 large eggs or flax eggs

Nutmeg for protection
Allspice to repel negativity
A pinch of salt for deflection
Ginger for prosperity
Cardamom for love
Cinnamon for money
Cloves for strength
and a bit of honey

Crumble topping:

- 3/4 cup all-purpose flour
- 1/4 cup granulated sugar
- 1/4 cup packed dark brown sugar
- 1 tsp cinnamon
- 6 tbsp unsalted butter or olive oil

MAKE

- Preheat oven to 425 degrees F.
- Line cupcake tin with liners.
- In a large bowl, whisk the flour, baking soda, spices, and salt together until combined. Set aside.
- In a medium bowl, whisk the oil, sugar, brown sugar, milk, eggs together until combined.
- Pour the wet ingredients into the dry ingredients, then fold everything together.
- Spoon the batter into liners.
- Make the crumb topping: Whisk together until combined.
- Stir in the melted butter until crumbs form. Spoon crumbs evenly on top of the batter and gently press them down into the batter so they're snug.
- Bake for 5 minutes at 425 then, keeping the muffins in the oven, reduce the oven temperature to 350 degrees F. Bake until the center is done.

CULTURED PLUM CAKE



INGREDIENTS

- 1 cup pitted, chopped plums (try it with other fruits as well)
- 1 tbsp flour
- 1/2 cup butter (vegan or cold coconut oil works)
- 1 cup white sugar
- 1/2 tsp vanilla extract
- 1/2 tsp almond or orange extract (or double the vanilla)
- 2 large eggs (or flax egg)
- 1 1/2 cups flour
- 1/2 tsp salt
- 1/4 tsp baking soda
- 1/3 cup greek yogurt, sour cream, or vegan yogurt
- 1/4 cup brown sugar

MAKE

- Preheat oven to 350 degrees F. Grease a 9x5-inch loaf pan with cooking spray, or line with parchment paper.
- Sprinkle chopped plums with 1 tablespoon of flour in a bowl, and toss to coat. Set aside. In a large bowl, beat the butter, white sugar, and flavor extracts with an electric mixer until light and fluffy. Beat in the eggs.
- In another bowl, sift together 1 1/2 cup of flour with salt and baking soda. Stir the dry ingredients into the egg mixture, alternating with yogurt until the mixture forms a smooth batter. Fold in plums and pour the batter into the prepared loaf pan. Sprinkle the top of the batter with brown sugar.
- Bake until a fork inserted into the center of the loaf comes out clean, 45 to 50 minutes.

PECAN PIE



INGREDIENTS

- 1 perfect pie crust (p.17)
- 1 1/2 cups brown sugar*
- 1/2 cup white sugar*
- 3/4 cup (1 1/2 sticks) butter, melted and browned (optional) or coconut oil
- 3 large eggs or 9 tbsp aquafaba
- 1 1/2 tablespoons all-purpose flour
- 1/2 teaspoon salt
- 1/2 teaspoon cinnamon
- 1 1/2 tablespoons heavy cream (see dairy-free option in polenta recipe)
- 2 teaspoons vanilla extract
- 2 cups pecans, plus extra for garnish

MAKE

- Preheat oven to 375 degrees F and roll out pie crust to a 12 or 13-inch circle, big enough to fit a springform pan or tart or pie dish.
- Gently place dough in pan, pressing into the bottom and sides of pan and trimming excess.
- In a large bowl, beat eggs until foamy and fluffy, then beat in browned butter. Once combined, beat in brown and white sugar until sugar granules are dissolved.
- Sprinkle in flour, cinnamon and salt, then stir in heavy cream and vanilla extract. Once fully incorporated, fold in pecans, then pour mixture into pie crust.
- Place pie pan in oven and bake for 40-50 minutes, or until center is just set and no longer jiggly. Remove from oven and let cool completely before serving.

*Optional Skip the brown and white sugar and substitute with 3 cups of soaked and pureed dates.

SWEET POTATO SOUFFLÉ

MAKE



INGREDIENTS

- 1 tbsp butter or coconut oil, plus more for soufflé dish
 - Sugar, for soufflé dish
 - 2 tablespoons all-purpose flour
 - 1/2 cup whole milk (or plant-based)
 - 1 cup mashed sweet potatoes
 - 3 large eggs, separated, and at room temperature (or 6 tbsp aquafaba)
 - 1/4 cup maple syrup (for more sweetness, use up to 1/3 cup)
 - 1/4 tsp ground nutmeg)
 - Pinch of cream of tartar
 - Confectioners' sugar, for dusting
- Preheat oven to 350 degrees F. Wrap a large sweet potato in foil and place in oven while it's preheating to bake until softened, about 40 minutes to 1 hour. Let cool and then remove the flesh and mash with a fork.
 - Prepare soufflé dish(es) aka ramekins by buttering then dusting with sugar, tapping out the excess.
 - In a medium saucepan, melt butter over medium heat. Add flour and cook, whisking, until golden, about 2 minutes.
 - Gradually add milk, whisking constantly, until thickened, about 1 minute.
 - Remove from the heat. Stir in the mashed sweet potatoes and egg yolks, followed by the maple syrup and nutmeg. Set nearby.
 - Whip egg whites (or aquafaba) with a pinch of cream of tartar until it reaches stiff peaks.
 - Whisk 1/4 of the egg whites into the sweet potato mixture, then gently fold in the remaining whites using a rubber spatula.
 - Pour mixture into the prepared soufflé dishes, filling nearly to the top and smoothing the surface. Place onto a baking sheet and bake until puffed (and just slightly jiggle when moved), about 35-45 minutes.

PUMPKIN CHEESECAKE DIP



I N G R E D I E N T S

- 1 can pure pumpkin
- 1 1/2 cups powdered sugar
- 1 8 oz cream cheese softened (or 1/2 can coconut cream cold)
- 1/2 teaspoon pumpkin pie spice
- Graham cracker crumbs (use up those little broken bits)
- Dipable things like pretzels, apples, graham crackers, etc.

M A K E

- Beat cream cheese with electric mixer until creamy.
- Mix in powdered sugar, pumpkin, pumpkin pie spice.
- If you need to double this recipe, fold in 1-2 cups whipped cream.
- Refrigerate until ready to serve. Then top with graham cracker crumbs.

If you're feeling festive, try serving it inside a pumpkin. Turn a bowl upside down and trace. Cut the pumpkin and scoop out contents.

