



liane's herbal wellness

less stress, more joy

Kitchen Herbs for Health

“Herbs are wonderful, long-term allies in our overall health and wellness.”

Herbs you can find in your kitchen to help boost health

ASTRAGALUS

Standard daily dose for astragalus is 15-30 “sticks” per day (10-30 grams or about 1 ounce of astragalus root per day), boiled in water for at least 20 minutes or longer. You throw away the sticks (roots) and just drink the water.

Throw in anything that boils:

Add to your food as cooking - anything that boils and simmers (soups, stews, crock pot meals, oatmeal, etc). Remove the roots before eating.

General Tea instructions:

Boil water in saucepan on stove with 1 dose of astragalus (15-30 sticks) for at least 20 min. Remove the roots, then use this water for your tea (for tea bags or loose tea)

Ice cubes:

Assuming 2 14-cube ice cube trays (28 ice cubes total), use 16 oz (1 lb) of astragalus.

1. Place the astragalus root into a large pot and cover with water.
2. Bring to a boil, then simmer for at least 4 hours or longer.
3. Remove the roots, then continue simmering until water is reduced to the amount needed to fill 2 14-cube trays.
4. Let cool, then pour into trays.
5. Place in freezer.
6. Once frozen you can transfer to plastic bag and store in freezer.
7. Add 1 ice cube to food/drink per day (ie: oatmeal, water, tea, smoothie, soup, stew, etc)

Tip: to estimate how much liquid needed to fill 2 ice cube trays, before starting fill both trays with water and pour into empty pot. Use a toothpick and sharpie to mark the water level. Then continue with step #1. When you are continuing to simmer (step 3), use the toothpick to know when you have the perfect amount of liquid.

Astragalus Miso Immunity Soup

- handful of dried astragalus root slices
- 1 to 4 inch strip of kombu seaweed
- 5 shiitake mushrooms, fresh
- 2-3 Tablespoons red miso paste

- 4 Tablespoons of freshly chopped green onions
- ½ bundle of kale, chard or any other dark leafy green
- ¼ of one 14-oz package of firm tofu, chopped into squares

Add 3 1/2 cups of water to your pot. Then add the sliced shiitakes, kombu (rinse and pat dry first) and astragalus.

Allow this mixture to simmer covered for 15-20 minutes. Then remove and discard the kombu and astragalus.

Add miso paste, chopped green onion, tofu, and chopped (or torn) dark leafy greens. Stir and continue to cook until the miso is dissolved, then serve and enjoy!

GREEN TEA

Green tea is wonderful to add to your daily routine. It is loaded with antioxidants, boosts metabolism (helps manage weight!) helps control blood sugar levels, helps lower cholesterol, improves brain function, and boosts immunity. The high level of antioxidants are what's believed to give green tea its immune-boosting effects. One laboratory study suggested that a particular type of polyphenols called catechins may kill influenza viruses.

How to Prepare: to maximize benefits and minimize bitterness, use just-below-boiling water and steep green tea no more than 2 minutes.

There are several different green tea varieties (Sencha, Bancha, Jasmine, Dragon well, and more). They are all beneficial and differ in taste.

Find what you like best and enjoy 2-3 cups per day!

SUPERFOODS

Garlic, Ginger, Turmeric, Thyme, Onion, Sage

Garlic

Garlic is one of the most well-researched medicinal herbs. Thousands of studies have been done on garlic and its primary constituent, allicin, and its effects on the cardiovascular system, infections, the respiratory system, cancer, blood sugar, and more.

Garlic is an excellent remedy for the first stages of a cold or flu and is used as a general immune stimulant, antiviral, and antimicrobial.

Chopped fresh garlic in foods (hummus, guacamole, soups & stews- added at the end to decrease cooking time, bruschetta, salsa, etc). Chop garlic and let sit for 10-15 minutes before eating or adding to recipe.

