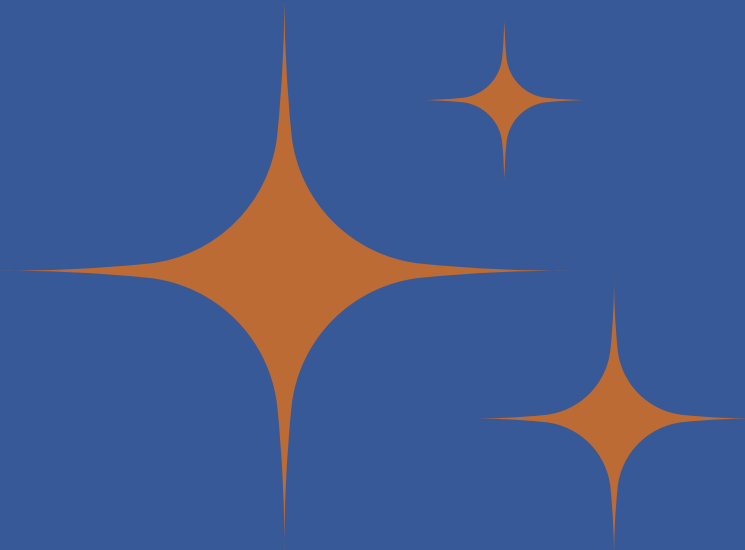
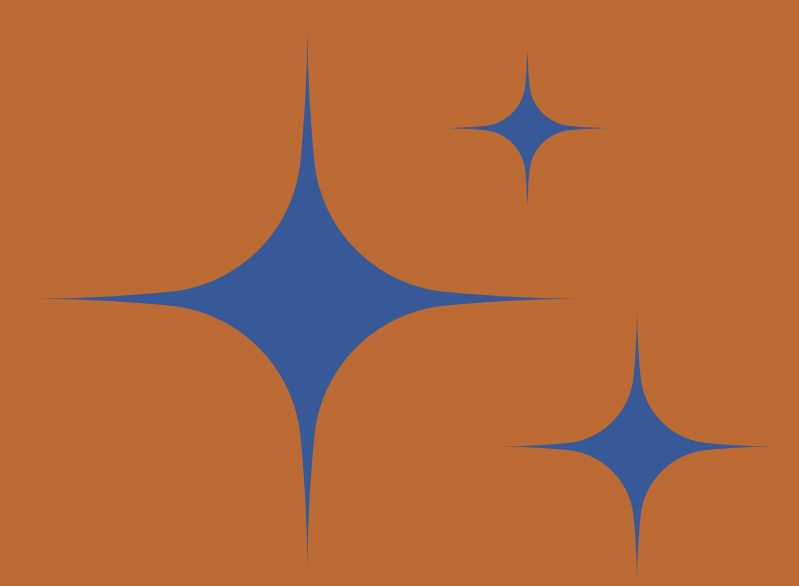


Nourishment for the
Family: Preparing
Your Kitchen for the
Winter Season



Kitchen Witches and
Medicinal Teas



Preps: Beverage vs Medicinal Tea

Beverage tea vs medicinal tea: A difference of ratio and steeping time

Medicinal ratio: Heaping tablespoon of herb per cup of water, or heaping 1/4 cup of herb per quart of water

Medicinal steeping time: At least 20 minutes and up to overnight



Preps: Infusion vs Decoction

Two medicinal teas preparations.

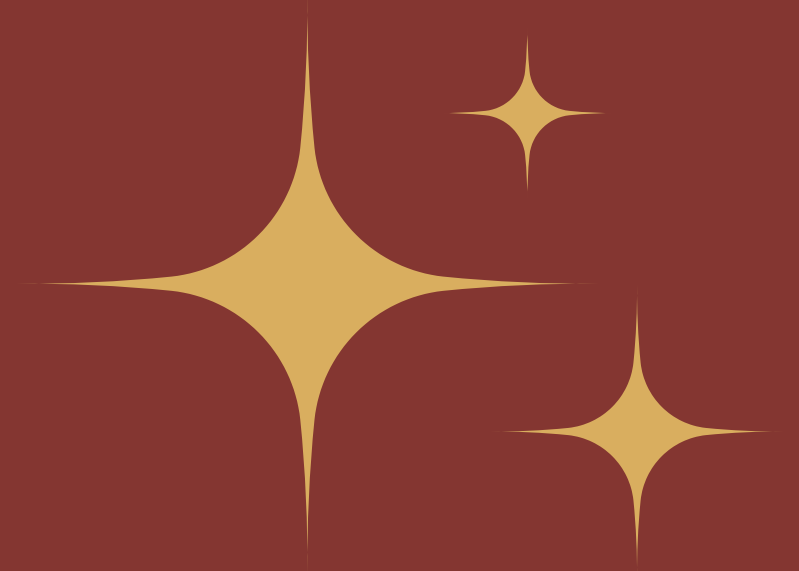
Infusion: Cold or hot water (depending on mucilage)

Decoction:

1. Add 1/4 cup of herbs to a quart of water.
2. Cover and simmer for 20 minutes or up to 24-48 hours.
3. Turn off heat and enjoy or allow to steep overnight.