Save pumpkin seeds for roasting. Use a vegetable peeler to shave the top of the pumpkin down until your bowl will fit snugly inside the pumpkin. This also makes a great frosting if you add a little more powdered sugar to thicken it.

CORN COB JELLY



I N G R E D I E N T S

- 12 large corn cobs
- 4 cups water
- 1 package (1-3/4 ounces) powdered fruit pectin or low sugar pectin if using honey
- 4 cups sugar or honey
- Pinch of turmeric for color

M A K E

- In a stockpot, place corn cobs and water and bring to a boil. Cook, uncovered, 10 minutes.
- Compost cobs; strain liquid through cheesecloth. Liquid should measure 3 cups. Add additional water if necessary.
- Return to stockpot and stir in pectin. Bring to a full rolling boil. Add sugar and bring back to a boil.
- Skim foam and add a pinch of turmeric.
- Transfer to covered jars; refrigerate up to 2 weeks or process for 10 minutes for longer pantry storage.

CORN SILK SPICE



INGREDIENTS

- 2-3 cups of corn silks

MAKE

- Start by cutting off the brown sticky tops from each of your bundle or cornsilk
- Lay each of them gently in your dehydrator trays, spreading them out so they get dehydrated evenly. Or, in the sun on a cookie sheet
- When dry, transfer your dried bundles to the bucket of your food processor or electric coffee grinder and process down as fine as possible.
- Pour into a glass jar, label the lid, and seal. Your spice should last indefinitely.
- Sprinkle it on top any dish to add a slight nutty flavor, drink it as a tea to aid the kidneys, or use it in a bath to soothe the skin.

FRUITS OF THE VINE DIP



INGREDIENTS

- 2 large eggplants (or 6 small asian eggplants, or zucchini/summer squash)
 - Olive oil
 - Salt + pepper
 - 2 Tbsp lemon juice
 - 1/2 tsp salt
 - 1/2 tsp black pepper
 - 2 Tbsp olive oil
-
- 1/3 cup tahini or 1 tbsp nut/seed butter
 - 2 tbsp greek yogurt, sour cream, vegan yogurt (or use homemade yogurt that didn't set)
 - 2 cloves garlic, minced
 - 1 tbsp fresh parsley to garnish

MAKE

- Preheat oven to 425 degrees F.
- Slice each eggplant in half horizontally along the y-axis. Use a sharp knife to slice shallow slits in the flesh and generously sprinkle with salt. Allow the eggplant to rest for approximately 10-15 minutes. Transfer eggplant halves to the prepared baking sheet, flesh-side-down. Drizzle with olive oil and sprinkle with salt and pepper.
- Transfer baking sheet to the oven and roast for 30-40 minutes or until softened and the skin of the eggplant is shriveled. Remove baking sheet from the oven. Let cool 15 minutes.
- Carefully peel away the skin from the eggplant flesh and transfer the flesh to the bowl of a large food processor. Add the lemon juice, salt, pepper, olive oil, tahini, and garlic. Process until smooth and creamy. Season with additional salt, pepper, and tahini, to taste.

LAMMAS WOOL



INGREDIENTS

- 4 large apples
- Honey or maple syrup
- Ground nutmeg or cinnamon
- 4 pints (9 1/2 cups) ale, wine, or apple cider

MAKE

- Core the apples (save in freezer for making apple cider vinegar another time)
- Place apples upright in a deep baking dish or cauldron.
- Fill the cored centers with honey.
- Sprinkle with nutmeg and bake in the oven at 350 degrees F for 40 minutes. Remove from oven and pour ale, wine or cider over.
- Heat on the stove for a few minutes, spooning the liquid over apples.
- Strain off liquid and serve warm or chilled.
- The apples can be served as dessert.

MATCHA OAT SMOOTHIE



I N G R E D I E N T S

- 1 1/2 cups any type of milk
- 1/2 extra ripe banana, frozen
- 3 dates, soaked in warm water at least 30 min.
- 1tsp Matcha
- 1/4 cup old fashioned oats
- 1 tsp flaxseed
- 1/2 tsp vanilla

M A K E

- In a blender, combine all ingredients. Pour the dates plus soaking liquid in and blend until smooth.
- Freeze any leftovers in popsicle molds or ice cube trays.

CARDAMOM, BASIL APPLE CIDER/JUICE

INGREDIENTS

- 10 apples
- 3 cardamom pods
- 1 bunch of basil
- Juicer

MAKE

- Chop apples and add them to your juicer. In between apples, alternate basil and cardamom pods until all is juiced. keeps in the fridge for 2-3 days if it lasts that long. Serve hot or cold.
- Alternatively you can infuse store bought apple cider or juice with torn basil leaves and crushed cardamom pods for 3 hours.



JUICE OR CIDER?

That really depends on who you ask. Outside of the U.S. most people call cider an alcoholic fermented beverage. Within the U.S., cider is typically described as the raw, unfiltered, unsweetened, and unpasteurized cold pressed juice from an apple. It can ferment if left long enough. While juice is commonly referred to as the pasteurized and often sweetened or concentrated filtered juice. Of course, it can all come down to marketing. Some companies call their unfiltered unpasteurized juice cider.

Cider can be served hot or cold. Mulled (or spiced) cider is cider warmed with mulling spices which can be served hot or cooled. And, hard cider in the U.S. is either fermented cider or cider with alcohol added.

Winter



THE SEASON OF RESTING

Earth



PUMPKIN PASTA



INGREDIENTS

- 1 lb penne pasta
- 2 cups mushrooms
- 2 tbsp fresh chopped parsley
- 2 garlic cloves, minced
- 15 oz pumpkin puree (p.74)
- 1 cup of milk (1 can of full fat coconut milk is great)
- 3/4 tsp paprika
- 1 tbsp nutritional yeast
- 1/8 tsp onion powder
- 3/4 tsp salt
- Fresh sage leaves

MAKE

- Cook pasta according to package directions. While cooking, heat oil in a pan over medium heat. Once warm, add the mushrooms in a single layer and don't move them for at least 7 minutes.
- After 7-10 minutes flip them and repeat. Remove from pan and sprinkle fresh parsley
- Add more oil and saute garlic until fragrant.
- Reduce heat to low and add pumpkin puree and milk. Whisk together and add paprika, nutritional yeast, onion powder, and salt.
- If it's too thin let it simmer for a few more minutes.
- Toss pasta and sauce together and top with mushrooms and fresh sage leaves.

