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## Spring Ahead

When spring is right around the corner there are a few precautions we can take to insure a healthy and symptom free spring and summer. You may have noticed the birds are back scouting out where on your home they will lease nest space. The crocuses which are nature's cue to start spring are just a few weeks away and the squirrels are running out of nuts anxiously waiting for the first greens to sprout so they can finally eat a salad. Nature seems to have everything under control when it comes to adjusting for each seasonal change while we don't seem to do much. Maybe we take a sweater off or put one on but in nature survival depends on living in harmony with these cycles.

After a long, cold and dry winter our bodies accumulate dryness and cold which is why many of us dream about Hawaii and the Caribbean this time of year. Nature did however, provide nuts and grains for us to eat all winter to help combat the cold and dry weather but many of us just ate the same as always not recognizing that in nature the seasons dictate what foods we should eat, not an RDA.

With spring coming so do the rains, the snow melts and it gets muddy. The earth holds onto more water in the spring making congestion a problem for many. This is why we call spring, allergy season. If the earth is holding on to more water, then so shall we. The best part is, that nature provides the perfect antidote to the accumulation of water and congestion. The only food nature is making available this time of year is light green vegetables, a few berries and that is about it. These foods are mucus free, fat free, and aimed at cleansing the body of all the excess fats we ate all winter.

Again, spring provides the perfect relief for the heaviness of winter. The Ayurvedic list of foods, however, are drawn from foods grown from all over the world and give us the freedom to eat certain grains and fruits which are not harvested locally but still have the mucous free properties we need in the spring. For example grains which are harvested in the fall to be eaten in the winter can also be eaten in the spring if properly selected. Barley, corn, millet, buckwheat and rye are okay because they have less gluten and reduce Kapha. Fruits which are typically eaten in the summer can also be beneficial in the spring if they are light and dry. For example dried fruits like figs, prunes and apricots are light like apples and pears. In the spring you want to avoid heavier foods like dairy, nuts, red meats and shell fish. Most all vegetables are good and so are beans, which are not so good in the winter but very balancing in the spring.

The spring is weight loss season in Ayurveda. It is a fat free and mucus free diet used by all the weight loss gurus like Jenny Craig and Weight Watchers. The difference is that Weight Watchers wants us to stay on this diet for the rest of our lives, which no one can do. Ayurveda changes with the seasons; we eat the Kapha balancing diet only in the spring and change with each season. When you go with the flow of nature, you will see it's effortless and yes, this is true for all body types. When the seasons change it is the natural time to cleanse the body. The Native Americans always did their vision quests and fasting in the spring. It was a natural time to purify them selves from all the heavy winter meats, nuts and grains. There are many Ayurvedic approaches to seasonal cleansing. For optimum health do not let the seasons change without some sort of cleansing effort. In addition to eating what nature has harvested the change of seasons is a good time to do a short home cleanse (a fast—Ayurvedic style). By John Douillard, DC, PhD



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## Spring Grocery List

(March-June)

Though these are not the only items you can eat, they are the most beneficial foods for this season.

\*An asterisk means it is best to eat more of this food.

- Eat **more** foods that are **Pungent (Spicy), Bitter, Astringent / Light, Dry, Warm**: such as flavorful steamed veggies, brothy soups, brown rice.
- Eat **less** foods that are Sweet, Sour, Salty / Heavy, Cold, Oily: such as fried foods, ice cream, heavy dairy.

