

Recipes:

Wild Herb + Garlic Immune-Boosting Pesto:

Time to Make: 10 minutes

Servings: about 10

Ingredients

- 1 cup fresh garden or wild mint herbs, tightly packed. Use oregano, thyme, or wild bergamot/bee balm; kale can be added in place of herbs for a mild flavor.
- ½ cup grated hard cheese
- 2 cloves garlic, peeled
- ½ cup raw almonds, pine nuts, walnuts, or cashews
- salt and pepper to taste
- ½ cup olive oil

Instructions

1. Add all ingredients except olive oil to the food processor; blend until slightly combined.
2. With the processor still running, slowly stream in the olive oil until the mixture becomes smooth.
3. Store in an airtight container in the fridge, or freeze for later use.

“High-C” Pine Needle Tea

White pine and red pine are both abundant locally; both are high in vitamin C and quite delicious. On your next walk for fresh air, harvest a piece of pine branch. Remove the needle bunches for your tea. What a yummy and fun way to boost the immune system!

Ingredients

- 3 cups water
- ½ - 1 cup of (crushed) white or red pine needles
- Honey to flavor

Instructions

Add water to pot. Use a pot that can get pine-sappy. Consider having a special pot for experimenting with teas!

Add ½ cup to 1 full cup of broken or crushed pine needles to pot. While breaking the needles isn't necessary, it will help brew a stronger flavor and release more components into your tea.

Bring water to gentle simmer; keep over low heat. Brew for about ten minutes, or until tea is at desired strength. Longer simmers produce stronger teas. Add about 1 tsp of honey to bring out the flavor. Enjoy!

“It’s About Thyme to Sleep” Tea

Thyme is a powerful antibacterial; combined with its strong action as an antitussive (cough suppressive), those dry winter days indoors will bother you no more! When the dry cough comes creeping in and sleep is elusive, drink some of this thyme tea with honey and lemon, and you won't even need to count sheep.

Ingredients:

- 3 cups water
- 4-6 tsp of dried garden thyme or wild thyme (bergamot/bee balm)
- Honey to flavor
- Lemon wedge

Instructions:

Put tea in infusion ball, or use coffee percolator. Boil water and pour over dried herbs. Cover immediately to trap volatile oils (this is the good medicine!). Steep time is your preference; longer is stronger. Start with 4-6 minutes. Add honey and lemon juice to flavor. Sweet dreams!