ROASTED BEET BALLS & HERB TAHINI

BEET BALL INGREDIENTS

- 2 cups cooked lentils
- 1/4 cup quick oats or cooked rice
- 1 1/2 cups shredded raw beets
- 1/2 medium onion, chopped
- 1 teaspoon turmeric
- 1 teaspoon cumin
- 2 cloves minced garlic
- 1 teaspoon dijon mustard
- 2 tablespoons fresh parsley
- 1/2 teaspoon salt
- Freshly ground black pepper
- 1 egg (flax or chia egg will work)
- 1 tablespoon flour or bread crumbs
- Herb tahini (p.72)

For real meatballs, omit the lentils, oats/rice, and add 1 lb ground beef and 1 lb ground pork.



M A K E

- Preheat oven to 350 degrees F.
- In a large bowl, combine the beet ball ingredients. Mix with your hands until they stick enough to form a ball.
- Roll golf ball-sized balls onto baking sheet. Bake for 18-23 minutes or until fully cooked.
- Combine tahini ingredients in a food processor until smooth. Top beet balls when serving.

CHOCOLATE PUMPKIN CHILI



INGREDIENTS

- 1 medium onion, diced
- 4 garlic cloves, minced
- 2 tbsp ground cumin
- 2 tbsp chili powder
- 1 tsp smoked paprika
- 1/2 tsp ground cinnamon
- 1/4 tsp ground cloves
- 1/2 tsp cocoa powder

- 1 cup broth (p.57)
- 3/4 cup dried brown lentils
- 1 large sweet potato, diced or 2 cups
- diced fresh pumpkin
- 1 (14 ounce) can black beans, drained and rinsed
- 1 (14 ounce) can kidney beans
- 1 (14 ounce) can cattle beans or other white bean
- 1 (14 ounce) can diced tomatoes
- 1/2 cup pumpkin puree (p.74)
- 1/2 cup apple cider or pumpkin ale
- Water, as needed
- Salt and pepper to taste

MAKE

- In a large pot, sauté the onions and garlic until softened.
- Add in the spices and stir until all the veggies are coated in the spices. Continue stirring and cooking the spices and cocoa powder for a few minutes.
- Add in the canned chopped tomatoes, beans, and pumpkin puree, sweet potatoes, and, broth. Stir to combine.
- Bring the chili to a boil and then reduce the heat to a simmer. Allow the chili to simmer for 10-20 minutes.
- Towards the end of the cooking process, taste and add more salt and spices to your liking. Once all the flavors have melded together and the chili is warmed through, serve it topped with your favorite garnishes and some corn bread if desired.

BLUE CHEESE AND WALNUT STUFFED MUSHROOMS



I N G R E D I E N T S

- 24 large fresh mushrooms, about 2 inches in diameter
- 1/2 cup seasoned fine bread crumbs
- 1/3 cup grated Parmesan cheese
- 1/3 cup sour cream
- 2 cloves garlic, minced
- 2 tbsp fresh Italian parsley, minced
- Salt and pepper to taste
- 1/2 cup crumbled blue cheese
- 1/4 cup chopped toasted walnuts

M A K E

- Preheat oven to 425 degrees F.
- Clean mushrooms. Remove stems from mushrooms and save for making broth another time.
- Place mushroom caps, stem sides up, in a 15x10x1-inch baking pan.
- In a small bowl stir together bread crumbs, Parmesan cheese, sour cream, garlic, parsley, blue cheese, walnuts, salt, and pepper.
- Spoon mixture into mushroom caps.
- Bake, uncovered for 17 to 20 minutes or until light brown and heated through.

ROASTED VEGGIE BOWLS WITH STUFFING AND GRAVY

INGREDIENTS

- Roasted Veggies from p. 27, 52, 56
- mashed potatoes and gravy (p.54)
- Stuffing (p.24)
- Cranberry sauce (p.75)



MAKE

- Assemble all ingredients in a bowl and top with gravy and cranberry sauce.
- This is a great way to use up leftovers from a holiday meal.

MUSHROOM PASTA

INGREDIENTS

- 1 package of penne pasta
- 3 tbsp olive oil
- 3 cloves garlic, minced
- 14 oz mushrooms, sliced
- 1/2 cup stock or broth (p.57)
- salt and pepper to taste
- 1 tsp dried Italian seasoning or 3
tbsp fresh herbs
- 1/2 cup parmesan cheese
shavings
- 1 tsp red chili pepper flakes



MAKE

- Cook the pasta in salted water until al dente, according to the package instructions.
- Heat 2 tablespoons olive oil in a large skillet. Add the mushrooms and sauté for about 3 minutes until lightly browned.
- Add the chopped garlic and cook for about 30 seconds longer. Then deglaze with a bit of vegetable broth. Reduce the heat and cook for about 1-2 minutes longer.
- Once the pasta is ready, pour off the cooking water and add to mushroom, toss to combine. Add parmesan and Italian seasoning and give a quick stir. Serve with red chili pepper flakes and more parmesan, if you like.

APPLE CHIPS



I N G R E D I E N T S

- Apples
- Cinnamon

M A K E

- Pre-heat oven to 220 degrees F.
- Slice apples into thin rounds using a sharp knife or mandolin slicer.
- Place the slices in a bowl and sprinkle with cinnamon. Use your hands to mix so that each apple slice is coated.
- Place the apple slices in a single layer on a silicone mat or parchment paper-lined baking sheet.
- Bake for 1 hour then remove from the oven and flip. Bake for another hour then turn the oven off and leave them in the oven until completely cooled.
- Store in an air-tight container for up to 1 week.

ROASTED TURNIPS & POTATOES

INGREDIENTS

- 6 Red potatoes (or about 2 lbs)
- Roughly 2 large turnips
- 1/2 a large onion roughly chopped
- Italian seasoning (or any herbs)
- salt and pepper
- olive oil



MAKE

- Preheat oven to 350 degrees F.
- Quarter potatoes and turnips, cutting them into bite sized pieces.
- Toss everything together in a large bowl to coat.
- Spread onto a baking sheet. This is great as a sheet pan dish when made with the beet balls.
- Roast in the oven for 15-18 minutes or until fork tender. You may want to stir them a little bit halfway through.