VEGETABLES	FRUIT	SPICES	LEGUMES	HERB TEA
*Alfalfa Sprouts	Apples	Anise	*All Sprouted Beans	Alfalfa
Artichokes	Blueberries	Asafoetida	Adzuki	*Cardamom
*Asparagus	*Dried Fruit (all)	Basil	Black Gram	*Chicory
*Bean Sprouts	Grapefruit	Bay Leaf	Garbanzo	*Cinnamon
Beets	Lemons, Limes	*Black Pepper	Fava	*Cloves
*Bell Peppers	Papayas	Chamomile	*Goya	*Dandelion
*Bitter Melon	Pears	Caraway	*Kidney	*Ginger
Broccoli	Pomegranates (sour)	Cardamom	*Lentils	*Hibiscus
*Brussels Sprouts	Raspberries	*Cayenne	*Lima	*Orange Peel
*Cabbage	Strawberries	Cinnamon	*Mung	*Strawberry Leaf
*Carrots	All Berries	*Clove	Split Pea	
*Cauliflower		Coriander		
*Celery		Cumin		
*Chicory		Dill		
*Chilies, dried		Fennel		
Cilantro		Fenugreek		
*Collard Greens		Garlic		
*Corn		Ginger		
*Dandelion		Horseradish		
*Endive		Marjoram		
Fennel		Mustard		
*Garlic		Nutmeg		
Ginger		Oregano		
*Green Beans		Peppermint		
*Hot Peppers		Poppy Seeds		
Jicama		Rosemary		
*Kale		Saffron		
Leeks		Sage		
*Lettuce		Spearmint		
*Mushrooms		Thyme		
*Mustard Greens		Turmeric		
*Onions				
*Parsley				
*Peas				
*Potatoes, baked				
*Radishes				
Seaweed				
Snow Peas				
*Spinach				
*Swiss Chard				
*Turnips				
*Watercress				
	DAIRY		LEAN MEAT & FISH	BEVERAGES
	Ghee (moderation)		Chicken	Black Tea (moderation)
	Lowfat yogurt (moderation)		Duck (moderation)	Coffee (moderation)
	Rice/Soy milk		Eggs (moderation)	Water (room temp. to hot)
	*Goat milk		Freshwater fish	
			Lamb (moderation)	
			Ocean fish (moderation)	
			Turkey	
	OILS		NUTS & SEEDS	SWEETENERS
	Canola		Filberts	*Honey - Raw
	*Corn		Pinons	Maple Syrup
	Flax		Pumpkin	Molasses
	Mustard		Sunflower	
	Safflower			
	Soy			
	Sunflower			
			GRAINS	CONDIMENTS
			Amaranth	Carob
			Barley	Pickles
			Buckwheat	
			Corn	
			Millet	
			Oats, dry	
			Quinoa	
			Rice, Brown, long grain	
			Rye	

*Learn more about the seasonal diet in "The 3-Season Diet" by Dr. John Douillard*



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**SPRING BREAKFASTS**

Grapefruit with honey

Grits with honey or butter

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Plain low fat yogurt drizzled with honey or maple syrup topped with:

Dried fruit of your choice and Pumpkin seeds

(a great morning treat is to mix some dried cherries and/or blueberries into some greek yogurt, refrigerate overnight, by the morning the fruit is soft and sweet and so good with the yogurt)

Rye Toast

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Hot Barley Cereal

Mixed with honey and choice of dried fruits, apples, or raisins.

Grapefruit juice (fresh if possible!)

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Fresh Fruit Salad

Blueberries, strawberries, raspberries, black berries, papaya (if you can find a good one when not on Maui;)

Rye toast or corn bread with honey

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Spring Eggs (eggs need to be eaten in moderation in the Spring, since I love my eggs I cook them with extra spices and onion to help digestion):

Melt coconut oil (or butter) in skillet

Add ground ginger, black pepper, coriander, tumeric, cinnamon

Sauté in oil briefly

Add one chopped onion and let simmer until onion is tender

Add two eggs and scramble all together

Roll up in a flour tortilla and enjoy

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Buckwheat Pancakes w/blueberries and Maple Syrup

Top with berries of your choice and drizzle with honey or syrup.



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## SPRING MID-DAY MAIN MEALS

### Ensalada Espinacho Sin Tocino!

(Spinach Salad no bacon!)

Mix together equal amounts of olive oil and good balsamic vinegar with a healthy dose of fresh ground black pepper

Mix in baby spinach

Sliced mushrooms

Caramelized onions (if time to—it takes about 30–45 minutes for onions to caramelize—see below).

Peeled and sectioned Clementine

Feta cheese

Pumpkin seeds

Allow to sit for about 15 minutes and flavors to “marry”.

