



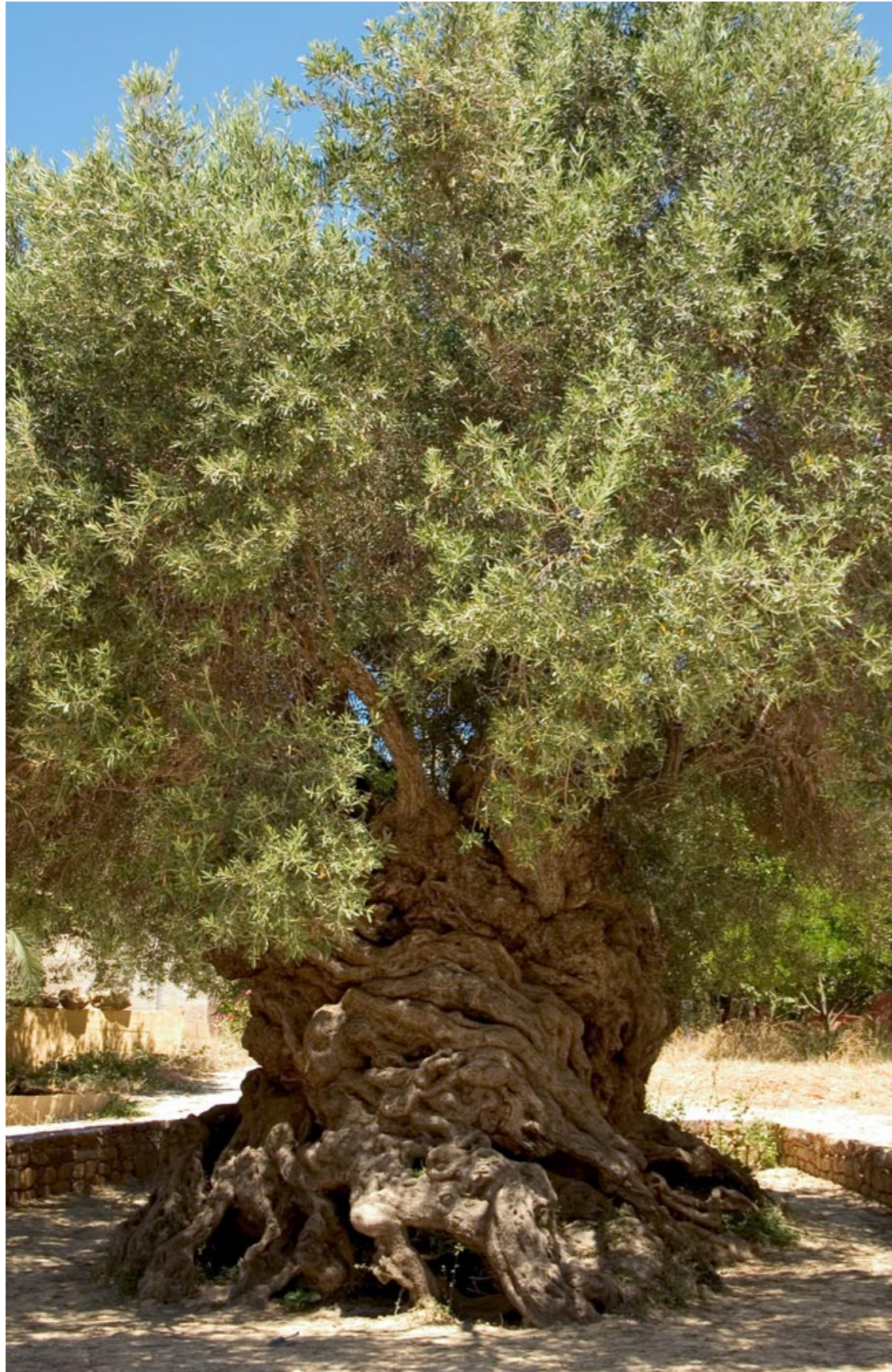
Kitchen, Garden & Wild Plants for Immune Health

Why herbs?

Why these herbs?

- Sleep, nature, nutrition, sun, laughter, animals, herbs = good health, strong immune system.
- Nourishing tonics, add to our diet.
- Herbs work on many levels
- Bitters, digestion, gut
- Herbs strengthen our immune, nervous, digestive system
- Stores and stocks are out
- Best to use what grows around us - what we need.
- Connection to nature, to other species, working with the plants as our friends.
- Just being with the plants and getting to know them is healing. Dor's Garden.
- What plant are you drawn to? What do you notice growing near you? Listen in this quiet time to the plants.





Plant Meditation

Sit next to a plant, any plant - a tree, a dandelion, a house plant. Take a deep breath in and thank the plant for the oxygen it gives you. Breathe out and offer the plants the gift of your carbon dioxide. Keep breathing in and out - in with thanks for the gifts of the plants, out with your gift to the plants. Simple. Interdependence. Same with all living species.