SAUTEED GREENS WITH MAPLE SYRUP

INGREDIENTS

- About 6 cups greens. I like any combination of turnip, greens, spinach, kale, dandelion, chard, nettle, mustard greens, chicory greens, broccoli greens.
- 1 tbsp fresh grated ginger
- Olive oil, butter, avocado oil etc. for sauteing.
- 2 tbsp maple syrup
- 2 tbsp rice wine vinegar or ACV
- 4 tbsp olive or avocado oil
- 1 clove garlic, minced
- salt and pepper
- Nuts or seeds for topping
- Broccoli blossoms for garnish



MAKE

- In a large skillet, over medium heat, add oil, and half the greens.
- Add half of the ginger, toss, and saute greens until wilted and tender. About 10 minutes. repeat with the second half.
- Meanwhile, mix maple syrup, vinegar, oil, garlic, salt, and pepper.
- Serve greens while warm. Top with nuts or seeds, flowers, and a drizzle of maple syrup mixture.

MASHED POTATOES WITH MUSHROOM GRAVY



INGREDIENTS

Mushroom gravy

- 1-2 cups chopped mushrooms
- 1 cup broth or roast drippings
- 1 tbsp oil or butter
- 1 tbsp flour
- Fresh thyme
- A few drops worcestershire sauce (optional)
- Salt and pepper to taste

Instant Pot Mashed Potatoes

- 3 pounds potatoes 6 medium, peeled and sliced
- Water to cover potatoes-about 3-4 cups
- 2 tsp salt
- 1/4 Cup butter (vegan or olive oil works)
- 1/4 Cup sour cream or greek yogurt (vegan works but skip coconut flavors)
- 1/4 Cup milk (plant based works)
- 1/2 Tsp garlic powder
- Salt and pepper to taste

MAKE

- Add potatoes and 3 -4 cups warm water to the bottom of an Instant Pot or electric pressure cooker. Stir in salt. Cook on manual high pressure for 8 minutes. Cover valve with a towel and release pressure. You can also boil the potatoes on the stove until fork tender.
- While the potatoes are cooking, make the gravy. Heat 1 tbsp of oil or butter in a pan. Once melted add 1 tbsp of flour and whisk to combine. Let it bubble for a minute but not burn. Add broth, worcestershire, and mushrooms, whisk and let simmer until thick and creamy. Sprinkle in fresh thyme and add salt and pepper to taste.
- Drain the potatoes, let water cool, and use to water your plants or thicken soups in the future.
- Add potatoes back into the pot, add sour cream, butter, milk, garlic powder, salt and pepper. Mash together.
- Top mashed potatoes with gravy and fresh thyme, parsley, or chives.

CREAMED TURNIPS & GREENS

INGREDIENTS

- 1 pound turnips, cut into wedges
- 4 cups turnip greens or other green, chopped
- 2 cloves garlic
- 1/2 cup broth (p.57)
- Zest of half a lemon
- Juice of half a lemon
- 1/2 teaspoon salt, divided
- 2 tablespoons flour or arrowroot powder
- 1 1/2 cups milk (any type)
- 1/2 teaspoon ground nutmeg
- Pepper to taste

MAKE

- Heat garlic and oil in a large skillet until fragrant.
- Add turnips, broth, lemon juice and salt. Cover and bring to a boil. Reduce heat to a simmer and cook until almost tender, about 10 minutes.
- Add greens and cook uncovered, stirring occasionally, until reduced and turnips are very tender, 10 to 15 minutes.



- Add a splash of water if needed to keep the greens from sticking if the turnips are not done.
- Sprinkle everything with flour, increase heat to medium and cook, stirring, for 30 seconds.
- Add milk, nutmeg, pepper and a splash of white wine if you have it. Cook, stirring, until the sauce is thick enough to coat the back of a spoon.
- Top with lemon zest.

ROASTED BEETS AND GRAPEFRUIT



I N G R E D I E N T S

- 3-4 large beets
- 2 large grapefruits
- green onion
- Thyme
- Olive oil
- Honey optional

M A K E

- Preheat oven to 375 degrees F.
- Thinly slice the white part of the green onion. Half or quarter beets. Toss beets with olive oil, thyme and white parts of green onion then add to a baking dish.
- Roast in the oven for 10 minutes.
- Meanwhile, cut one half of a grapefruit into slices. Using a very sharp knife turn the half flat side down and cut the skin and pith off. The slice each segment into wedges. Repeat with the second grapefruit except this time, cut just the top off instead of in half.
- Remove baking dish from oven and toss in grapefruit slices and green parts of green onion. Roast for another 5-10 minutes, just until the green onion is wilted and grapefruit slices are heated.

Remove and toss in grapefruit wedges. Drizzle with honey and serve.

BONE OR VEGGIE STOCK

INGREDIENTS

- 4 carrots roughly chopped
- 4 celery ribs roughly chopped
- 1 bell pepper (or two bell pepper tops) roughly chopped
- 1 whole head of garlic cut in half
- 1 yellow onion cut in half with skin still attached
- Optional beef or chicken bones.
- 1 bay leaf
- 2 sprigs of thyme
- 3 sprigs of rosemary
- salt and pepper to taste



Veggie scraps can be used in place of whole veggies.

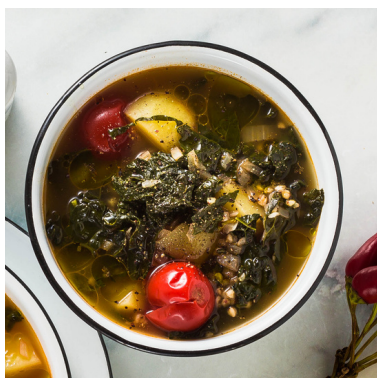
MAKE

- preheat oven to 400 degrees F. Place all ingredients on a baking sheet in a single layer. Roast for 20 minutes.
- Add ingredients into a large pot or crockpot and cover with water. Simmer on medium low heat for 4 hours or overnight. Alternatively you can add ingredients to an Instant pot and set to "manual" high pressure for 120 minutes.
- Let cool, strain solids, and add 1 tbsp apple cider vinegar if you choose to.
- Store in jars in the fridge for up to 1 week or freeze.
- Skip the roasting step to simply make broth.

