

Meal Planning with Herbs in Mind



Chris Dalziel
Joybilee Farm



DIY
Herbal
Fellowship





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Health Benefits of Herbs and Spices	7
Bright Lines for Meal Planning for the most health benefits.....	7
The Festive Menu Plan.....	8
Appetizers	8
Beverages.....	8
Main Course options.....	8
Sides:	8
Condiments:.....	9
Dessert	9
Dessert Beverage	9
How much food to make?.....	9
Your Festive Dinner Masterplan	10
How much food to make?.....	10
Choose your :	10
Appetizers	10
Pre-dinner beverages.....	10
Main course	11
Sides	11
Condiments.....	11
Dessert	11
After dinner beverages	11
Herbs and Spices to include:.....	11
Probiotic Dishes to Include	12
Bitter foods to Include	12
Part 2: FESTIVE RECIPES	13
Appetizers	13
Herbed Goat Cheese spread	13
Herbed Gluten Free Crackers.....	13
Gluten free Tex-Mex Zucchini Bites	14
Cucumber-Yogurt dip.....	15
Beverages.....	16



Limoncello liqueur	16
After a month:.....	16
Rose Bitters	17
Sparkling water with a slice of lemon or lime.....	17
Cranberry kombucha	18
Main Course options.....	18
Butter Chicken.....	18
Lemon Rice Pilaf.....	19
Alternative:	19
Roast Turkey	19
Sage and onion dressing (gluten free)	19
Sides	20
Goat Cheese and Cranberry Kale Salad with Cranberry vinaigrette.....	20
Cranberry vinaigrette.....	21
Roasted beets, carrots, parsnips and garlic.....	21
Mashed pumpkin-sweet potato casserole.....	22
Grape salad (probiotics).....	22
Broccoli – Apple salad	23
Sweet Kale salad	23
Orange and poppy seed dressing.....	24
Condiments:.....	24
Apple cranberry chutney	24
Raw fermented cranberry sauce.....	25
Cranberry mustard.....	26
Easy fresh cranberry orange salsa	26
Raw fermented carrot and beet relish.....	27
Dessert	27
Pumpkin Cheesecake	27
Gluten free Ginger Pizzelles.....	28
Apple slices and dark chocolate dip.....	29
After dinner herbal tea	29



Meal Planning with Herbs in Mind

Health Benefits of Herbs and Spices

- Antioxidants
- Flavonoids
- Aromatic compounds
- Digestives
- Antimicrobial
- Antifungal
- Biologically active

Bright Lines for Meal Planning for the most health benefits

1. **Keep your herbs and spices fresh**
2. **Bring ALL the flavors – sour, bitter, sweet, salty, savory, spicy, astringent**
3. **Have at least one bitter flavor in the appetizers**
4. **Use warming carminative digestives with meat dishes**
5. **Include at least one probiotic rich raw food in the meal**
6. **Include seasonal root vegetables**
7. **Include as many herbs and spices in the meal as you can**
8. **Provide fresh, chopped herb sprinkle at the table, along with pepper and sea salt**
9. **Avoid any food that someone in your family has an allergy to and prevent cross contamination**



The Festive Menu Plan

Some menu suggestions

Appetizers

- Herbed Goat Cheese spread
- Herbed Gluten Free Crackers
- Zucchini Bites
- Cucumber-Yoghurt dip

Beverages

- Limoncello liqueur
- Rose Bitters
- Sparkling water with a slice of lemon or lime
- Cranberry kombucha

Main Course options

- Butter Chicken
- Lemon Rice Pilaf

Alternative:

- Roast Turkey
- Sage and onion dressing (gluten free)

Sides:

- Goat Cheese and Cranberry Kale Salad with Cranberry vinaigrette
- Roasted beets, carrots, parsnips and garlic
- Mashed pumpkin-sweet potato casserole



- Grape salad (probiotics)
- Broccoli – Apple salad (probiotics)
- Sweet Kale salad (probiotics)
- Orange and poppy seed dressing (bitters)

Condiments:

- Apple cranberry chutney (bitters)
- Raw fermented cranberry sauce (probiotics)
- Cranberry mustard
- Cranberry salsa
- Raw fermented carrot and beet relish (probiotics)

Dessert

- Pumpkin Cheesecake
- Ginger Pizzelles
- Apple slices and dark chocolate dip

Dessert Beverage

- Black Coffee (bitters)
- Chamomile Tea (bitters)
- Chai Tea (digestive)

How much food to make?

- Allow 1 pound of bone-in poultry per person or ¼ pound boneless meat or ½ cup non-meat protein .