Kitchen Cabinet

Anti-microbial, immune strengtheners, digestive aids, anti-oxidants, anti-inflammatory. Spices too.

Rosemary, Sage & Thyme

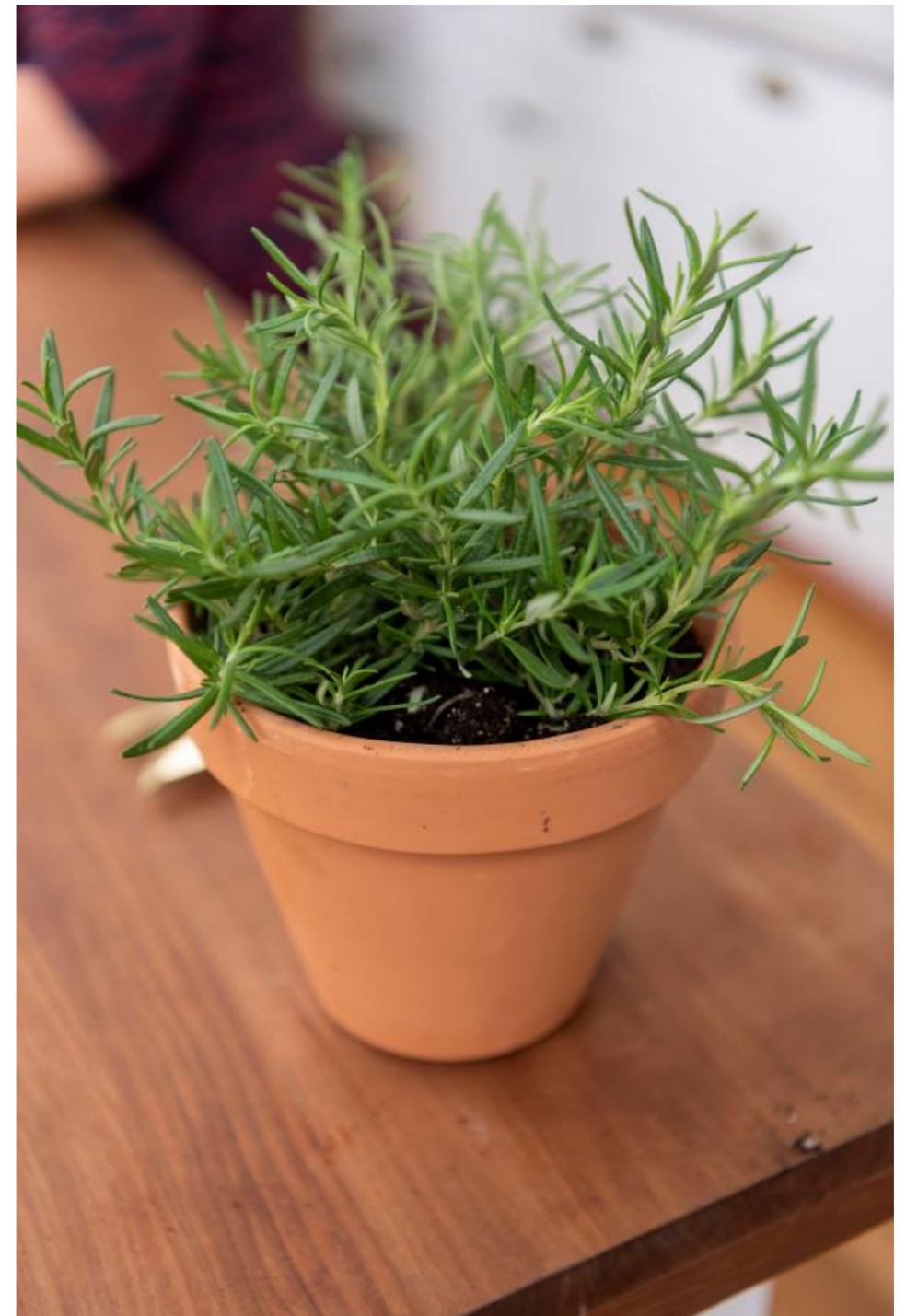
- Mint Family
- Anti-viral, anti-bacterial
- Immune Strengtheners
- Speed up immune response to colds & flu
- Digestive Aids - gut-immune
- Cerebral stimulants, memory
- Good gargles & mouthwash
- Support nervous system
- Wound herbs
- Used as incense-air purifiers



Rosemary

Rosmarinus Officinalis

- Head
- Colds, Sinus Infections
- Also:
 - heart tonic, circulatory stimulant
 - headaches, eyes, hair
 - anti-depressant, anti-stress
 - arthritis
- Tea, Vinegar, Tincture, Steam, Bath