POTATO AND GREENS SOUP

INGREDIENTS

- 1 1/2 cups turnip greens, kale, spring greens, or Swiss chard, washed and chopped
- 2 tbsp olive oil
- 2 leeks or medium onions, chopped
- 5 cloves garlic, minced
- 2 bay leaves
- 2 tsp dried oregano (or two sprigs)
- 1 tsp dried thyme (or a good sprig)
- a good grating of nutmeg (about 1/8 tsp)
- 1 tsp smoked paprika (up to 2 tsp if you like)
- 3 tbsp cider vinegar
- 2 1/2 cups potatoes (or turnips), scrubbed and quartered
- 6 cups stock or broth (p.57)
- 1 can (15 oz) white beans
- Salt and pepper to taste



MAKE

- Heat the oil gently in a soup pot. Sauté the leeks/onions, garlic, bay leaves, herbs, nutmeg and smoked paprika, until the onion and is soft. Pour in the vinegar, followed by the chopped greens, turnip/potatoes. Let this cook in the vinegar for a couple of minutes before adding the stock.
- Bring to a boil and then simmer, covered, until the potatoes are tender.
- Season to taste with white pepper and salt then, if you like, lightly mash the soup with a potato masher so that some of the beans and potatoes are smooched into the soup to make it creamy. Top with roasted pepper or tomato if you have it.

PUMPKIN SOUP

INGREDIENTS

- 2 tbsp olive oil
- 1 medium yellow onion, very finely chopped
- 3 cloves garlic, minced
- 1 (15-ounce) can pumpkin purée (about 2 cups)
- 2 tbsp fresh thyme leaves, plus more for serving
- 1/2 tsp ground cumin
- salt and pepper to taste
- 1/8 tsp ground ginger
- 1/8 tsp cayenne pepper
- 2 cups broth or stock (p.57)
- 2 tbsp maple syrup
- 2 tbsp heavy cream
- Toasted pumpkin seeds and flaky salt for serving



MAKE

- Heat the olive oil in a medium saucepan over medium heat until shimmering. Add the onion and garlic and cook until fragrant, 3 to 4 minutes.
- Add the pumpkin purée, thyme, salt, cumin, black pepper, ginger, and cayenne pepper. Cook over medium-low until steaming and fragrant, about 5 minutes.
- Add the broth/stock and cook for 3 to 4 minutes, stirring constantly until it begins to bubble.
- Remove from heat and stir in the maple syrup and heavy cream. use an immersion blender for creamier soup if you like.
- Serve warm, garnished with the pumpkin seeds, flaky salt, fresh thyme leaves, and more black pepper.

FRENCH ONION SOUP

INGREDIENTS

- 2 large red onions
- 5 tbsp butter (divided)
- 1 tsp. fresh thyme
- 1/3 cup port wine, sherry, or red wine
- 6 cups beef broth (p.57)
- 1 baguette - stale or toasted till no longer soft
- 1 pound gruyere cheese or provolone cheese
- salt and pepper to taste
- 1 tbsp flour



MAKE

- Slice 6 pieces of bread about 1 inch thick (in slices or cubes) and toast them at 250 degrees F for 15-20 minutes.
- Grate 1 pound cheese and chop 2 large red onions into chunky pieces.
- Add 4 tbsp of butter to a large pot and melt. Add your chopped onions. Cook until soft and slightly browned, about 15 minutes, stirring occasionally. Add 1 tsp. of thyme and sprinkle with pepper. Mix with onions for 1 minute.
- Pour port, wine or sherry into the onions and stir. Allow to reduce and caramelize for 5 minutes.
- Once bread is done toasting, remove them and raise oven temperature to 450 degrees F.
- Pour beef broth into the onions. Turn heat to high and simmer for 10-15 minutes. Salt to taste.
- Create a roux by melting 1 tbsp butter in a skillet then sprinkle in 1 tbsp flour. Let bubble then ladle 1 cup of soup into skillet. Mix to combine and add back into the whole pot of soup.
- Place 6 oven safe bowls like ramekins on a baking sheet. Pour soup into bowls. Add toasts to each bowl and a nice big sprinkle of cheese. Place carefully in the oven for 10 minutes, or until cheese is crispy around the edges.
- Remove from oven carefully and serve.

POMEGRANATE KALE SALAD WITH FOUR THIEVES VINEGAR



INGREDIENTS

- 4 cups torn kale leaves, stems removed
- 1 tbsp oil (hemp, flax, avocado, or olive oil)
- 1 radish, thinly sliced
- 1 celery stalk, chopped
- 1 english cucumber, chopped
- 1/3 cup red onion, chopped
- Handful pomegranate seeds
- 1-2 tbsp seeds like pumpkin, hemp, or sesame
- Four Thieves Vinegar (p.73)

MAKE

- Toss the kale with oil in a large bowl. Let it set while you prepare the rest of the food. This is great make ahead or to go salad as the kale gets better when the dressing or oil sits.
- Chopp other veggies and toss with kale and pomegranate seeds. Top with Four Thieves Vinegar (below) or lemon juice, toss, then sprinkle with seeds.

CRANBERRY ALMOND GRANOLA



INGREDIENTS

- 2 and 1/2 cups old-fashioned rolled oats
- 1 cup whole almonds or other nut such as walnuts or pecans
- 2/3 cup dried cranberries
- 1 tsp ground cinnamon
- A of pinch salt
- 1/2 cup pure maple syrup
- 1/4 cup melted coconut oil
- 1 tsp vanilla extract

MAKE

- Preheat oven to 300 degrees F.
- Line a large baking sheet with parchment paper or a silicone baking mat.
- Toss the oats, almonds, cranberries, cinnamon, and salt in a large bowl. Add the maple syrup, coconut oil, and vanilla extract and stir to combine.
- Make sure all of the oats are moistened.
- Spread onto the prepared baking sheet and bake for 30-35 minutes, stirring every 10 minutes.
- Allow granola to cool completely helping the granola obtain a crunchy texture.