### How to Caramelize onions

2–4 sweet yellow or white onions cut in half and sliced thin

Coat a large iron skillet with olive oil or butter and heat the oil

Add the onions and cook over medium high heat stirring about every 8–10 minutes. If the onions start to burn add more oil. Cook until onions are a dark rich brown color. Remove the onions add 3–4 tbsp white wine or water to pan and scrape up the dark brown glaze, pour deglaze over onions.

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### Hearts of Romaine Salad

Passion Fruit vinaigrette

- 1/2 cup [passion fruit](#) juice
- 1/8 cup [oil](#) (try [flavored oils](#) too if you like)
- 1/8 cup [apple cider vinegar](#)
- 1 tablespoon [honey](#)
- [salt](#) & [pepper](#)

Hearts of romaine lettuce torn up

Crumbled bleu cheese

Dried cherries

Little bit of onion

### Vegetarian Chili w/ cornbread

Vegetarian Chili

Saute in ghee the following spices:

1 TBSP Chili powder

1–1/2 tsp ground cumin

1 tsp ground coriander

1 tsp oregano



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1 tsp cinnamon

Add:

2 large onions chopped

3 cloves of garlic minced

1 chopped red bell pepper

2 large carrots sliced

Optional green chilies

Saute 3-5 minutes then add:

2 14 oz cans Muir Glen Fire Roasted crushed tomatoes

14 oz NO-chicken broth (vegetable broth) by Imagine

Cook 20-25 minutes stirring often then add:

1 can black beans rinsed and drained

1 can red kidney beans rinsed and drained

Cook 10 minutes more, adjust seasonings to taste and serve.

### Cornbread

¼ lb. butter (1 stick)

½ tsp baking soda

½ cup sugar

1 cup cornmeal

2 eggs

1 cup flour

1 cup buttermilk

½ tsp salt

Preheat oven to 375 degrees. Grease an 8" square pan with coconut oil.

Melt butter in large skillet. Remove from heat and stir in sugar. Quickly add eggs and beat until well blended. Combine buttermilk with baking soda and stir into mixture in pan. Stir in cornmeal. Flour, and salt until well blended and few lumps remain. Pour batter into prepared pan. Bake in the preheated oven for 30-40 minutes or until a toothpick inserted in the center comes out clean.

#### HOW TO MAKE BUTTERMILK

There are many times that you may be making a recipe and realize that it calls for buttermilk. If you don't use it on a regular basis, chances are that you don't have it in the fridge. Here is how to make your own buttermilk and it's fast and easy!

Per one cup of buttermilk do the following:

1 cup milk

1 tablespoon vinegar or lemon juice

Let these sit together in a glass measuring cup for at least 10 minutes.

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### Spring mix salad

Balsamic, 1 fresh garlic clove minced, olive oil, tiny squirt of mustard, fresh ground salt and pepper – whisk together and drizzle over:

Spring mix salad greens, fresh dill, spring onions, mushrooms, radishes

Top with a little feta cheese

### Split Pea Soup with Rye toast



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Sauté kapha churna in a little ghee, add onion, garlic, and carrots and sauté a little longer  
Add ½ bag green split peas and a couple handfuls of barley or roasted buckwheat  
Cover with approx. 1” of imagine no-chicken broth or water and simmer 1-2 hours

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### Sautéed Mixed Greens

- ॐ Dandelion greens, spinach, mustard greens
- ॐ Sauté onion and garlic in a little olive oil, add greens and cook until wilted, salt lightly.
- ॐ Serve over baked potatoes after smashing them with a fork.

### Kidney Bean Salad

- |                                  |               |
|----------------------------------|---------------|
| 1 can Red Kidney Beans           | Fresh parsley |
| 1 onion                          | Chili         |
| 2 spring onions with green leafs | Fresh dill    |
| A little feta cheese cubed       | Salt          |
| 6 tomatoes                       | Fresh mint    |
| olive oil                        | lemon juice   |

#### Directions:

Rinse the kidney beans.  
Chop the tomatoes, onion and spring onions into small pieces.  
Add the herbs, salt, olive oil and lemon juice. (Save a bit of the dill for decoration.)  
Gently mix them and put on a wide plate.  
Cut the cheese into small cubic pieces and spread them on the salad.  
As decoration, put the chili and rest of the dill on top.