- Allow ½ cup of each of 2 cooked sides per person and 1 cup of each raw side.
- Allow 5 servings of total appetizer per person (1 cracker plus cheese; 1 zucchini bite plus ½ teaspoon dip; 1 hors d'oeuvre)
- Allow 1 tablespoon of condiments per person (Tip: 1 tablespoon = 3 teaspoons)
- Allow 2 servings of dessert per person (Servings = 1 slice of pie, 2 cookies, ½ of a whole fruit)
- Allow 3 beverage servings per person (Serving size: 12 ounces of non-alcoholic; 4 ounces alcoholic or 1 ounce alcohol plus mixer; 1 cup of tea or coffee with milk and sugar or honey)

Your Festive Dinner Masterplan

How much food to make?

How many people? _____

Appetizers – How many servings? 5 x number of people _____ servings

Pre-dinner beverages -- How many servings? 1 x number of people _____ drinks

Main course -- How many servings? 1 x number of people _____ Servings

Sides – How many? (Allow 2 sides for 4 people. Allow 1 additional side for each additional 4 guests) --
How many? _____ Sides

Condiments – How many? (Allow 2 condiments for 4 people; add 1 for each additional 4 guests)
How many? _____ Condiments

Dessert -- How many? (2 servings per person) _____ servings; _____ desserts

After dinner beverages (2 servings per person) _____ servings; _____ beverages

Choose your :

Appetizers

_____ + _____ + _____ + _____ + _____

Pre-dinner beverages

_____ + _____ + _____ + _____ + _____



Main course

_____ + _____ + _____ + _____ + _____

Sides

_____ + _____ + _____ + _____ + _____

_____ + _____ + _____ + _____ + _____

Condiments

_____ + _____ + _____ + _____ + _____

Dessert

_____ + _____ + _____ + _____ + _____

_____ + _____ + _____ + _____ + _____

After dinner beverages

_____ + _____ + _____ + _____ + _____

Herbs and Spices to include:

- | | | |
|-----------------------------------|-----------------------------------|--|
| <input type="checkbox"/> Cinnamon | <input type="checkbox"/> Parsley | <input type="checkbox"/> Lovage |
| <input type="checkbox"/> Nutmeg | <input type="checkbox"/> Thyme | <input type="checkbox"/> Mustard |
| <input type="checkbox"/> Ginger | <input type="checkbox"/> Rosemary | <input type="checkbox"/> Orange, lemon, or lime zest |
| <input type="checkbox"/> Cardamom | <input type="checkbox"/> Lavender | <input type="checkbox"/> Peppermint |
| <input type="checkbox"/> Curcumin | <input type="checkbox"/> Chives | <input type="checkbox"/> Chamomile |
| <input type="checkbox"/> Turmeric | <input type="checkbox"/> Onions | <input type="checkbox"/> Dark cacao or cocoa |
| <input type="checkbox"/> Cayenne | <input type="checkbox"/> Garlic | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Jalapeno | <input type="checkbox"/> Sage | <input type="checkbox"/> _____ |



Probiotic Dishes to Include

- Yoghurt for dressings and dips
- Yoghurt cheese
- Raw fermented cranberry relish
- Sauerkraut; Kimchi; Pickles (fermented dishes should be started 7 to 10 days before the dinner)
- Kombucha

Bitter foods to Include

- | | | |
|--|--|------------------------------------|
| <input type="checkbox"/> Orange, lemon, or lime zest | <input type="checkbox"/> Arugula | <input type="checkbox"/> Green tea |
| <input type="checkbox"/> Grapefruit | <input type="checkbox"/> Fennel | <input type="checkbox"/> Ginger |
| <input type="checkbox"/> Cranberries, raw | <input type="checkbox"/> Kale | <input type="checkbox"/> Dill |
| <input type="checkbox"/> Grapes, raw | <input type="checkbox"/> Radicchio | <input type="checkbox"/> Chamomile |
| <input type="checkbox"/> Lettuce | <input type="checkbox"/> Artichoke | <input type="checkbox"/> Turmeric |
| <input type="checkbox"/> Endive | <input type="checkbox"/> Brussel sprouts | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Chicory | <input type="checkbox"/> Dark chocolate | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Dandelion | <input type="checkbox"/> Coffee | <input type="checkbox"/> _____ |
| | <input type="checkbox"/> Black tea | <input type="checkbox"/> _____ |



Part 2: FESTIVE RECIPES

Appetizers

Herbed Goat Cheese spread

Herbed goat cheese spread is a quick appetizer that can be made ahead and refrigerated until needed.

