

Excerpt from John Douillard, DC, PhD book “The Three Season Diet”

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 tubers and roots, 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 calories 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 mucus free diet used by the weight loss gurus. 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).



More information on Spring at <http://www.befityoga.com/philosophy-lifestyle/topic-of-the-month/> and click on March 2013

Summary of Spring Tips to Stay Strong and Healthy:

- ॐ Eat more foods that are Pungent (Spicy), Bitter, Astringent / Light, Dry, Warm: such as leafy greens, spicy foods, garlicky foods.
- ॐ Eat less foods that are Sweet, Sour, Salty / Heavy, Cold, Oily: such as fried foods, ice cream, heavy dairy.
- ॐ Avoid congestive foods like refined carbs, dairy, sugar, and high fat foods.
- ॐ Sip warm water and herbal teas throughout the day (ex. hibiscus, cinnamon, clove, dandelion tea, etc)
- ॐ Eat plenty of Vitamin C rich foods like kale, brussel sprouts, broccoli, grapefruit (Vitamin C blocks the release of histamine).
- ॐ Manjistha, Turmeric, and Tulsi are good to cleanse your lymphatic system, heal your digestion, boost immunity and nourish your nervous system. Add these herbs to your diet or take them with honey.

Daily Routines (Dinacharya) for Spring:

- ॐ Self Massage with sesame oil or mustard seed oil.
- ॐ Three or more times per day practice Bellows Breath: breathe quickly and with strength in and out through your nose for 30 seconds while expanding and contracting your diaphragm. Sit in silence for 1 minute.
- ॐ If possible do your practice in the morning to increase circulation, mood and immunity.
- ॐ Perform Neti irrigating your nasal passage with warm salt water. Always follow with Nasya. (Perform [Nasya](#) by dripping a few drops of oil in each nostril and sniffing or dipping a q-tip in sesame oil or Ayurvedic Nasya Oil, swirling it inside your nostrils, and inhaling deeply.)

Signs of Excess Kapha During Spring:

- ॐ Cold, cough, allergies, congestion, flu, fatigue, depression, weight gain.
- ॐ If you experience some of these signs:
 - Follow the above guidelines and spring foods for closer to balance your Kapha
 - Schedule a consult with an Ayurvedic Dr.
 - Schedule a 3-6 day Ayurvedic detox at home or a pancha karma retreat with an Ayurvedic Dr.

Curious about a food not on this list? Taste it. If it has 2-3 of the spring tastes of spicy, bitter, or astringent, it is balancing. Prepare it in a way that is light, dry, and/or warm..



Spring Grocery List — Approx. March through June

Choose Organic and non-GMO when possible. Eat more of your favorite foods from this list.

*An asterisk means that this food is a Spring Superfood. If you like it, eat more of it.

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	Split Pea	*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		
*Cauliflower	Eat fruit separately from other foods.	Coriander		
*Celery	DAIRY	Cumin		
*Chicory	Favor Raw or Vat Pasteurized.	Dill	LEAN MEAT & FISH	BEVERAGES
*Chilies, dried	*Goat milk	Fennel	Chicken	Black Tea (moderation)
Cilantro	Ghee (moderation)	Fenugreek	Duck (moderation)	Coffee (moderation)
*Collard Greens	yogurt	Garlic	Eggs (moderation)	Water (room temp. to hot)
*Corn		Ginger	Freshwater fish	
*Dandelion		Horseradish	Lamb (moderation)	
*Endive		Marjoram	Ocean fish (moderation)	
Fennel		Mustard	Turkey	
*Garlic		Nutmeg		
Ginger		Oregano		
*Green Beans	OILS	Peppermint	NUTS & SEEDS	SWEETENERS
*Hot Peppers	Coconut Oil	Poppy Seeds	Filberts	*Honey - Raw
Jicama	Flax	Rosemary	Pinons	Maple Syrup
*Kale	Hemp	Saffron	Pumpkin	Molasses
Leeks		Sage	Sunflower	
*Lettuce		Spearmint		
*Mushrooms		Thyme	GRAINS	CONDIMENTS
*Mustard Greens		Turmeric	Amaranth	Carob
*Onions			Barley	Pickles
*Parsley			Buckwheat	
*Peas			Corn	
*Potatoes, baked			Millet	
*Radishes			Oats, dry	
Seaweed			Quinoa	
Snow Peas			Rice, Brown, long grain	
*Spinach			Rye	
*Swiss Chard				
*Turnips				
Watercress				