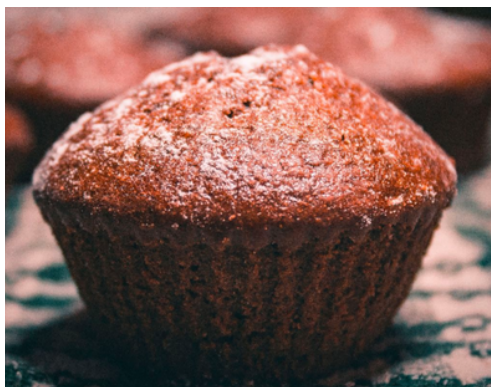
APPLE CIDER PUMPKIN MUFFINS

INGREDIENTS

- 2 3/4 cups flour
- 1 tsp salt
- 1 tbsp ground cinnamon
- 1/2 tsp ground allspice
- 1/8 tsp ground clove
- 1/2 tsp nutmeg 1 tsp baking soda
- 1 cup apple sauce
- 1/2 cup brown sugar
- 3 eggs (or flax eggs)
- 15 oz pumpkin puree (p.74) or 1 can
- 3/4 cup coconut oil or butter
- 1/4 cup apple cider (milk , apple juice, or water can be used)
- 1 tsp vanilla extract

Cinnamon Sugar Topping:

- 2/3 cups sugar
- 1 tsp ground cinnamon OR pumpkin pie spice



MAKE

- Combine flour, salt, spices and baking soda in a medium bowl and whisk to combine. Set aside. In a large bowl, combine apple sauce, brown sugar, eggs, pumpkin, oil or butter, apple cider, and vanilla extract.
- Whisk to combine.
- Slowly fold dry mixture into wet mixture just until combined.
- Fill a prepared muffin tin about three-quarters full.
- Bake at 350F for 30 min, or until a fork comes out clean when inserted in the center. Let cool.
- Combine sugar and cinnamon in a small bowl.
- Brush top of muffins with melted oil or butter and dip each one in cinnamon/sugar.

PEPERMINT CANDIES

INGREDIENTS

- 2 c white sugar
- 1/2 c vinegar
- 2 tbsp butter (vegan butter works)
- 1/8 tsp cream of tartar
- pinch of salt
- 1 tsp peppermint extract
- Natural if desired



MAKE

- In a large saucepan over medium heat, combine sugar, vinegar, butter, cream of tartar, peppermint extract, and salt.
- Heat, stirring occasionally, until sugar is melted. Don't stir once mixture comes to a boil.
- Cook until mixture reaches 250 to 265 degrees F on a candy thermometer, or until a small amount of syrup dropped into cold water forms a rigid ball.
- Remove from heat and pour into 2 buttered baking dishes. Add red coloring to one dish.
- Pull candy by stretching out into a rope with buttered (or gloved) hands, folding the candy over and repeating, until it becomes too stiff to pull.
- Twist red and white together and cut into pieces with buttered kitchen shears.
- Wrap candy pieces in waxed paper.

SUGAR PLUMS

INGREDIENTS

- 1/2 c dates
- 1/2 c prunes
- 1/2 c dried apricots
- 1/2 c raisins
- 1/2 c nuts like pecans or walnuts
- 1 tsp vanilla
- zest of a large orange
- 1 tsp ground cinnamon
- 1/4 tsp nutmeg
- 1/4 tsp ground allspice
- 1/4 tsp ground ginger
- 1/8 tsp ground cloves
- 1/8 c honey (optional)
- Powdered sugar, coconut flakes
or nuts to coat



MAKE

- Combine all ingredients but the powdered sugar in a food processor until it comes together in a ball.
- Pull apart tablespoon sized sections and roll into balls.
- Coat in powdered sugar or other topping. Store in an airtight container on the counter.

SANTA'S FAVORITE COOKIES

INGREDIENTS

- 2 and 1/4 cups all-purpose flour
- 1/2 tsp baking powder
- 1/4 tsp salt
- 3/4 cup unsalted butter, softened to room temperature
- 3/4 cup granulated sugar
- 1 large egg, at room temperature (or flax substitute)
- 2 tsp pure vanilla extract
- 1/2 tsp almond extract

Icing Ingredients:

- 1 1/2 cups confectioners' sugar
- 1/2 tsp pure vanilla extract
- 1 tsp honey
- 2 – 2.5 Tbsp room temperature water
- pinch salt
- Cocoa powder, spirulina, activated charcoal for coloring. Cranberries and coconut flakes.

MAKE

- Whisk the flour, baking powder, and salt together in a medium bowl. Set aside.
- In a large bowl using a hand mixer or a stand mixer, beat the butter and sugar together on high speed until completely smooth and creamy, about 2 minutes.
- Add the egg, vanilla, and almond extract and beat on high speed until combined, about 1 minute.



- Scrape down the sides and up the bottom of the bowl and beat again as needed to combine.
- Add the dry ingredients to the wet ingredients and mix on low until combined. Dough will be relatively soft. If the dough seems too soft and sticky for rolling, add 1 Tablespoon more flour.
- Divide the dough into 2 equal parts. Place each portion onto a piece of lightly floured parchment paper or a lightly floured silicone baking mat. With a lightly floured rolling pin, roll the dough out to about 1/4-inch thickness.
- Lightly dust one of the rolled-out doughs with flour. Place a piece of parchment on top. (This prevents sticking.) Place the 2nd rolled-out dough on top. Cover with plastic wrap or place inside a bowl with a plate on top, then refrigerate for at least 1-2 hours and up to 2 days.

SANTA'S FAVORITE COOKIES

M A K E

- Whisk the flour, baking powder, and salt together in a medium bowl. Set aside.
- In a large bowl using a hand mixer or a stand mixer, beat the butter and sugar together on high speed until completely smooth and creamy, about 2 minutes.
- Add the egg, vanilla, and almond extract and beat on high speed until combined, about 1 minute.
- Once chilled, preheat oven to 350 degrees F. Line 2-3 large baking sheets with parchment paper or silicone baking mats.
- Carefully remove the top dough piece from the refrigerator.
- Using a cookie cutter or mason jar lid, cut the dough into circles. Re-roll the remaining dough and continue cutting until all is used.
- Repeat with 2nd piece of dough.
- Arrange cookies on baking sheets 3 inches apart. Bake for 11-12 minutes or until lightly browned around the edges. Allow cookies cool completely before decorating.

Icing:

- Whisk the confectioners' sugar, vanilla, honey, and 2 tablespoons of water in a medium bowl.
- It should be quite thick. If it is much too thick, add 1/2 TBSP more water. If it is much too thin, add 2 more TBSP of confectioners' sugar. If you drizzle a little of the icing with the whisk, the ribbon of icing will hold for a few seconds before melting back into the icing. That is when you know it's the right consistency and is ready to use.
- Separate into individual bowls and add cocoa powder, spirulina, and activated charcoal to each until desired color. About 1 /2 tsp.
- Adjusting water to the correct consistency. If not decorating right away, cover the icing tightly and keep in the refrigerator for up to 2 days.
- Decorate cooled cookies. Squeeze bottles, pastry bags, or paintbrushes work well.
- Use cranberries (fresh and dried) and coconut flakes for decorating.