Yield: 1cup

Ingredients

- 8 ounces soft goat cheese
- 1 tablespoon fresh parsley, chopped fine
- 1 teaspoon fresh thyme, chopped fine
- 1 garlic clove, minced
- 1 tablespoon fresh chives
- ¼ teaspoon Himalayan salt
- ¼ cup chopped fresh herbs

Directions

In a food processor place all goat cheese, parsley, thyme, garlic, and chives. Whirl on medium speed until the cheese is fully blended with the herbs. Add salt and mix with a spoon. Form into a ball using a large spoon. Roll in additional chopped herbs until fully covered. Wrap in plastic wrap and refrigerate to make it firm. At least an hour and up to 48 hours.

Unwrap and plate to serve. Serve with crackers or rounds of French bread

Herbed Gluten Free Crackers

Herbed crackers go well with cheese spreads, sliced cheese, make ahead and store in an airtight container.

Yield: 1 ½ dozen

Ingredients

- 3 eggs, beaten
- 2 tablespoons extra virgin olive oil
- 1 tablespoon toasted sesame oil
- 1 teaspoon Himalayan salt or herbed sea salt
- 1 cup almond flour
- ½ cup gluten free flour blend



- 2 tablespoons tapioca flour
- 2 tablespoon black sesame seed
- 2 teaspoons baking powder
- ½ teaspoon parsley, dried
- ½ teaspoon lovage or celery leaf, dried
- ¼ teaspoon thyme, dried

Directions

Mix all ingredients together in a medium mixing bowl. Mix with a spoon until well blended. Since there is no gluten in the flour you can't over work it. The mixture will form a ball and hold together. If it doesn't add water 1 teaspoon at a time till it forms a ball. Cover and refrigerate for 2 hours to chill the dough.

Roll out to ¼ inch thick. Cut with biscuit cutters. Place on a baking sheet lined with parchment paper. Bake in 400°F oven for 15 minutes. Transfer to cooling rack. Crackers will crisp as they cool. Store in an airtight container. Serve with cream cheese, cheese slices, or nut butters.

Gluten free Tex-Mex Zucchini Bites

These are perfect for game day, birthday parties, neighborhood potlucks, a farm wedding, and any occasion where appetizers are served. They are mildly warm and spicy. If you prefer very spicy simply substitute cayenne pepper for the black pepper in the almond flour coating.

Yield: 1½ dozen

Ingredients:

- 4 cups grated zucchini, drained
- 1 cup finely chopped onion
- 2 cups coarsely grated bread crumbs
- 3 eggs
- 2 cup jalapeno cheddar cheese, grated
- 1 teaspoon Himalayan salt
- zest and juice from 2 limes
- 2 garlic cloves, minced
- 1 ½ cups almond flour
- ¼ teaspoon black pepper
- 2 tablespoon olive oil



Directions:

Grate a medium size zucchini on the coarse side of a box grater or with a food processor. Let it sit for 10 minutes. Squeeze out any excess moisture by wrapping it in a kitchen towel and twisting it over a sink. Measure out 4 cups of grated zucchini into a large mixing bowl.

Add chopped onion, bread crumbs, eggs, cheese, salt, lime juice and zest, and minced garlic. Stir well to fully combine.

In a separate bowl combine almond flour and black pepper. If you prefer very spicy appetizers, substitute cayenne pepper for the black pepper called for in this recipe.

Prepare a baking sheet by lining with parchment paper. Spread olive oil over the parchment paper using a pastry brush. Preheat oven to 425°F.

Take a 1 ½ tablespoons of the zucchini batter and shape it into a firm ball about the size of a walnut using your hands. Roll the ball in the almond flour mixture. Place the ball on the prepared baking sheet. Repeat with remaining batter.

Place the baking sheet into the oven. Bake for 35 minutes. After 15 minutes, turn the zucchini bites to brown the other side. After 10 minutes turn them again, so that all sides of the zucchini bites are browned.

Serve with cucumber – yogurt dip.

Cucumber-Yogurt dip

Yogurt dip is fairly easy to make and can be made ahead. It is safe to freeze this for longer storage.

Yield: 2 cups

- 3 cups of yoghurt
- 2 tablespoon fresh dill leaves, finely chopped
- 1 small handful of chives, finely chopped
- 3 garlic cloves, crushed
- 3 medium cucumbers, grated and drained
- ½ teaspoon Himalayan salt
- 1 tablespoon extra virgin olive oil



Directions:

Grate the cucumber and mix in the salt. Drain the cucumber for 3 hours in a fine colander, over a bowl. Drain the yoghurt for 3 hours in cheese cloth, over a bowl. The drained yoghurt is thicker like clotted cream or cream cheese.