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



Grapefruit with honey

Organic Grits with honey or butter

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Plain yogurt drizzled with honey or maple syrup topped with:

shredded coconut and Pumpkin seeds

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A great morning treat is to mix some dried cherries and/or blueberries into yogurt and add some chia seeds. Refrigerate overnight, by the morning the fruit and chia seeds are soft and sweet and plump. Drizzle with a little honey, add some raw organic cacao nibs, and a sprinkle of cinnamon.

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Fresh Fruit Salad

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

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Spring Eggs

I love my eggs! In the spring 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

At the end of cooking mix in some chopped mustard greens or other greens of your liking

Roll up in a large collard green leaf or flour tortilla and enjoy

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Buckwheat Pancakes w/blueberries and Maple Syrup

1 cup buckwheat flour

1 cup oat flour or rice flour or regular wheat flour . . .

1/4 to 1/2 cup sucanat or coconut sugar (you can use less sugar if using coconut milk)

1/1/2 tsp baking powder

1/2 tsp salt

1/2 tsp baking soda

2-1/4 cups milk or coconut milk

1 egg

2 TBSP coconut oil

Blueberries

Combine all dry ingredients. In a separate bowl combine all wet ingredients. Stir wet ingredients into flour mixture, be careful not to over-stir. Gently fold in blueberries. Melt more coconut oil in a griddle over medium heat. Pour about a 1/4 cup of batter onto griddle, cook until batter bubbles around the edges, flip and cook to desired done-ness.

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And new for 2015

Like Matcha isn't super enough, SUPER-POWERED GREEN TEA PUDDING :)

Recipe by Mizuba Tea Co.

INGREDIENTS



- ¼ cup chia seeds
 - 1.5 teaspoons Organic Matcha tea
 - ½ teaspoon vanilla extract
 - 1 cup grass-fed milk
 - 1 handful raspberries, blueberries, chopped pecans, for sprinkle and garnish.
- Optional: your preferred sweetener, to taste. Honey and maple syrup are popular options.

INSTRUCTIONS

Place chia seeds and Matcha in a small bowl (a traditional Matcha bowl or mason jar works just fine). Gently stir until chia seeds and Matcha combine. Drizzle in vanilla, and add milk.

If you prefer a sweeter pudding, stir in sweetener of choice.

Refrigerate overnight.

In the morning, top with your favorite toppings and enjoy!

Tips: <http://www.mizubatea.com/blogs/tea-cuisine/11255497-matcha-chia-seed-pudding>

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Roasted Rhubarb and Strawberry Breakfast Bowl with Walnuts and Fresh Mint

Makes about 6 servings

INGREDIENTS:

- 2.5 cups fresh, organic strawberries, cut in half or blueberries or both
- 3 cups chopped rhubarb
- ⅓ cup maple syrup
- 2 tablespoons balsamic vinegar
- ⅓ cup fresh mint, chopped and save a few sprigs as garnish
- 1 teaspoon sea salt
- ½ cup walnut halves, lightly toasted

DIRECTIONS:

- 1 Preheat the oven to 350 degrees with a rack positioned in the middle of the oven.
- 2 Place parchment paper on a rimmed baking sheet or cooking dish. You want to preserve the juices for your topping mixture.
- 3 Using a large bowl, combine the strawberries and rhubarb. Set aside.
- 4 In a small bowl, whisk together the maple syrup, balsamic vinegar and salt. Pour this over the rhubarb and strawberries, and gently toss until well-coated.
- 5 In a single layer, spread the fruit out on the baking dish, making sure the juices cover the fruit. Place into the oven and roast for 35–40 minutes until the juices have thickened and the rhubarb is soft and tender.



