

Using Herbs from your Kitchen to Enhance Immunity by Helen Joffe

Learn about herbs that you can include in your daily recipes to enhance immunity and boost your health.

We will make:

- herbal sun tea with fresh ginger and basil
 - one small root of fresh ginger
 - a bunch of fresh basil (can replace with mint)
- arugula/herbal pesto
 - fresh bunch of arugula
 - 1 cup fresh walnuts
 - ¼ cup plus olive oil
 - 2-3 cloves garlic
 - ¼ cup parmesan (optional)
 - salt and pepper
- Turmeric health drink
 - 4 tbsp fresh turmeric root peeled and chopped
 - 2 tbsp fresh ginger root peeled and chopped
 - 1 cup coconut water
 - 1 peeled lemon
 - pinch of black pepper & cayenne
 - 1 tsp honey

Ingredient Glossary:

Fresh Ginger: warming and increases circulation, decongestant. Ayurveda calls ginger “the universal medicine”. the dry herb is hotter than the fresh root.

Fresh Basil – *Ocimum basilicum* - vitamins A, K and C, anti-bacterial and digestive.

Garlic – *Allium sativum* – contains selenium, iodine and amino acids – powerful rejuvenating remedy to keep you healthy and good for heart/circulation. The energy is dispersing and pungent.

Arugula – rich in chlorophyll, an antioxidant, digestive and detoxifying.

Walnuts – high in Essential Fatty Acids and anti-oxidants

Olive Oil – high in anti-oxidants and healthy monounsaturated fats

More Herbs for Nutrition and Immune Health:

Parsley – *Petroselinum crispum* - vitamins C, K and A, minerals & iron. A herbal nutritional supplement!

Nettles – *Urtica dioica* – high in chlorophyll, vitamin C and iron

Hibiscus – *Hibiscus rosa-sinensis* – high in Vitamin C and delicious served cold

Lemon Balm – *Melissa officinalis* – tonic for the heart and nervous system

Lemon – fresh lemon in water in the morning is an excellent digestive, cleanser and is full of Vitamin C!

Seaweeds – rich in trace minerals, high in calcium and vitamins.

Dandelion Greens – *Taraxacum officinalis* - calcium, iron, fiber, Vitamins A, E and K, and powerful antioxidants including beta Carotene and lutein

Shiitake Mushrooms – fiber, B vitamins and immune boosting properties

Mint – *Mentha piperita* - high in flavonoids and essential oil – great for digestion

Flax Seeds – lignans, fiber and Omega 3 Fatty acids – easy to add to food!

Pumpkin Seeds – high in zinc

Cayenne – *Capsicum spp.* - excellent antioxidant, good for circulation, accelerates oxygenation of cells. Cayenne is one of the highest plant sources of Vitamin C.

Thyme – *Thymus vulgaris* – very good overall tonic herb for vitality and fights colds and infections.

** Please purchase organic whenever possible!