Lemon Ginger Garlic Tea: there are many variations of the basic Lemon Ginger tea based on what your body needs. In this version we add garlic. Drink 2-4 times per day (make a big batch and put in thermos)

Juice from 1/2 lemon

1 Tablespoon fresh grated ginger

1 clove garlic, chopped

1 tsp honey

1 cup boiling water. Drink immediately

Garlic Shot

Lemon, chopped fresh garlic and a “shot” of water or tea

Ginger

Ginger’s volatile oils stimulate the immune system to fight bacterial and viral infections, and is traditionally known to stop upper respiratory infections if started at the onset. Ginger’s antiviral actions include stimulating macrophage activity, preventing viruses from attaching to cell walls, and killing viruses.

Lemon Ginger Tea:

- Juice from 1/2 lemon
- 1 Tablespoon fresh grated ginger
- 1 tsp honey
- 1 cup boiling water.

Let steep 15 minutes or longer.

Spicy Carrot Ginger Soup

- 2 Tablespoons coconut oil
- 1 large onion, chopped
- 3 Tablespoons fresh grated ginger
- 3 cloves of garlic, chopped
- pinch of ground cumin
- 7 large carrots, chopped into 1/2 inch
- 1 1/2 cups coconut milk, unsweetened
- 1 1/2 cups vegetable broth

Saute onions in oil over medium heat in saucepan until transparent. Add ginger and garlic and cook for another minute. Add cumin and stir for 30 seconds. Add chopped carrots and saute for 2-3 minutes. Combine the remaining ingredients and simmer together for 20 minutes (until carrots are tender). Blend with an immersion (or standard) blender until smooth. Add sea salt and black pepper to taste.

Turmeric

Turmeric is well know for its anti-inflammatory effect, but it also provides broad immune system support. Curcumin, which has powerful antioxidant and anti-inflammatory properties, is the most active constituent of turmeric. Studies have shown curcumin is a strongly antibacterial, antiviral, and anitfungal.

Immune Boosting Chicken Noodle Soup

- 3 chicken breasts, poached
- 1 package pasta or egg noodles, cooked
- 1 large onion
- 3 carrots, chopped
- 3 celery stalks, chopped
- 6 cloves garlic, minced
- 1 1/2 Tbs freshly grated turmeric (or 1/2 Tbs dried)
- 2 inch piece of ginger, grated
- 1 lemon zested
- 1 tsp cayenne, or more

- 12 cups low sodium chicken broth
- coconut oil
- salt, pepper
- parsley
- thyme

In a large stockpot, heat coconut oil over medium heat. Saute onion, carrots, turnips, and celery until soft. Add garlic and saute an additional minute or two (for extra immune boost, add the garlic at the end).

Pour in broth, chicken, fresh ginger, lemon zest and fresh turmeric. Heat through. Season with salt and pepper to taste. Add in noodles, freshly chopped herbs and serve!

Note: For a bigger immunity boost, garnish with raw garlic, additional cayenne and fresh ginger and extra turmeric.

Note: I often make homemade chicken broth (or vegetable broth) and freeze for recipes like this. I always add a large amount of astragalus root to the chicken broth so that I am getting more astragalus in my diet every time I use the broth.

Thyme

Thyme has remarkable antiviral, antibacterial, fungicidal, antispasmodic, expectorant, and antiseptic properties that make it wonderful to have around during cold and flu season. In addition to killing microbes, thyme helps boost the immune system by supporting the formation of white blood cells, increasing resistance to invading organisms.

Lemon Ginger Tea with Thyme:

- Juice from 1/2 lemon
- 1 Tablespoon fresh grated ginger
- 2-3 fresh sprigs of thyme
- 1 tsp honey
- 1 cup boiling water.

Let steep 15 minutes or longer.

Onions

Onions are high in sulfuric compounds that research has shown to be toxic to harmful organisms like the cold and flu virus. Onions are also extremely high in the antioxidant quercetin which helps the body fight free-radicals, and boosts the immune response.

Add more onions to your diet by increasing the amount in your favorite recipes.

SAGE

Sage has been used traditionally to provide relief from several cold symptoms. It is antimicrobial, antiseptic and anti-inflammatory, making it helpful for soothing sore and inflamed throats and tonsillitis. Its tannin content tightens and tones swollen tissues, bringing relief. Many herbalists say it is their number one ally for a sore throat.

Use as a gargle with warm water or drink as a tea. Add to the Lemon-Ginger Tea.