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- 6 Transfer to a bowl once out of the oven and still warm. Now you have a wonderful addition to your breakfast bowl. You can use it immediately, served atop quinoa or gluten-free oatmeal, or you can top your favorite plain yogurt or kefir.
- 7 Add your walnuts and a sprig of mint. Store in the fridge.



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 (I like to cook them ahead of time in butter)
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 coconut oil, ghee, or butter and heat.
Add the onions and cook over medium high heat stirring about every 8–10 minutes. If the onions start to burn add more butter or 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 olive [oil](#)
- 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

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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
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:
28 oz. home canned tomatoes or Bionaturae makes organic strained tomatoes in glass jars
14 oz broth (I save and can the cooking water from cooking vegetables and use those)
Cook 20-25 minutes stirring often then add:
1 cup black beans rinsed, soaked overnight and boiled (or 1 can if you prefer)
1-1/2 cups red kidney beans rinsed, soaked overnight and boiled (or 1 can of kidney beans)
Cook 10 minutes more, adjust seasonings to taste and serve.

Cornbread

1/4 lb. butter (1 stick)	1/2 tsp baking soda
1/4 cup coconut sugar	1 cup cornmeal
1/4 cup maple syrup	1 cup flour
2 eggs	1/2 tsp salt
1 cup buttermilk	

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 will 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

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(Soak beans several hours or overnight first, rinsing often)

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 broth or stock 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.

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Kidney Bean Salad

1 can Red Kidney Beans

1 onion

2 spring onions with green leafs

A little feta cheese cubed

6 tomatoes

olive oil

Fresh parsley

Chili

Fresh dill

Salt

Fresh mint

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 grass fed 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 4-8 cups dandelion greens, chopped

Sauté until wilted, remove from heat and stir in



3 1/4 cup honey
Serve over a baked potato

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Soft Taco

(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 1 1/4 cup

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

1/2 cup grated Parmesan cheese

1/2 cup roasted pine nuts, walnuts or macadamia nuts

2 cloves garlic

1 tablespoon lime juice

1/2 cup extra virgin olive oil

1/2 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.

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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 <http://www.austrianpumpkinoil.com/pumpkinoil.html>

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Roasted Asparagus

Preheat oven to 400°

Om 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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Barley Vegetable Soup

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.

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Dahl Soup

Perfect for a rainy spring day. Dahl is a wonderful source of plant protein.

Cooking time: 15-30 minutes (depending on the type of dahl used). For a reduced cooking time, soak beans overnight or even 3 hours before cooking.

Ingredients:

- 1 cup yellow mung dahl beans
- 6-8 cups water
- 1-2 cups coconut milk (organic, full fat, BPA free can . . .)
- 2 tablespoons ghee (clarified butter)
- 1 teaspoon grated fresh ginger
- 1/2 - whole juice of lemon

Optional: Greens

- 2 teaspoons Vata Choorna and Kapha Choorna (Spice mixture)
- ½ teaspoon salt
- 2 tablespoons finely chopped cilantro

1. To wash the dahl, place it in a stainless steel vessel and cover with clean water. Swish the dahl around with your hand until the water turns milky. Drain the water. Repeat the process until water becomes almost clear.
2. In the same vessel, combine 6-8 cups water, washed dahl, coconut milk, ginger, and greens if adding any. Bring to a rapid boil. (*General rule of thumb - 8 - 10 parts of water to 1 part of*



dahl. *Be sure to add enough water, especially if you have other things to do besides watching after your dahl.*)

- 3. Add salt and reduce heat to a simmer.
- 4. Add Lemon Juice

When the dahl is completely cooked:

- 5. In a separate heavy skillet, heat ghee over a moderately low flame.
- 6. Add the Vata Choorna. Stir until lightly browned. Add spice mixture to dahl and remove dahl from heat.
- 7. Stir to mix and allow dahl soup to set with spices for 5 minutes.
- 8. Before serving, garnish with fresh cilantro or parsley.