Reserve the whey and the cucumber juice. Mix them together. They make a refreshing, mineral rich, probiotic drink.

You'll end up with about 1 cup of yogurt cheese and 1 cup of drained cucumber.

Combine the yogurt cheese, fresh dill, chives, salt, and crushed garlic. Squeeze the cucumber to get as much liquid out as possible. Stir the drained cucumber with the yogurt cheese. Mix well.

Put the mixture through a food processor or blender until smooth. Put in a jar and refrigerate until you are ready to serve it. The tzatziki sauce will keep for a week in the refrigerator. Makes 2 cups.

Beverages

Limoncello liqueur

Make a month ahead of the party. Use any organic lemons for this recipe.

Yield: 1 quart

Ingredients:

- 2 whole large lemons or 3 small lemons, washed
- Lemon zest from 5 lemons
- Additional zest from 2 fresh lemons
- 750ml vodka (1 bottle)
- ½ cup of water
- ½ cup of organic sugar

Directions:

Wash and zest 5 lemons, avoiding the bitter white pith in the peel, as much as possible. Place the zest in a wide-mouth jar. Add 2 or 3 whole Meyer lemons. Pour vodka over the lemons and zest in the jar to completely cover. Cap tightly.

Place the jar in a dark cupboard away from heat. Shake the jar daily for 1 month, or as often as you think of it.

After a month:

Strain the contents of the jar, and place the liquid into a new jar. Mix the water and sugar to make simple syrup. Don't heat it. Just keep stirring until the sugar is dissolved. Add it to the liquid in the jar. Add the zest of two lemons. Cap tightly.



Allow the jar to sit in a dark cupboard for 24 hours, to intensify the lemon scent and taste.

Strain and bottle. Label.

Limoncello is traditionally served icy cold, in small amounts, as a before or after dinner cocktail, to aid digestion. It makes a nice mixer to add to other drinks as well.

Enjoy!

Rose Bitters

Like the limoncello this recipe should be made at least a month to 6 weeks before the holidays.

Yield 4 cups

Ingredients:

- 4 cups of rose buds or rose petals, dried
- 3 cups of brandy, or enough to cover the rose buds
- ½ cup water
- ½ cup organic sugar

Directions:

Place the rose buds in a wide-mouth jar. Pour vodka over the rose buds or rose petals in the jar to completely cover. Cap tightly.

Place the jar in a dark cupboard away from heat. Shake the jar daily for 1 month, or as often as you think of it.

After a month:

Strain the contents of the jar, and place the liquid into a new jar. Mix the water and sugar to make simple syrup. Don't heat it. Just keep stirring until the sugar is dissolved. Add it to the liquid in the jar. Cap tightly.

Transfer to a bottle. Label and date. Serve as a liqueur or a bitter tonic.

Sparkling water with a slice of lemon or lime

Pour chilled sparkling water into a glass. Garnish with a slice of lemon or lime.



Cranberry kombucha

Add cranberry juice to the second ferment of kombucha. Bottle with a firm cap. Allow to sit at room temperature for 12 to 24 hours before refrigerating to allow the kombucha to develop a fizz. For more information about making kombucha from [scratch see this post on the Joybilee Farm blog](#).

Main Course options

Here's two fairly easy to make main courses for a festive meal. Butter chicken is super easy. Like slow cooker meals, you simply pour everything into a covered roasting pan and let it cook slowly over 2 to 3 hours. Remove from the oven and prepare the dish for serving.

Butter Chicken

This recipe is for made from scratch butter chicken. You won't need a flavor packet or a spice mix. It couldn't be simpler. But this is not an authentic recipe. This is simply the recipe I feed to my own family.

Serves 4 to 6

Ingredients:

- 1 -- 3 to 4 pound whole chicken, organic if possible
- 1 quart jar whole roma tomatoes, (home canned is fine)
- 1 can coconut milk
- 2 cups of fresh mushrooms, washed and sliced
- 2 medium onions, chopped
- 2 garlic cloves, sliced
- 1 jalapeno pepper, sliced and deseeded (optional)
- 1 teaspoon turmeric, powdered
- 1 inch piece of ginger, finely sliced
- 1 teaspoon cumin
- 1 teaspoon cinnamon
- 1 teaspoon Himalayan salt

Directions:

Place the chicken in a roasting pan. Pour tomatoes and coconut milk into the pan. Mash the tomatoes with the back of a spoon to create more liquid. Prepare mushroom, onions, garlic, and pepper (if using), place in the roasting pan. Add turmeric, ginger, cumin, cinnamon, and salt. Stir to blend.