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### Dandelion Salad

Blend together in a skillet

- ॐ ¼ cup lemon juice
- ॐ Salt

Add LOW heat and stir in milk.

- ॐ ½ cup canned milk
- ॐ 1 TBSP flour

Slowly stir the flour into the lemon mixture until smooth and thickened.

Add to warm dressing and stir gently to coat

- ॐ 8 cups dandelion greens, chopped

Sauté until wilted, remove from heat and stir in

- ॐ ¼ cup honey

Serve over a baked potato

### Soft Taco



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(2) Corn Tortilla

Black beans and/or white beans tossed with spring seasoning (mixture of ginger, black pepper, coriander, tumeric, and cinnamom)

Salsa

Lettuce, peppers, onion, jalapeños, or whatever vegetables you like.

Layer lettuce, vegetables, and black beans (opt. cheese) on corn tortillas, pop under broiler to warm beans, add salsa. Wrap up and eat.

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Cilantro Pesto

Two foods that antidote mercury stored in our tissues are seaweed and cilantro. They both chelate mercury and safely discharge it from the body. I recommend their frequent use. On my weekly market trip, I always pick up a bunch or two of cilantro and generously strew it as a garnish or turn it into pesto.

A flavorful cilantro pesto is good as a dip, over pasta or grains and on sandwiches. This pesto keeps in the refrigerator for several days. For optimum flavor, bring it to room temperature before serving.

Makes about 1¼ cup

1 bunch fresh cilantro, rinsed and dried (approximately 3 cups, loosely packed)

½ cup grated Parmesan cheese

½ cup roasted pine nuts, walnuts or macadamia nuts

2 cloves garlic

1 tablespoon lime juice

½ cup extra virgin olive oil

½ teaspoon sea salt or to taste

Strip the cilantro leaves from the stems and set the leaves aside. Coarsely chop the stems and place them in a food processor or blender. Add the cheese, pine nuts, garlic, lime juice, oil and salt and process to a uniform consistency. Add the leaves and process until the leaves are coarsely chopped.

Spring Mix Salad --instead of the balsamic dressing try pumpkin seed oil drizzled over spring mix salad. Austrian Pumpkin seed oil has a wonderful nutty flavor—it is so good it will become your favorite “salad dressing”. Available at Cheesetopia in Camp Hill or at <http://www.austrianpumpkinoil.com/pumpkinoil.html>

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Roasted Asparagus

Preheat oven to 400°

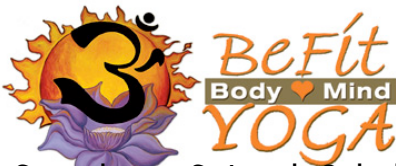
🌀 1 lb. asparagus—woody ends broken off. Lay single layer on baking sheet.

🌀 1-2 cloves garlic, minced

🌀 Olive oil

Sprinkle garlic over asparagus, drizzle with olive oil and bake (or grill) at 400 , turning every few minutes. When asparagus starts to wrinkle and turn brown (approx. 5 minutes) remove from heat and sprinkle fresh ground salt.





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Strawberry Spinach Salad

- ॐ 4 cups spinach
- ॐ 1 cup fresh strawberries (or peaches, blueberries, kiwi, or any combination), sliced
- ॐ Spring onions, sliced
- ॐ Sunflower seeds

Two-seed Dressing

- ॐ ¼ cup honey
- ॐ 2 TBSP sesame seeds
- ॐ 1 TBSP poppy seeds
- ॐ ¼ cup cider or balsamic vinegar
- ॐ ¼ cup olive oil
- ॐ 1/8 tsp Worcestershire sauce or braggs liquid aminos
- ॐ ¼ tsp paprika
- ॐ Fresh ground salt and pepper to taste

Combine in a jar with tight fitting lid and shake well.