Medicinal Broths



Supplies for Medicinal Broth

Supplies

- Large crock pot or slow cooker or stock pot
- Strainer (colander, cheesecloth, fine mesh strainer)
- Storage containers (yogurt containers, canning jars)
- Take notes (notebook, masking tape)



Building Your Base

Choose:

- Chicken or turkey carcass
- Beef, lamb, pork, deer, bison, elk, or goat marrow bones and/or shank, oxtail, short ribs, or knuckle bones
- Fish (whole with heads and tails) like cod, sea bass, or halibut or simply fish heads, skeletons, and tails
- Mushroom

Layer more flavor:

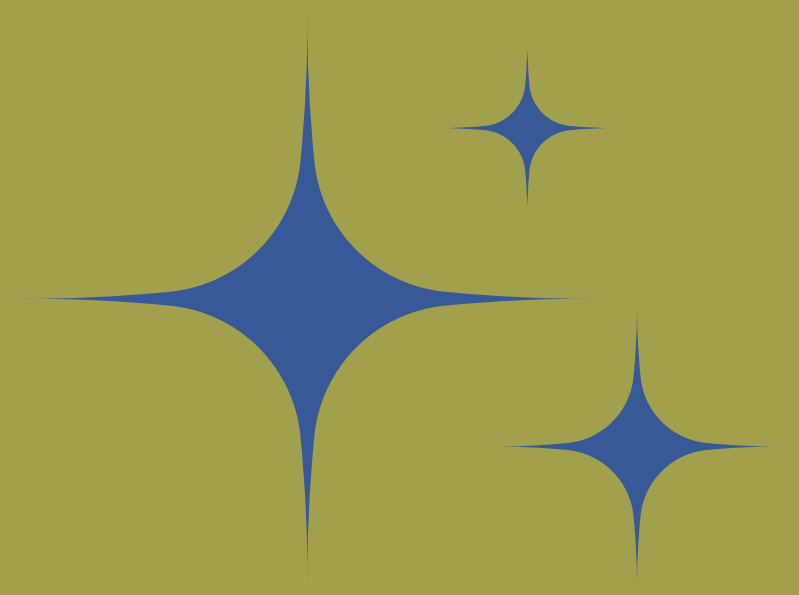
- Power of three (mirepoix, sofrito, suppengrun, holy trinity)
- Freezer veggie scraps

Layering Your Medicinal Broth

Steps:

1. Optional: Soak or blanch your bones to remove impurities.
2. Roast your bones or veggies to caramelize the proteins and release some fat, for richer flavor.
3. Add the base layers to the pot. Consider timing of herbs.
4. Bring to a boil and simmer for at least overnight (continually top off with water as it reduces).
5. Allow to cool and strain.
6. Optional: Skim off the floating fat and use it to cook.
7. Label and freeze.

Medicinal Herbs and Spices



Bone Medicine

Bones: Pillars of strength

Gelatin: Helps support the spleen and the stomach, eases digestive tract, flood body with electrolytes, lubricating quality counterbalances any dryness

Collagen: Occurs throughout the body, but especially in the skin, bones, and connective tissues

Connective tissue: Collagen is the most abundant protein in collective tissue

Glycine: makes up more than a third of collagen and acts as a neurotransmitter

Sea Vegetables (few inches)

- Dulse: Rich in potassium, contains iodine, an element that the body needs to make thyroid hormones
- Kelp: Cooling, moistening, nourishing, emollient, avoid with hyperthyroid disorders and use caution in Hashimoto's and selenium deficiencies
- Kombu: Helps with digestion and flavor
- Nori: Excellent source of iodine and B12, supports gut health, rich in antioxidants, helps balance blood sugar levels, and improves heart health
- Wakame: Helps lower cholesterol and decrease blood pressure

Mushrooms (1/4 cup fresh or slices dry)

- Lion's Mane: Neutral, immune modulator, lungs + spleen + kidney + heart tonic, anti-cancer (especially stomach), feeds nerves
- Maitake: Neutral, immune stimulant, helpful with chemo + radiation side effects, eliminates stagnation in the gut, hepatoprotective
- Reishi: Neutral, immune modulator, antiviral, anti-allergy, anti-inflammatory, anti-cancer, antioxidant, hepatoprotective, heart tonic, nervine, caution with autoimmune conditions, lymphoma and leukemia, and meds for diabetes and to lower blood pressure
- Shiitake: Neutral, immune modulator, antiviral, anti-bacterial, anti-fungal, boosts adrenals, anti-cancer, anti-tumor, hepatoprotective
- Turkey Tail: Neutral, immune system modulator, affinity for the lungs and breasts, anti-cancer, antiviral (especially in upper lungs), antioxidant, hepatoprotective