Cover the pan and place in the oven. Bake at 375°F for 2 hours. Uncover the roasting pan. Bake an additional 30 minutes until the chicken skin is golden brown.

Remove the chicken from the pan. Slice the meat off the bones and return the meat to the pan with the sauce. Reserve the bones for stock for another meal.



Serve butter chicken with sauce over rice.

Lemon Rice Pilaf

Serves 6

Ingredients

- 2 cups basmati rice
- Zest and juice from 2 lemons
- 3 ½ cups of chicken stock or water
- 2 tablespoon parsley, fresh, chopped
- ½ teaspoon dill leaves, dried
- 1 tablespoon chives, fresh, plus additional for garnish
- 1 garlic clove, minced
- ½ onion, finely chopped

Directions

Place all ingredients in a medium saucepan. Simmer over medium heat until the pot with the rice comes to a boil. Turn the heat down to minimum. Cook for an additional 15 minutes until the rice is fluffy and there is no more excess water in the pan.

Fluff with a fork to evenly distribute the herbs.

Serve in a serving bowl. Sprinkle additional chives over the serving dish.

Alternative:

Roast Turkey

See this post on the Joybilee Farm blog [for tips on cooking a whole turkey](#).

Sage and onion dressing (gluten free)

Makes 6 cups

Ingredients

- 1 loaf gluten free bread, sliced, cubed
- 1 large onion, peeled and diced
- 2 stalks celery, finely sliced
- ½ cup pumpkin seeds
- ½ cup cranberries, dried
- 2 eggs, beaten
- 1 tablespoon sage leaves, crushed
- ½ teaspoon black pepper



- 1 tablespoon parsley, fresh, chopped
- 1 teaspoon rosemary, dried
- ½ teaspoon thyme, dried
- 2 tablespoons olive oil

Directions

Cube the gluten free bread and leave it exposed to the air overnight in an open bowl. In the morning add the onion, celery, pumpkin seed, cranberries and eggs.

Take the sage between the fingers and crush the leaves over the bread mixture to release the aromatics. Drop the crumbled sage into the bread mixture. Discard the stem. Add the black pepper, parsley, rosemary and thyme.

Mix the dressing to make a uniform mixture. Place in a baking dish. Drizzle the dressing with olive oil. Place a lid on the baking dish or cover with foil.

Bake for 40 minutes at 350°F. Remove from the oven. Allow the mixture to sit cover for 10 minutes before serving.

Sides

Goat Cheese and Cranberry Kale Salad with Cranberry vinaigrette

The secret to a tender kale salad is to massage the kale leaves with the vinaigrette dressing before adding the other ingredients to the salad.

Yield: 4 to 6 servings

Ingredients

- 4 cups of kale leaves, washed, finely sliced
- ¼ cup cranberry vinaigrette dressing (recipe below)
- ¼ cup cranberries, dried
- ½ cup pumpkin seeds
- ½ cup grated carrots
- ½ cup soft goat cheese, cubed

Directions

Wash kale leaves. Remove the centre rib. Stack several kale leaves together. Roll in to a tight roll. Slice thinly across the roll to make kale ribbons. Drop into a bowl.

Pour the vinaigrette over the kale leaves. Using your hands, massage the dressing into the kale leaves till they darken.



Add cranberries, pumpkin seeds, carrots, and goat cheese to the salad. Toss and serve.

Cranberry vinaigrette

Yield 1 cup

Ingredients

- ½ cup olive oil
- ¼ cup white balsamic vinegar
- ¼ cup fresh cranberries
- zest and juice of 1 lemon
- 1 clove garlic, minced
- 1 teaspoon Dijon mustard

Directions

Place all ingredients into a blender jar. Whirl on medium speed until the dressing is well blended and the mixture is thickened. Refrigerate 1 hour to meld flavors. Will keep in the refrigerator for 7 to 10 days.

Roasted beets, carrots, parsnips and garlic

Roasting root vegetables brings out the natural sugars in the vegetables and caramelizes it. Root vegetables can be baked while the main course is baking in the same oven. Add them when the main dish has one hour left of baking time.

Yield: 4 to 6 servings

- 2 cups carrots, washed and cut into 3 inch sticks
- 1 cups parsnips, washed and cut into 3 inch sticks
- 1 cups beets, washed and cut into 3 inch sticks
- 2 heads of garlic, peeled

Directions:

In a buttered casserole dish, place prepared vegetables. Peel the cloves from 2 heads of garlic. Place the garlic cloves among the vegetables. Cover the dish. Bake at 375°F for 45 minutes. Remove from the oven. Serve.