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Barley Vegetable Soup -with Rye Toast

Sauté in a little ghee

- ॐ Kapha Churna
- ॐ 1 small onion chopped
- ॐ 2 large carrots, sliced
- ॐ 1 stalk celery diced

Add:

- ॐ 2 qts. Vegetable stock
- ॐ Dandelion or Mustard Greens
- ॐ Mushrooms (sliced shiitakes are nice)
- ॐ ½ cup barley
- ॐ 1 tsp thyme
- ॐ 1 bay leaf

Cover and simmer for about 1 hour.

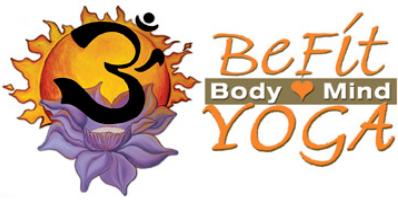
Roasted Kale with Sea Salt

- ॐ 4 cups firmly-packed kale
- ॐ 1 Tbsp. extra virgin olive oil
- ॐ 1 tsp. good-quality sea salt

Preheat oven to 375 degrees F. Wash and trim the kale: Peel off the tough stems by folding the kale leaves in half like a book and stripping the stems off. Toss with extra virgin olive oil. Roast for five minutes. Turn kale over. Roast another 7 to 10 minutes until kale turns brown and becomes paper thin and brittle. Remove from oven and sprinkle with sea salt. Serve immediately.

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### Cathrin's Curry

Ghee  
chopped ginger  
sliced green or red onions  
mustard seeds  
tumeric  
--Saute all the above together

Add:  
1-2 teaspoon Curry Paste  
1-2 teaspoon miso  
raisins or dried cranberries  
--sauté briefly

Add:  
1 can coconut milk

Add:  
Whatever vegetables you like and a chili pepper or two; i like carrots, bean sprouts, cauliflower, broccoli  
--let it simmer to desired tenderness.

Top with:  
Cilantro and a little salt  
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Here are two good salad dressing recipes for your spring salads :)

#### Green Goodness Herbal Dressing

About 1/4 c. water                      1 T. mustard (dijon or stoneground)  
2-3 T Olive oil                          2-3 dates  
1 T vinegar                              1/2 c. cilantro or basil  
clove of garlic                          pinch of pink salt

just whirl it together in the Vita-Mix or hand blender. It turns out a beautiful green color. I commonly have cilantro, parsley, and basil on hand, but if you don't, it's fine to use just one or two of those.

#### Mira's Salad Dressing - Lemon/Salt/Oil

The order in which ingredients are added are important  
PUt a fair amount of high quality salt in the bottom of a small bowl  
Squeeze over top the juice of one lemon



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stir  
add olive oil  
stir

pour over salad, toss, and sprinkle with fresh ground black pepper.

She put this dressing over a salad of roma tomatoes, arugula, spring onions, and green pepper.

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### White Hakurei Turnips

Farmer Stef gave us the newest and latest “in” food, White hakurei Turnips this week. How sweet they are! Very mild and delicious, you can even eat them raw. I experimented with a couple different recipes on line and found this simple one to be the best.

- 2 bunches hakurei turnips with greens
- 1 tablespoon olive oil
- 1 tablespoon butter
- Salt and pepper to taste
- 1/4 cup white wine

#### Instructions:

Rinse the turnips and greens well. Cut the greens from the turnips and chop into 2-inch pieces. Trim any straggly roots from the turnips and discard. Cut the turnips into quarters or eighths, depending on size. In a sauté pan with a lid, heat the olive oil and butter. Add the turnips, sprinkle lightly with salt and pepper, and sauté about 3 – 5 minutes. Add the greens to the pan, along with any moisture still clinging to the leaves. Cover the pan and allow the greens to cook, stirring once or twice, until just tender, 6 to 8 minutes. Add the white wine and cook until almost all the liquid is gone. Serve immediately.