For variety, you can add one or a few of the following to the dahl while it is cooking:

- 1 medium tomato, diced
- 1 cup leafy green vegetables (e.g. spinach, kale, collard greens, etc.)
- 1-2 teaspoons of lemon juice
- 1 teaspoon fresh grated ginger, especially during the winter season

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Roasted Kale with Sea Salt

- 4 cups firmly-packed kale
- Coconut oil
- 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:
raisins or dried cranberries or coconut
--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. Turn off heat.

Add:
1-2 teaspoon Curry Paste
1-2 teaspoon miso (make a slurry by taking a ladle, put the miso in the ladle with a little of the warm coconut milk, using chopsticks break up the miso and stir it into the coconut milk. Holding the ladle bottom down in the hot pan can help with this process, then put the miso in the mix. It will dissolve better this way)
— Stir it all together — do not let it come to a boil again as this will kill the good stuff in the miso

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
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 (new for 2010)

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 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, 2 to 3 minutes. Add the white wine and cook until almost all the liquid is gone. Drizzle with olive oil. 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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Mustard Green Pesto

I like to dollop it onto some sort of curry soup like red lentil dal, over pasta or spread it over baked wild salmon as it comes out of the oven....or just eat it by the spoonful to liven up your day!

- 1 1/2 cups raw cashews
- 3 to 4 garlic cloves, peeled
- 1 teaspoon sea salt
- 4 to 6 tablespoons freshly squeezed lime juice
- 8 cups packed fresh mustard greens

Place the cashews into a food processor fitted with the "s" blade and process until finely ground. Then add the garlic, salt, lime juice, and mustard greens; pulse and process until combined. You may need to stop the machine and push down the greens, and then process again.



Store in a glass container in the refrigerator for up to a week. Freeze in ice cube trays, and then place into a container in your freezer for longer storage. Source:

www.NourishingMeals.com

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Hummus Burrito

Spread a flour tortilla with a nice layer of hummus
Top with crunched up corn chips
Add veggies to your liking, I like onion, lettuce, shredded beet, or whatever is in season
Top with cheese of your liking
Pop under a broiler for a few minutes until cheese melts
Top with Salsa
Roll up and enjoy.

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Spring (or summer) Beans recipe (my Ayurvedic Dr. made when he stayed here)

Coconut Oil – a lot!
Spice Masala (spice mixture)
Onion – chopped
Tomato – chopped
Kidney beans and chick peas – 1 can each, rinsed and drained

Heat oil, add spice mixture, let sauté until aromatic. Add onion, tomato, simmer briefly. Add beans and stir. Heat thoroughly and enjoy.

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Palak Daal

If you don't have asafetida, you can skip it, if you have it on hand, start with a pinch -- it has mild oniony flavor. Left overs were delicious reheated with a generous splash of coconut milk. And lastly, if you are having trouble tracking down [white urid daal](#) / ivory lentils, feel free to experiment with other types of lentils.

1 cup / 6.5 oz / 185 g [white urid or urad daal](#), picked over and rinsed

6 cups / 1.5 liters water, plus more if necessary
1/2 pound spinach, washed and finely chopped
1 tablespoon ginger, peeled and finely chopped
1/2 teaspoon turmeric
2 medium green chile peppers, minced
2 tomatoes, chopped
1/2 teaspoon salt
2 tablespoons butter
1/2 teaspoon cumin seeds
1 teaspoon pure red chile powder
a pinch of [asafetida](#), optional



more salt to taste
juice of 1/2 a lemon
1/4 cup cilantro, chopped

In a large pot over medium-high heat combine the daal and water. Bring to a boil, then add the spinach, ginger, turmeric, 3/4 of the green chiles, and all of the tomatoes. Reduce the heat, and simmer for 1 1/2 to 2 hours or until the lentils are extremely soft. You may need to add a bit more water during the cooking process to keep the lentils soupy. After an hour and a half, stir in the salt.

In a separate pan, heat the butter and cumin and fry until the cumin seeds start to pop. Now add the red chile powder (and asafetida if you're using it) and fry for another 30 seconds. Taste and add more asafetida if you like. Add this butter mixture to the lentils and allow to cook for another five minutes. Taste, and season with more salt if needed. I also enjoyed a touch of lemon juice added at this point. Serve topped with the cilantro and the remaining green chiles.

Serves 4-6 with rice or roti.