Mashed pumpkin-sweet potato casserole

High in vitamins, with a sweet, savory flavor pumpkin and sweet potato casserole is festive even without the cloying marshmallow topping that is so common.

Yield: Serves 4 to 6

Ingredients

- 2 cups pumpkin, cooked
- 2 large sweet potatoes, cooked
- ¼ cup coconut cream
- ½ teaspoon cinnamon
- ¼ teaspoon nutmeg, freshly grated
- ¼ teaspoon ginger, dried

Directions

In a mixing bowl mix the cooked pumpkin and sweet potatoes together. Stir in coconut cream and mix till the vegetables lighten in color and are a uniform texture. Add cinnamon, nutmeg, and ginger. Mix again to blend.

Spoon the mixture into a buttered casserole dish. Cover. Bake for 20 minutes at 375°F just to heat through. Serve hot.

Grape salad (probiotics)

Grape salad adds a slight bitterness to the meal to aid digestion as well as adding some probiotics from the yogurt dressing. This salad couldn't be easier using prepared yogurt for the dressing. Use this recipe if unexpected guests show up and you need an additional side quickly.

Serves 4 to 6

Ingredients

- 2 cups of green or purple seedless grapes, halved
- ½ cup of pecan pieces, toasted
- ¼ cup of lemon yogurt

Directions:

Add prepared grapes and nuts to a medium size bowl. Stir in nuts. Fold in yogurt. Chill for 30 minutes before serving.



Broccoli – Apple salad

Another quick salad that can be on the table in 15 minutes. Use this one if you need an extra side for unexpected guests. It also works for an impromptu lunch anytime.

Serves 4 to 6

Ingredients

- 3 cups of broccoli spears, sliced thinly
- 1 apple, sliced and cored (do not remove the peel)
- ½ cup slivered almonds, toasted
- 2 stalks celery, finely sliced
- Juice and zest from 2 lemons
- ½ teaspoon nutmeg, freshly grated
- ½ teaspoon cinnamon
- ½ teaspoon salt
- ½ cup vinaigrette dressing

Directions

Place broccoli pieces in a medium salad bowl. Slice and cube apple. Add to the bowl with the broccoli. Add almonds and celery. Toss the vegetables with the lemon zest and juice until the apple pieces are completely covered. Stir in nutmeg, cinnamon and salt. Toss to cover vegetables completely.

Toss salad with dressing just before serving.

Sweet Kale salad

Another kale salad that fits with the fall season when the colder weather has sweetened the kale in the garden. If you still have kale in the garden, it can even be harvested when the garden is covered in a light dusting of snow.

Yield: 4 to 6 servings

Ingredients

- 4 cups of kale leaves, washed, finely sliced
- ½ cup orange poppy seed dressing (recipe below)
- ¼ cup cranberries, dried
- ½ cup sunflower seeds
- ½ cup grated carrots
- ¼ cup red onions, finely diced



Directions

Wash kale leaves. Remove the centre rib. Stack several kale leaves together. Roll in to a tight roll. Slice thinly across the roll to make kale ribbons. Drop into a bowl.

Pour the yogurt dressing over the kale leaves. Using your hands, massage the dressing into the kale leaves till they darken.

Add cranberries, sunflower seeds, carrots, and onion to the bowl. Toss with the dressing.

Serve immediately.

Orange and poppy seed dressing

Yield: 2 cups

- 1 whole sweet orange, organic, sliced with peel (seeds removed)
- 2 tablespoon poppyseeds
- 1 teaspoon Dijon mustard
- 1 cup full fat yogurt
- ½ cup olive oil
- 1 clove garlic, minced
- ½ teaspoon salt
- 1 inch piece of ginger, peeled, finely sliced
- 2 tablespoon parsley, chopped

Directions

In a blender jar, place orange slices, poppy seeds, mustard, yogurt, olive oil, garlic, salt, ginger, and parsley. Place lid and blend for 2 minutes until the mixture thickens and is uniform consistency.

Refrigerate. Allow the flavors to meld for 1 hour before using.

Condiments:

Apple cranberry chutney

Cranberry chutney is a good accompaniment to butter chicken or other poultry dishes. It is a savory dish rich in warming spices. The apples and cranberries are naturally rich in pectin so the sauce will thicken without any additional additives.

Yield 2 cups

- 1 cup apple pieces, skin on
- 1 cup cranberries
- 1 inch piece of ginger, peeled and grated
- Zest and juice of 1 orange



- 1 tablespoon honey
- 1 teaspoon cinnamon
- ½ teaspoon mustard seed, toasted
- 1 tablespoon onion, dried

Directions

Place all ingredients in a saucepan. Cook over medium heat until the onions, apples, and cranberries are soft, and the sauce thickens. Spoon into a wide mouth pint jar. Chill to thicken the chutney.