Spices (pinch of 2-4 spices)

- Bay Leaf: Increases appetite, lymphatic
- Cinnamon: Stimulating, antibacterial, astringent, builds blood health, soothes gas + parasites, not during pregnancy
- Clove: For nausea and gastric upsets
- Coriander: Mild stomach relaxant
- Cumin: Settles upset stomach
- Fennel: Helpful with food allergies with bloating, increases peristalsis in stomach and intestines, increases flow of milk, eases throat tension and soreness, brings up mucus
- Peppercorn: Stimulating to digestion + bronchial passageways, relieving to congestion
- Star Anise: Diuretic, soothing to gas and nausea, helpful with constipation, lower back pain, bladder issues, and acute rheumatism

Berries (2 tablespoons)

- Elderberries: Neutral antiviral, immune tonic, clears old deep lung stuff
- Goji: Cooling nutritive tonic, not during acute colds and flu
- Hawthorn: Neutral heart tonic
- Rosehips: Strengthening to capillaries, rich in bioflavonoids and vitamin C
- Schisandra: Warming adaptogen, tonic to kidneys + heart + spleen + GI + lungs + repro organs, hepatoprotective, adrenal support, helps with focus, not in pregnancy



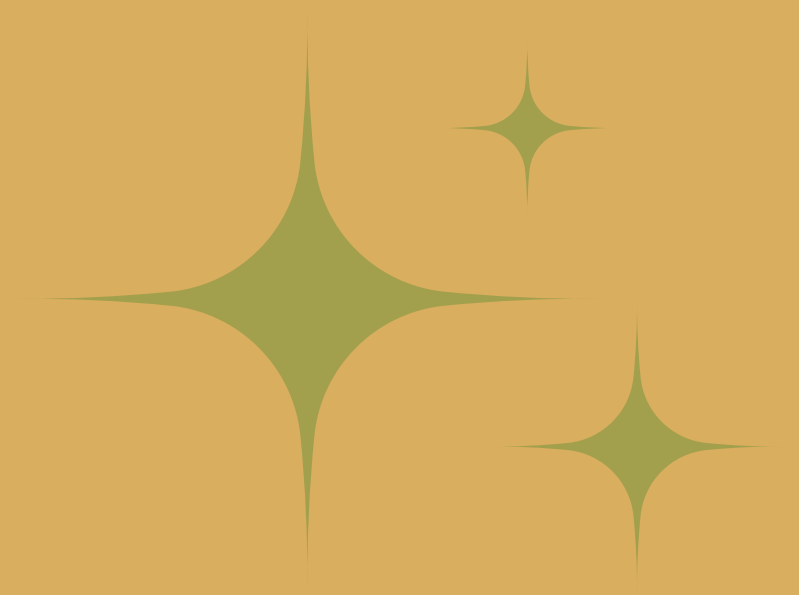
Leaves (tablespoon of 2-4)

- **Mullein:** Cooling respiratory tonic, heals damaged cilia, opens lungs and bronchi, for sinus congestion
- **Nettles:** Cooling and stimulating herbal multi-vitamin, nutritive, alkalizing, alternative, anti-histamine, anti-inflammatory, astringent, diuretic, energizing, helpful with allergies, increases milk flow
- **Oregano:** Warming and drying antiseptic, for respiratory or digestive infections, clears the lungs, careful during pregnancy
- **Rosemary:** Warming, pain relieving, blood cleansing, anti-bacterial, anti-cancer, antioxidant, anti-fungal, anti-inflammatory, toning and calming to digestion and skin, for stagnation and menstrual coldness, increases circulation, help with memory, embodiment
- **Thyme:** Warming, drying, antiviral, antibacterial, respiratory tonic

Flowers (handful)

- Calendula: Warming, for blood toxicity + systemic skin stuff, antibacterial, anti-fungal, anti-parasitic, for inflammation in the GI tract, for systemic yeast in digestive tract, cleansing to liver and gallbladder, immune and lymph stimulant, not during pregnancy
- Chamomile: Warming, depression and anxiety, anti-fungal for candida, anti-inflammatory for eczema, intestines, sinus, aids digestive fire, not for stomach excess or acid reflux
- Elderflowers: Diaphoretic, cold and flu remedy
- Red Clover: Nutritive, mild lymphatic, gentle alterative
- Rose: Astringent and uplifting, reduces stress + heartache, for grief
- Violet: Lymphatic with affinity for chronic lung conditions

Applying the Medicine



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