Sage

Salvia Officinalis

- Throat
- Sore Throats
- Also:
 - clears the sinuses
 - reduces perspiration, night sweats
 - helps wean baby by reducing breast milk
- Tea, Vinegar, Tincture, Steam, Gargle
- Dried leaves for tooth powder



Thyme

Thymus Vulgaris

- Lungs
- Wet Coughs, Lung Infections
- Also:
 - intestinal spasms, IBS
 - inhibits H. Pylori
 - urinary antiseptic, cystitis
 - yeast and fungal infections
- Steam Inhalation
- Tea, Vinegar, Tincture (Brandy), Mouthwash



Garlic

Allium Sativum



- Lung Infections, Coughs, Colds, Flu,
- Also:
 - lowers blood pressure
 - balances cholesterol & blood sugar
 - healthy gut flora
 - wounds
- Food, raw and cooked; vinegar

Thieves Vinegar Recipe

Makes about 1 pint.

Ingredients

- 1 Tbsp. dried **organic sage leaf**
- 1 Tbsp dried **organic rosemary leaf**
- 1 Tbsp dried **organic thyme leaf**
- 1 bulb **garlic**, peeled and chopped
- 1 tsp. **organic black peppercorns**
- **Honey**
- 16 oz. raw **organic apple cider vinegar**

Directions

1. Place sage, rosemary, thyme, garlic and peppercorns in a pint jar.
2. Pour cider vinegar into the jar with the herbs. Fill to the top.
3. Cover with a tight-fitting plastic lid. Alternatively, place a piece of parchment paper under a metal lid to keep the vinegar from touching the metal. Metal and vinegar don't mix!
4. Label with ingredients and date.
5. Store jar in a cool, dark place to extract for four weeks. Shake the jar every couple of days to assist in the extraction.
6. Strain vinegar through fine mesh strainer, potato ricer or sieve, pressing down on the herbs to release as much vinegar as possible.
7. Pour strained vinegar into glass storage jar or bottles.
8. Label and date!

Tips

- You can adjust the amount of herbs to your taste.
- If you want to use fresh herbs, chop them up and fill the jar half to three-quarters full of the herbs. Then fill the rest of the jar with vinegar, infuse for a month, and strain.
- Use on salads (just add olive oil and salt), greens, veggies, marinades, or sip with a little warm water.
- Aids digestion, immune system and more.





Weeds in Your Back Yard

Violets, Dandelion, Ground Ivy,
Purple Dead Nettle, Pine



Violet *Viola odorata*

Coughs. Soothing for dry coughs.

Also: Clears lymph. Cancer, esp. breast. (cool, moist)

Violet syrup



Chickweed *Stellaria media*

Dry coughs, upper respiratory infections.

In salads, as pesto, in vinegar which draws out all the minerals

White Pine - *Pinus Strobus*

Pinaceae Family

- Vitamin C
- Coughs, expectorant
- Colds, sinus infections
- Post-nasal drip
- (cool, dry)
- Pine needle tea



Ground Ivy

Glechoma hederacea

- Hot, damp bronchitis. Pneumonia.
- Expectorant. Non-stop coughing.
- Head colds. Sinus infections.
- Clears up mucous.

Also: Clears up brain fogginess.

Anti-viral. Bitter tonic.

(cold, dry)



Chickweed & Wild Greens Pesto



A nourishing, immune strengthening pesto for pasta, dips, potatoes, veggies etc.

Ingredients

- 1/2 cup walnuts, cashews, or pine nuts
- 3 + cloves garlic minced
- 3 cups chickweed loosely packed
- 1 Tbsp lemon juice
- 1/2 cup extra virgin olive oil
- 1/2 tsp salt
- 1/4 tsp freshly ground black pepper
- 1/4 cup freshly grated Parmesan cheese

Instructions

- Place all ingredients into a food processor and process until smooth. (A blender can be used instead, but the chickweed should be finely chopped first)
- If it's too thick, slowly drizzle in a bit more olive oil.
- Add more garlic to taste
- You can mix in other wild weeds - purple dead nettle, dandelion leaves (bitter), violet leaves & flowers, garlic mustard - and/or parsley, mint, basil.

Grow in Your Garden or in Pots



Rose - *Rosa Spp.*

Grief. Lifts the Spirits. Sore throats.

Lemon Balm - *Melissa Officinalis*

Anti-depressant. Anti-viral.



Chamomile - *Matricaria Recutita*

Calming. Tummy Aches. Insomnia.

Lavender - *Lavandula Angustifolia*

Nervous Exhaustion. Insomnia.





Tulsi - Ocimum Sanctum or Ocimum Tenuiflorum

Stress relief. Immune modulator. Allergies.

Coughs, colds, flus. Digestion. Calming. Balancing.