Serve chilled.

Raw fermented cranberry sauce

Fermented cranberry sauce is a probiotic rich twist on the traditional sauce. Make this at least a week ahead so that the fermentation can complete. Ferment cranberry sauce will keep in the fridge several months.

Yield 2 cups

Ingredients

- 2 cups fresh cranberries, washed
- juice and zest of 1 orange
- ½ inch piece of ginger, peeled and grated
- 1 tablespoon honey
- 1/2 teaspoon sea salt
- ½ teaspoon cinnamon
- Filtered water to cover

Directions

Place all ingredients, except water into a mixing bowl. Mix well. Transfer to a wide mouth pint jar. Add filtered water to cover the cranberries. Place the fermentation weight to weigh down the berries. Cover with a fermentation lid. Set aside in a spot that is not too cold and not too warm. Allow to ferment for 5 to 7 days until the pressure is no longer building inside the jar.

Remove the fermentation lid and weight. Transfer the jar contents to a blender. Blend over low speed until the cranberry sauce is coarsely chopped and well blended.

Transfer contents to a clean jar. Refrigerate until ready to serve.



Cranberry mustard

This recipe is a good addition to the leftover menu when turkey sandwiches are on the menu. It also works well as an accompaniment to chicken and rice or turkey and stuffing. You can use fresh or frozen cranberries in the recipe but cook them in water until they pop, before adding the other ingredients.

Ingredients:

- 1 cup prepared cranberry sauce
- ¼ cup Dijon mustard
- 2 tablespoons honey
- 2 tablespoons white balsamic vinegar
- 2 tablespoons brown mustard seeds

Directions

Add cranberry sauce, mustard, honey, vinegar, and mustard seeds to a saucepan. Simmer over medium heat until the ingredients are thickened. Cool for an hour. Using a stick blender, blend the ingredients to make a smooth paste.

Adjust the flavors until you like them. They might need more or less honey depending on your taste. This makes a nice dipping sauce for chicken pieces too.

Easy fresh cranberry orange salsa

Ingredients:

- 2 pound bag of fresh cranberries
- zest and juice from one orange
- ½ cup honey
- 1/2 teaspoon hot peppers, dried (optional)
- ½ cup green onions, chopped
- 2 tablespoons fresh basil, chopped
- ¼ cup fresh parsley, chopped.

Directions:

Put cranberries, orange zest, orange juice, honey, and dried peppers in a food processor and process on pulse until coarsely chopped. Transfer to a medium bowl.

Stir in chopped green onions and basil. Sprinkle with additional orange zest for color.

Cover bowl and refrigerate for one hour. The salsa will become juicier as the flavor melds. Using a slotted spoon transfer the salsa solids to a serving bowl.

Use the extra juice for the base for a jellied salad or stir additional honey into the juice and use it as a glaze for chicken or turkey.



Raw fermented carrot and beet relish

Start this fermented relish one week before your festive meal to allow the flavors to blend and the full fermentation to complete. You'll need a quart jar, a fermentation lid, and a fermentation weight for this recipe.

Yield 4 cups

Ingredients

- 2 cups carrots, peeled and coarsely grated
- 2 cups beets, peeled and coarsely grated
- 1 teaspoon fennel seed
- 1 teaspoon, grated fresh ginger
- 1 tablespoon Himalayan salt
- Water to cover the vegetables

Directions

Sanitize all the equipment you are using to prepare the ferment.

Place the carrots, beets, fennel, ginger, and salt in a mixing bowl. Mix well. Transfer the ingredients to a wide mouth quart jar. Fill with enough water to cover the vegetables. Use a knife to remove any air bubbles. Place a glass fermentation weight over the vegetables in the jar. Press down so that a little brine covers the weight.

Place a fermentation lid over the jar and seal it down with a wide mouth jar ring. Place the jar on a plate to catch any over flow. Place the jar in a spot that is not too cold or too hot. Allow it to ferment for a few days.

You'll see the pressure build up in the jar. The fermentation lid will show pressure by bulging. When the pressure decreases the ferment is ready. This will take about 5 to 7 days.

Once the fermentation is ready, remove the fermentation weight and lid. Replace the jar lid with a normal mason jar lid. Refrigerate the ferment. Serve as a relish with dinner, as you would other pickles or ferments.

Dessert

Pumpkin Cheesecake

Grab my gluten-[free pumpkin cheesecake recipe here](#).