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Radishes in Browned Butter and Lemon

This is my new recipe for spring 2015 . . . I have never cooked radishes before and have always wanted to figure out how to use the radish leaves, then my mother sent me this recipe:

Ingredients:

- ॐ 3 cups radishes, halved lengthwise, with root and 1-inch stem left on
- ॐ 1 tablespoon butter
- ॐ 1/2 teaspoon grated lemon rind
- ॐ 2 teaspoons fresh lemon juice
- ॐ 1/4 teaspoon salt
- ॐ 1 cup torn radish leaves
- ॐ 1/4 teaspoon freshly ground black pepper

Directions:

1. Bring a medium pot of water to boil. Add radishes to pan; cook 4 minutes or until crisp-tender. Drain.



2. Melt butter in a medium skillet over medium-high heat. Add radishes to pan; sauté 3 minutes or until butter is browned and fragrant. Add rind, juice, and salt; cook 1 minute, stirring occasionally. Remove pan from heat; stir in radish leaves and pepper.



Peppercress Salad and Poached Egg with Truffle Oil and Balsamic Vinegar

About 2 cups fresh peppercress or other greens

1 TBSP balsamic vinegar

1 TBSP white truffle oil

Sprinkle of salt and pepper

1 fresh egg*

*The fresher the egg the better the whites hold together when cooking. If you have less than fresh eggs or are not sure you can add a couple teaspoons of vinegar to the boiling water to help it hold.

Bring a small saucepan of water, at least 3” deep to a boil, Reduce heat so the water is just barely bubbling, very slowly.

Crack the egg into a small bowl, holding the bowl close to the surface of the water, slip the egg into the water swiftly.

Cover the pot and turn off the heat. 2 minutes is about when I like to remove the egg with a slotted spoon. Set a timer and do not open the lid to look . . .

Meanwhile sprinkle the greens with oil, vinegar, salt, and pepper.

Remove the egg and let the excess water drip through slotted spoon. Put it atop the greens and add a sprinkle of pepper. Eat immediately.



Miso has about 150 different microbes in it. Miso is really easy way to add more cultured food into your diet. Lately I've been taking little bits of miso with radishes and making miso radish pickles. Just slice some radishes (or some jicama) — both are a good prebiotic rich foods, slice them up and with your hands just mix in a tablespoon or two of miso. Let it sit on the counter overnight — and eat that. You've got a really good cultured food complete with a prebiotic.

Lemon-Miso Potato and Green Bean Salad

by John Douillard on March 3, 2015 Recipe and photo by Emma Frisch



Ingredients:

- Yellow onion – 1/4 cup, diced
- White miso – 2 tablespoons
- Lemon juice – 2 tablespoons, fresh squeezed
- Olive oil – 2 tablespoons
- Sea salt – 1/2 teaspoon
- Freshly ground black pepper – 1/4 teaspoon
- Green beans – 1.5 cups, cut into 1-inch pieces or whatever green vegetable is in season
- Potatoes – 3 medium potatoes or 4 cups coarsely chopped.

Instructions:

- 1 In a small bowl whisk together the onion, miso, lemon juice, olive oil, salt and freshly ground black pepper. Set aside while you prepare your potatoes and green beans. The longer the onions sit in the dressing, the more tame their “bite” will be.

- 2 Steam the green beans in a pan with water or a pot with a steaming basket.
- 3 Prepare the potatoes by boiling or baking them. If boiling, cut the potatoes into pieces first – they will cook much faster. Submerge in a pot of cold water, bring to a boil and continue to boil for about 20 minutes, until fork-tender. If baking, preheat your oven to 350. Poke the potatoes with a fork and wrap in foil. Bake for about 1 hour. Once cooked, allow to cool and then cut into pieces.
- 4 In a large bowl, toss the potatoes and green beans with the lemon-miso dressing.

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Yellow Curry Basmati with Quick Pickled Beets

(Believe it or not ... this is my daughter's favorite recipe!)