SPICED PEAR UPSIDE DOWN CAKE

INGREDIENTS

- 3 cups AP flour
- 1/2 cup sugar or honey
- 2 tsp baking powder
- 1 1/2 tsp cinnamon
- 3/4 tsp ground nutmeg
- 1/2 tsp salt
- 1 tbsp molasses
- 1 tsp vanilla
- 10 tbsp butter room temperature (vegan is fine)
- 1 cup milk or water
- 4 pears, 2 diced and 2 sliced (or apples)
- 1/2 cup applesauce unsweetened
- 3 eggs room temperature (or egg substitute)

MAKE

- Preheat oven to 350 degrees F. Grease a pie dish.
- Add flour to a large mixing bowl. Add the sugar, baking powder, cinnamon, nutmeg, and salt and whisk together to combine.
- In the bowl of an electric mixer combine molasses, butter, applesauce, and milk. Beat for 2 minutes. Add the eggs and vanilla and beat 2 more minutes. Add the dry into wet ingredients. Continue mixing until the batter is smooth. Fold the chopped pears into the batter. Arrange the sliced pears in the bottom of the pie dish to resemble a sun.
- Pour the cake batter into the prepared pans. Bake 30 to 40 minutes or when the center is done by inserting a fork and it coming out clean. Allow to cool, run a knife around edge before turning onto a plate.
- Add the compote ingredients to a small sauce pan and simmer for 7 minutes. Add compote to center of cake to resemble the dark moon.



WALNUT COMPOTE INGREDIENTS

- 1/2 cup coarsely chopped walnuts
- 18 dates, pitted and chopped
- 3 tbsp honey
- 6 tbsp water

HERB TAHINI INGREDIENTS

- 1/4 cup tahini
- 2 tablespoons olive oil
- 2 tablespoons lemon juice
- 1 clove garlic, minced
- 2 tbsp chives
- 2-3 tbsp fresh mint
- 3 tbsp cup fresh dill
- 3 tbsp cup fresh parsley
- 1/2 cup water
- 1/4 teaspoon fine sea salt
- 1/4 teaspoon black pepper

Make:

Combine tahini ingredients in a food processor until smooth



FOUR THIEVES VINEGAR

I N G R E D I E N T S

- 2 cups apple cider vinegar
- 2 tsp dried sage
- 2 tsp dried rosemary
- 2 tsp dried lavender
- 2 tsp dried juniper berries
- 1 tsp black peppercorn, crushed
- 1 tsp dried thyme
- 1 bulb fresh raw garlic cloves, chopped



M A K E

- Fill a quart-sized jar with the herbs and top off with organic apple cider vinegar to 1-inch below the top of the jar. Stir the mixture with a clean spoon.
- Seal the jar with a plastic lid, or place a piece of parchment paper between the jar and a metal lid to prevent the vinegar from corroding the metal.
- Let the mixture macerate for a month in a dark cupboard. Shake the jar daily to keep the herbs and vinegar mixed.
- After a month, strain the vinegar.
- Reserve the liquid and compost the herbs.
- Bottle the liquid in an amber-colored bottle to protect from light or store in a dark place and label.

L E G E N D A R Y F O U R T H I E V E S V I N E G A R

In medieval times, it was said that four thieves rob the homes of those who had died from the 17th-century plague, the Black Death. It is said that on moonless nights in Marseilles, France, the thieves would anoint their bodies in vinegar that had been infused with “protective” herbs, now known to have antibacterial and antiviral properties. This herbal vinegar was thought to give the thieves an advantage against contracting the illness.

PUMPKIN PUREE

INGREDIENTS

- 1 pumpkin



MAKE

- Preheat oven to 325 degrees F.
- Cut the pumpkin into large wedges and place skin side down on oiled baking sheets.
- Bake in the oven for about 1 hour until the skin is dark and bubbly.
- Let cool just enough until you can handle the pumpkin. Then, peel the skin away. I used a spoon to help.
- Cut roasted pumpkin into chunks and toss into a food processor or high-speed blender.
- Add a few splashes of water (about 1/4 C.) and purée.
- Store in the fridge for up to 5 days. Freeze in a glass jar for up to 6 months. Leave 1/2 inch space between the puree and lid or can for longer storage.

CRANBERRY SAUCE

INGREDIENTS

- 3/4 cup sugar
- 1/2 cup orange juice
- 1/2 cup water
- 12 oz fresh cranberries
- pinch of salt
- 1 cinnamon stick
- 1 piece of orange peel



MAKE

- Combine sugar, orange juice, and water in a large saucepan over medium heat. Stir to combine.
- Add cranberries, salt, cinnamon stick and orange peel.
- Bring to a simmer over medium heat, stirring frequently.
- Continue cooking, for about 10 minutes, or until all or most of the cranberries have popped. I like to leave a handful of berries whole.
- Let cool for at least 30 minutes.
- Cover and refrigerate until ready to use.

MAYO RECIPE



MAYO INGREDIENTS

- 1 egg (or 1/4 cup aquafaba from a can of cooked chickpeas)
- 1/4 tsp Dijon or ground mustard
- 1/4 tsp sea salt
- 1/2 tsp lemon juice or ACV
- 1/4 tsp sugar, honey, agave, etc.
- 1 cup avocado oil
- Optional parsley

MAKE MAYONNAISE

- Add egg or aquafaba to a tall glass jar.
- Add all other ingredients.
- Stick immersion blender in jar and emulsify. You can use a blender too.

HOT CACAO WITH CARDAMOM + TAHINI

INGREDIENTS

- 2 cups milk, any type
- 5 tbs fair trade cacao powder
- 3 tbs maple syrup
- 1 tbs tahini or almond butter
- 1 tsp vanilla extract
- 1 green cardamon pod contents freshly ground (or 1/4 tsp ground cardamom)



MAKE

- In a sauce pan over medium heat combine all of the above ingredients.
- Whisk continuously until all is smooth and well combined, beginning to bubble and appears frothy.
- Carefully pour into mugs, and sprinkle with a little cardamom or cinnamon.

HEARTH WITCH'S ELIXIR



INGREDIENTS

- 1/2 cup raw cacao nibs
- 5 dates, chopped
- 2 tbsp orange zest
- 1 vanilla bean pod, chopped
- 1/2 tsp cinnamon, ground
- 1/2 tsp. cardamom, ground
- 2 cups alcohol (vodka, bourbon, whiskey, or port)
- 1/2 cup honey

MAKE

- Combine all the ingredients, except honey, in a large jar.
- Pour the alcohol over, leaving an inch to the top.
- Store in a cool, dark cupboard for at 4-6 weeks to allow mixture to infuse.
- When ready, strain the solid bits out.
- Pour your honey into the jar with the elixir and shake to combine fully.
- I like to drink a couple ounces after dinner to settle the stomach, or as a flavor for coffee.
- Keep in a cool, dark place. Shelf life is 1-2 years.