Gluten free Ginger Pizzelles

Ginger snaps, ginger bread, and other carminative digestive cookies help reduce that feeling of fullness and bloating after a heavy meal. You'll need a pizzelle iron for this recipe. Make these up to a week ahead and be kept at room temperature. They can be frozen in plastic bags or cookie tins weeks ahead.

These also make very good gluten-free crumbs for cheesecake or trifle.

Yield 2 dozen

Ingredients:

- 3 eggs, room temperature
- ½ cup organic sugar
- 2 tablespoons maple syrup
- ½ cup butter, softened
- 1 cup almond flour
- ¾ cup all-purpose gluten free flour
- 1 teaspoon cinnamon
- 2 teaspoons ginger
- ½ teaspoon cardamom
- 2 teaspoons baking powder
- 1/4 teaspoon salt

Directions

Grease the plates of the pizzelle iron generously with butter or coconut oil. Preheat the pizzelle iron according to the manufacturer's directions.

Set up a cooling rack close to where you are baking the pizzelle. One you start cooking them you need to work fast.

In a large mixing bowl, beat the eggs and sugar together until light and fluffy. I use a wire whisk and beat it by hand. It's not a difficult batter to work with by hand.

Add butter, vanilla, and beat well with a wooden spoon or use your stand mixer.

Sift almond flour, gluten free all-purpose flour, cinnamon, ginger, cardamom, and baking powder together and add to egg mixture. Mix until just blended. Don't overwork the batter. The batter will be stiff. If it is too runny it won't spread properly in the iron.

Drop the batter by teaspoonful into the centre of each circle on the pizzelle iron. My pizzelle iron uses 1 heaping teaspoon of batter per pizzelle. Follow the directions with your own pizzelle iron.

If the teaspoon of batter is off centre, the pizzelle doesn't fill the design completely. It takes a bit of practice to place the dough in exactly the right spot on your iron to fill the design without any overflow. In my pizzelle iron that spot is centre and then just slightly to the back of the decorative plate. It's worth



the extra effort to get to know your own pizzelle iron so that you know exactly where to place the batter.

Close the pizzelle iron over the batter and let it cook until the steam stops. Once the steam stops and the pizzelle are baked remove them from the iron.

Cool on a cooling rack. They will crisp up as they cool.

Apple slices and dark chocolate dip

This dessert couldn't be simpler. Add it to the menu when unexpected guests show up or when you are looking for a light dessert to compliment a heavy meal.

This isn't really a recipe but more like a simple direction.

Allow ½ apple per person. Slice each apple into 16ths. Remove the core but do not peel. Place 8 slices in a fruit dish. Drizzle with melted dark chocolate or drizzle with a commercially prepared dark chocolate sauce. Serve immediately.

Dark chocolate adds a bitter to the end of the meal to encourage digestion.

After dinner herbal tea

When making herbal tea to take advantage of the therapeutic and digestive benefits of herbs, use 1 teaspoon of the dried herb per 8 ounces of boiling water. Cover the cup or tea pot while the herb is steeping. Steep the tea for at least 10 minutes to extract all the herbal benefit.

Thanks for sticking with me so far in this mini-series. I know that applying what you are learning through these short lessons is going to have a profound impact on your well being. I'm grateful that you are coming along on this journey to better health with me.

There is a direct correlation between good digestion, happy mood, increase sleep, and increase stamina and energy levels. It begins with your meal planning and the food you serve your family. Conversely, tweaking your menus with herbs and spices in mind, is the easiest way to improve your family's health and the atmosphere of JOY and gratitude in your home.

Anytime your rest and digest nervous system is at work your body is healing itself.



xoxo *Chris*



ABOUT THE AUTHOR



Chris is a teacher, author, gardener, and herbalist with 35+ years' of growing herbs and formulating herbal remedies, skin care products, soaps, and candles. She teaches workshops and writes extensively about gardening, herbal crafts, scratch cooking, and medicinal herbs on her blog at JoybileeFarm.com. Chris is the founder of the [DIY Herbal Fellowship](#) and an instructor at the [Joybilee Academy](#). Chris believes in giving her readers a quick win because each quick win builds confidence and empowers intuition for further self-reliance and joy.

Chris is the author of the *The Beginner's Book of Essential Oils, Learning to Use Your First 10 Essential Oils with Confidence* (2015) and *Homegrown Healing, from Seed to Apothecary* (2016), and "*The Beeswax Workshop, How to Make Your Own Natural Candles, Cosmetics, Cleaners, Soaps, Healing Balms and More*" (2017)

Chris empowers women to reclaim their intuition and inner strength in nourishing and healing their families, deeply rooted in their homes, with joyful, intentional, self-reliance.