Ingredients:

Yellow Curry Sauce

(begin by toasted your coriander and mustard seeds on a dry skillet for a few minutes)

- Hot water – 5 tablespoons
- Boiled potatoes – 4 tablespoons (substitute boiled beets for Red Curry)
- Garlic – 1 clove, grated
- Lemon juice – 1 tablespoon + 1 teaspoon, fresh squeezed
- Yellow curry powder – 1 tablespoon
- Coriander seeds – 2 teaspoons, toasted and ground
- Fresh ginger – 2 teaspoons
- Lemon zest – 1 teaspoon
- Yellow mustard seed – 1/2 teaspoon, toasted and ground
- Ground cumin – 1/4 teaspoon
- Turmeric – 1/4 teaspoon
- Ground cinnamon – 1/4 teaspoon
- Tahini – 1/4 cup



Spiced Basmati Rice

- Carrots – 1/2 cup, diced
- Onion – 1/2 cup, diced (yellow or red)
- Water – 4 tablespoons
- Thyme – 1 3-inch sprig, or 1 teaspoon dried
- Cinnamon stick – 1, broken in two pieces
- Basmati rice – 1.5 cups
- Water – 3 cups

Quick Pickled Beets – I used my own canned and pickled homemade beets and it was delicious. If you don't have any of those you can use this easy recipe:

- Beets – 2 cups, raw or boiled, very thinly sliced
- Lemon juice – 1/4 cup, fresh squeezed
- Sea salt – 1 teaspoon



Instructions:

For Yellow Curry Sauce:

- 1 In a blender, whip all of the ingredients together into a smooth, light sauce. For a “Red Curry Sauce” substitute the boiled potatoes for boiled beets. (Best if all spices are toasted and then ground.)

For Spiced Basmati Rice:

- 1 Combine the carrots, onion and 4 tablespoons of water in a medium pot and bring the liquid to a simmer.
- 2 Add the thyme, cinnamon stick, rice and water, and bring to a boil
- 3 Reduce to a simmer and cover the pot. Cook for about 15 minutes, until the rice has fully absorbed the water. Remove from heat and keep covered for 10 minutes to steam.

For Quick Pickled Beets:

- 1 Mix the beets, lemon juice and salt together in a bowl. Let marinate for as long as possible (refrigerated if longer than 30 minutes). When ready to serve, rinse the beets to remove the lemon juice and salt.

To serve, pour the curry sauce over the rice and beets. Garnish with cilantro.

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Garlic Mustard Pesto!

Garlic mustard leaves and flowers (from your yard :), olive oil, walnuts, lemon juice, garlic, sea salt, pepper, pecorino cheese, and heaps of love.

A on Garlic Mustard weeds:



First year leaves

While garlic mustard (*Alliaria petiolata*) is



Second year leaves and flower stalks picture taken in my back yard in PA

a completely edible weed, there are some who have differing opinions on its level of tastiness. We like to eat it in all stages of its growth, but prefer the second year's growth of triangular leaves growing along the flowerstalk to the first year's kidney-shaped leaves growing from the basal rosette. We also like to eat the more tender tops of the **flower stalk**, boiled

and served with a little bit of butter and salt. We steam lots of the greens to keep in the freezer and add to other recipes that call for greens all winter long. The root has a nice horseradish-like flavor to be grated into dishes for a hot bite. The small, white flowers also have the hotness of the root, and make a good addition to a raw salad. The black, comma-shaped seeds can be ground to make a hot **mustard** or a tasty **dressing**.

Some people may be turned off by the touch of bitterness found in the leaves, but we find it adds a depth to food to have the bitter taste along with savory tastes. Boiling the leaves two times in clean water would be an option to removing the bitterness, rather than cooking something with raw leaves and disliking the bitter flavor of the recipe. Garlic mustard might not be for everyone, but it is nutritious, highly invasive and easily gathered in quantity. Add it to standard recipes that call for greens, like spanikopita, scrambled eggs, Indian saag, in a green hummus or felafel, and in pesto. Here is a recipe for a roulade, made with the blanched and chopped leaves. The center of the roulade can be filled with cheese, other cooked vegetables, or perhaps some cooked, shredded chicken breast along with the cheese for a hearty meal.