WASSAIL

INGREDIENTS

- 4 c. apple cider-
- 1 (750-ml) bottle red wine, such as cabernet sauvignon
- 1/4 c. honey
- 2 cinnamon sticks
- 1 orange, juiced
- 4 whole cloves
- 3 star anise
- 1 cup fresh cranberries
- 2 oranges, sliced for garnish



MAKE

- Combine the cider, wine, honey, cinnamon sticks, zest, juice, cloves and star anise in a large saucepan.
- Bring to a boil and simmer over low heat for 10 minutes.
- Pour into mugs, add an orange slice to each and serve.

INGREDIENTS

- 2 tbsp pumpkin puree
- 1 cup of sugar or honey
- 1 cup of water
- 2 1/2 teaspoon of pumpkin spice seasoning (divided) Or, make your own by combining 3 tablespoons ground cinnamon, 2 teaspoons ground ginger, 2 teaspoons ground nutmeg, 1 1/2 teaspoons ground allspice and 1 1/2 teaspoons ground cloves.
- 1/4 teaspoon vanilla extract
- Coffee or espresso
- Milk (any type but you will have more foam with whole milk)

WITCHES BREW (PSL)



MAKE

- In a small saucepan combine sugar, water and 1 1/2 tsp pumpkin spice. Simmer on low until reduced by half. Store syrup in a jar.
- In the same saucepan combine pumpkin, 1/2 tsp pumpkin pie spice and a splash of milk, Heat over med/low heat until it smells like October. Or, you can also use the microwave at 30-second intervals in a safe dish.
- Make coffee. Mix pumpkin, coffee, and 1 tsp-1 tbsp of syrup in saucepan. Carefully pour the mixture into a coffee cup, leaving room for foam.
- Heat 1/4-1/2 cup of milk until warm (on stove or microwave) and use an electric frother to create foam. Alternatively you can heat milk in a lid-free jar in the microwave, replace the lid, shake vigorously, heat for 10 more seconds (no lid) and make foam.
- Slowly pour milk into coffee while holding back foam with a spoon.
- Use a spoon to scoop foam on top of the drink. Garnish with a sprinkle of pumpkin spice.

Common Kitchen Herbs

MAGICAL CORRESPONDENCES

Bay: Also known as bay laurel. Manifestation, prosperity, protection, cleansing, and psychic development. Some people apply sweet bay to the scalp for dandruff. It is also put on the skin for pain, especially muscle and joint pain (rheumatism)

Chervil: Courage, anxiety, comfort the spirits. High in calcium. Digestion, dietetic, antiinflammatory.

Chives: Protection, knowledge, divine insight. They contain vitamin K, folate, aid in sleep, reduce inflammation and strengthen the eyes.

Cilantro or Culantro: Healing, love, passion, union and marriage blessings. Antioxidant and detoxifying.

Cinnamon: Clairvoyance, concentration, divination, good luck, love, money, prosperity, passion, peace, protection, development, success, communication, harmony, personal developments, healing, knowledge.

Dill: Dispel bad dreams, enhance romance, emotional balance, good luck. Stimulates appetite, promotes digestion, gas relief, detoxing, fever reducer.

Fennel: Protection, healing, purification. The seed is one of the most effective digestive aids, muscle antispasmodic. Highly beneficial to reduce digestive cramping, gas, and bloating.

Lavender: Love, Protection, Sleep, Longevity, Purification, Happiness, Peace. Antiseptic and anti-inflammatory properties, which can help to heal minor burns and bug bites. Useful for treating anxiety, insomnia, depression, restlessness, and headaches

Lemon Balm: Activation, awakening, anxiety, business, calm, clarity, comfort, focus, fertility, money, rebirth, heartbreak, relationships, restores the senses, success.

Lemongrass: Enhances mood, focus, skill, perspective, clears obstacles. Prevents the growth of some bacteria and yeast, relieve pain and swelling, reduce fever, stimulate the uterus and menstrual flow, antioxidant properties.

Mint: Cleansing, purifying, recharge energy, focus, stamina. Digestive tonic, upset stomach, respiratory, sleep, anxiety.

Marjoram: Emotional healing, aid grieving, restore optimism, joy, happiness. Diuretic, stomach cramps and digestive depression, migraines, nervous headaches.

Sage: Immortality, Longevity, Wisdom, Protection, Wishes, cleansing. Loaded with antioxidants, supports oral health, supports menopause symptoms, aids in breathing.

Oregano: Courage, happiness, forget bad memories, luck, protection, tranquility, cleansing. Stops the growth of several different types of bacteria, antifungal, immune system support, antioxidant.

Parsley: Protection, strength, healing, good luck, prosperity.
Reduces colic, eases digestion, helps with flatulence, regulates menstrual cycle, expectorant, antimicrobial, diuretic, laxative, promotes hair growth.

Rosemary: Cleansing, purifying, love, self-love, self-care, substitute for frankincense. Iron, calcium, vitamin B-6, alleviates muscle pain, improves memory, boost the immune and circulatory system, hepatoprotective, antifungal, insecticide, antioxidant and antibacterial, promotes hair growth

Tarragon: Ease the mind, welcomed, compassion, protection, love, peace, nurturing, and good luck. Digestion problems, poor appetite, water retention, and toothache; to start menstruation; and to promote sleep.

Thyme: Promotes success in all things, protection, cleansing.
Diarrhea, stomach ache, arthritis, sore throat, strong antimicrobial properties



Lacey Modern Hedge Witch

She was in her teens when Lacey realized her passion for nurturing and nourishing.

After her first son was born, she began to work from home as ghostwriter for holistic healers while continuing her studies in herbology and crystal healing. Her early Spiritual Development began in 2000 and her now 20 year studies accumulated to her ordination as a Priestess at the Temple of Goddess Spirituality. She has also taken courses on meditation, mindfulness, and taught yoga for many years. She furthers her love of the earth by being active in environmental communities and movements. She is a wife, practitioner of magical homemaking, and mother. She shares her love and teachings of sacred sustainability with her family and followers.

Follow her on Instagram @naturally_modern

Learn more at naturallymodernlife.com