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SPRING TIME GARLIC SCAPES :) Garlic scapes are a spring delicacy. Here is a recipe to enjoy them:

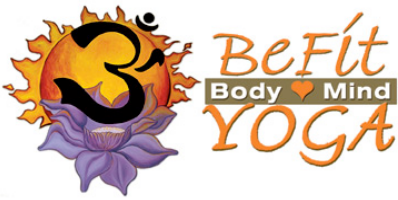
### Garlic Scape Pesto

#### Ingredients

- 6 garlic scapes, chopped
- 1/2 cup freshly grated Parmesan cheese
- 1/2 cup freshly grated Asiago cheese
- 1 tablespoon fresh lemon juice
- 1/4 cup pine nuts
- 3/4 cup extra-virgin olive oil
- salt and pepper to taste

#### Directions

Place the garlic scapes, Parmesan cheese, Asiago cheese, lemon juice, and pine nuts in the bowl of a food processor. Drizzle the olive oil over the mixture. Blend until the pesto is a brilliant green color and smooth in texture. Season with salt and pepper.



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**SPRING LIGHT SUPPERS**

**Velvety Vegetable Soup**

Sauté in olive oil over medium heat until wilted

- ☪ 1 onion chopped
- ☪ 4 cups diced leeks (white part + 1" of green)
- ☪ 1 cup celery diced

Add and stir well

- ☪ 2 TBSP fresh tarragon
- ☪ 1 TBSP fresh thyme
- ☪ Fresh ground salt and pepper

. Add, cover and simmer until potatoes are cooked, approx. 15 min

- ☪ 4 cups vegetable broth
- ☪ 3 cups diced potatoes

. Add and simmer 5 minutes

- ☪ 1 bunch spinach, chopped

. Remove soup from heat, puree with a hand blender. Garnish with yogurt and herbs if desired.

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**Cooked spinach with pine nuts**

- ☪ Pine nuts
- ☪ Extra Virgin Olive oil (EVOO)
- ☪ Organic Fresh Spinach
- ☪ Fresh parmesan cheeses

Toast pine nuts in olive oil, add spinach cook until wilted. Remove from heat and grate fresh parm over top.

(I prefer this plain but it can be put over pasta too.)

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**Fresh Brussel Sprouts (the smaller the better)**

EVOO

Fresh Parmesan Cheese

Half steam the brussel sprouts (until about half way done) mix all ingredients in a container and allow to sit for 10-15 minutes.

Pour onto a cookie sheet and broil

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**Corn Chowder**

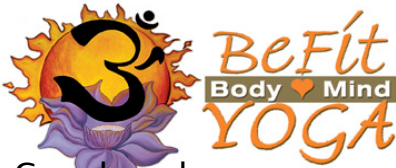
Sauté in a little oil onions and celery

Add 1 package sweet frozen corn, raw potatoes quartered, 1 cup water, salt pepper and paprika

Simmer about 10 minutes or until potatoes are soft

Mix 1/2 cup milk with flour and shake vigorously, stir into soup

Stir in an additional 1 to 1-1/2 cups milk



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Corn bread

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Warm Salad

spinach or spring mix greens

spring onions

mushrooms

sprouts

grated raw beet

goat cheese

balsamic salad dressing

Build your salad in an oven safe bowl. Pop in a toaster oven for approx. 5 minutes, or until greens are wilted.

Also good to add in prior to baking:

Rehydrated Sun Dried Tomatoes

(You can rehydrate your dried tomatoes in different ways. For basic use you soak them in water for 1 to 2 hours at room temperature as needed- this should be long enough to fully rehydrate them. Boiling water will speed up the process. For longer soaking times be sure to stick them in the refrigerator.

They can be added directly to soups and stews. Adding them during the last 20 to 30 minutes of cooking is usually sufficient.

Try soaking them in vegetable stock.

Be inventive and try rehydrating them with wine!

Use the liquid from soaking in your recipes like a vegetable stock.

Pour a mixture of one half vinegar and one half boiling water over them and let them soak for five to ten minutes. Drain thoroughly then mix with a good olive oil seasoned with a few pieces of garlic sliced clove and marjoram leaves. Let them marinate for 24 hours in the refrigerator before using. Very good in salads and pasta dishes!)

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