Early European settlers brought the herb to the [New World](#) to use as a garlic type flavoring, and as a good source of vitamins A and C. The herbs medicinal purposes include use as a [disinfectant](#), a [diuretic](#),^[5] and sometimes being used to treat gangrene and ulcers. The herb was also planted as a form of erosion control.^[6]

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Buckwheat Soba Noodles with Vegetables

Buckwheat is good for spring time as it is drying in the body and helps with the seasons wetness and mucus. As all grains, moderation is necessary. Soba noodles or buckwheat noodle recipes mostly come from Japan. They seem to taste best flavored Japanese style. Here is one of my favorite ways to use Soba noodles (note I found some fresh ones at the fresh pasta stand (called fasta) in the Broad Street Market.

Make your buckwheat noodles per recommended, and steam or sauté veggies of your choice. Some of my favorite spring veggies are mushrooms, asparagus, and spinach. These three go very well with this recipe.

For the sauce:

- 1 tsp organic Mirin (optional)
- 1/4 cup unrefined, organic, toasted sesame oil
- 1/4 cup Nama Shoyu (soy sauce — preferably unpasteurized)
- 3 tbsp organic raw, wild-harvested honey
- 1 small handful fresh, organic cilantro leaves
- 1/2 tsp organic lime zest
- 1 tbsp fresh, organic lime juice
- 1/4 tsp organic ginger, minced
- 1 small cayenne pepper (I remove most of the seeds, but your choice)
- 1/4 tsp pink Himalayan or Celtic sea salt

Blend all sauce ingredients together, pour over warm noodles, and top with veggies.

Optional garnishes:

- 2-3 tbsp sesame seeds, lightly toasted
- Chopped fresh, organic cilantro leaves

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And yet another way to make hummus! Mung Beans!

Mung Bean Hummus

- 1 1/2 cups / 7 1/2 oz cooked mung beans
- 2 tablespoons lemon juice
- 1/2 cup / 120 ml tahini paste
- 1 large clove garlic, peeled & smashed
- 1/2 teaspoon fine grain sea salt
- ~1/3 cup water



Start by adding the mung beans to a food processor and pulse until a fine, fluffy crumb develops, really go for it - at least a minute. Scrape the bean paste from the corners once or twice, then add the lemon juice, tahini, garlic, and sea salt. Blend again, another minute or so. Don't skimp on the blending time, but stop if the beans form a dough ball inside the processor. At this point start adding the water a splash at a time. Blend, blend, blend until the hummus is smooth and light, aerated and creamy. Taste, and adjust to your liking - adding more lemon juice or salt, if needed. Serve with as many of the following as you like: shallot, lemon, or olive oil, fried shallots, chives, and/or zaatar. It's great with toasted whole wheat pita or naan chips.*

Makes about 2 cups.

*Cut (or tear) whole wheat pita bread (or naan bread) into strips, wedges, or chunks. Toss well with a few glugs of olive oil and a sprinkling of salt. Arrange in a single layer on a baking sheet and bake at 350F until deeply golden, tossing once or twice along the way.

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Mung Bean and Root Vegetable Curry

Indian Mung Bean

- 1 ½ cups dried mung beans
- 3 cups water
- 1 tomato diced
- ½ small onion chopped
- 2 cloves garlic chopped
- 1 tsp celtic salt
- 1 tsp turmeric
- 1 tsp garam masala
- ¼ cup dried cranberries

For the Beans:

- 1 Add all ingredients in a large pot and let simmer on low to medium heat until all water is absorbed and mung beans are cooked through. About 20 minutes.
- 2 Stir every five minutes or so.
- 3 While beans are cooking, prep and start cooking coconut curry dish.

Root Vegetable Curry

- 1 large sweet potato chopped
- 1 cup sliced mushrooms
- 2 large carrots chopped
- 1 small onion chopped fine
- 2 cloves garlic chopped fine
- ½ cup raw cashews
- * 1/2 inch of ginger sliced thin

- 1 can organic coconut milk
- 1 tsp celtic salt
- 1 tsp turmeric
- 1 tsp garam masala
- ½ tsp paprika



PREPARATION

Root Vegetable Curry

- 1 Heat oil in a large sauté pan or wok on low to medium heat. Add all veggies and ginger and sauté for about five minutes, mixing around.
- 2 Add spices, salt and coconut milk. Mix with the vegetables.
- 4 Cover and let simmer until veggies are cooked through about five to ten minutes — tasting and adjusting spices to your taste.
- 5 Remove cover and let simmer on low allowing the coconut milk to thicken a bit
- 7 Serve with mung beans and some cooling chopped parsley on top.

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Vegetarian BLT

- Tempeh, sliced thin
- 1 tsp Paprika
- 1/4 tsp cumin
- Fresh ground black pepper
- Sea salt

Mix spices in a small bowl. Heat a skillet with coconut oil or butter. Lay the tempeh in the skillet and rub with half the spice mixture. Allow to cook until golden brown, approx. 4 minutes. Flip the tempeh sprinkle with the remaining spices and cook another minute or so more until golden brown on both sides.

Toast up a slice of sourdough bread, butter, smash 1/2 an avocado on the toast (or make guacamole) and top with Tempeh, Lettuce, and Tomato. Eat open face or use the lettuce leaf for your top slice of bread.

Velvety Vegetable Soup

Sauté in olive oil over medium heat until wilted

- 3 1 onion chopped
- 3 4 cups diced leeks (white part + 1" of green)
- 3 1 cup celery diced

Add and stir well

- 3 2 TBSP fresh tarragon
- 3 1 TBSP fresh thyme
- 3 Fresh ground salt and pepper

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

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

. Add and simmer 5 minutes

- 3 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

- 3 Pine nuts
- 3 Extra Virgin Olive oil (EVOO)
- 3 Organic Fresh Spinach
- 3 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 to desired brown-ness.

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Corn Chowder

Sauté in a little grass fed butter, 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 ½ cup milk with flour and shake vigorously, stir into soup





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

Corn bread

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Warm Salad

- spinach or spring mix greens
- spring onions or sweet onion
- sprouts or other veggies
- grated raw beet
- goat cheese or other meltable cheese
- Sprinkle of EVOO and a good Balsamic vinegar

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

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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TRANSITIONAL FOODS FOR JUNE TRANSITIONING FROM SPRING TO SUMMER

The two tastes from both the spring and summer lists that overlap are **bitter** and **astringent**. Thus, these are the best transitional superfoods for the month of June.

<p>VEGETABLES</p> <ul style="list-style-type: none"> • Alfalfa sprouts • Artichokes • Asparagus • Bean Sprouts • Bell Peppers • Bitter Melon • Broccoli • Cabbage • Cauliflower • Celery • Chicory • Cilantro • Collard Greens • Corn • Dandelion • Endive • Fennel • Green Beans • Jicama • Kale • Lettuce • Mushrooms • Mustard Greens • Parsley • Peas • Radishes • Seaweed • Snow peas • Spinach • Swiss Chard • Watercress <p>FRUIT</p> <ul style="list-style-type: none"> • Apples • Blueberries • Papayas • Pears • Pomegranates • Raspberries • Strawberries 	<p>MEATS</p> <ul style="list-style-type: none"> • Chicken • Duck (moderation) • Eggs (moderation) • Freshwater Fish • Lamb (moderation) <p>GRAINS</p> <ul style="list-style-type: none"> • Barley • Rye <p>LEGUMES</p> <ul style="list-style-type: none"> • Adzuki • Black Gram • Fava • Garbanzo • Goya • Kidney • Lentils • Lima • Mung • Split pea <p>OILS</p> <ul style="list-style-type: none"> • Flax <p>SPICES</p> <ul style="list-style-type: none"> • Anise • Asafoetida • Chamomile • Coriander • Cumin • Fennel • Peppermint • Saffron • Spearmint <p>HERB TEA</p> <ul style="list-style-type: none"> • Chicory • Dandelion • Hibiscus <p>SWEETENERS</p> <ul style="list-style-type: none"> • Maple Syrup <p>NUTS & SEEDS</p> <ul style="list-style-type: none"> • Piñon • Pumpkin • Sunflower
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