



7 FOODS FOR A

# Healthy Winter

Branch  
COLLECTIVE WELLNESS

# 7 FOODS FOR A HEALTHY WINTER

## 1. ELDERBERRY

- ELDERBERRY CONCENTRATE - USE IN TEA (P. 2)
- ELDERBERRY SYRUP (P. 2)
- ELDERERRY GUMMIES (P. 3)

## 2. ONIONS

- ONION COUGH SYRUP (P. 4)
- ONION POULTICE (P. 4)

## 3. FIRE CIDER (P. 5)

- FOR THE MAMAS - A LITTLE SPICY BUT YUMMY!

## 4. BONE BROTH (P. 6)

- GUT HEALTH - 70% OF YOUR IMMUNE SYSTEM

## 5. PUMPKIN SEEDS (P. 7)

- ZINC - CRITICAL TO IMMUNE FUNCTION

## 6. VEGETABLES (P.7)

- GREAT SOURCE OF NUTRIENTS LIKE VITAMIN C

## 7. REDUCE SUGAR (P. 7)

- #1 STRESSOR ON THE IMMUNE SYSTEM

# Elderberry Concentrate

## INGREDIENTS

- 4 cups water
- 2/3 cup organic dried elderberries
- 1 cinnamon stick
- 1 tablespoon ginger (rough chopped)
- 1 teaspoon whole cloves

## INSTRUCTIONS

1. Add ingredients to large pot
2. Cover and simmer for 45 minutes
3. Strain into jar and store in fridge

## HOW TO USE

- Mix 1 tbsp into 8 oz hot water for tea
- Can be mixed with onion honey cough syrup (p. 5)

# Elderberry Syrup

## INGREDIENTS

- 1 cup elderberry concentrate
- 1 cup raw, local honey

## INSTRUCTIONS

1. Mix equal parts concentrate and honey
2. Store in jar in fridge

## HOW TO USE

- kids: 1-2 tsp/day, adults: 1 tbsp/day
- make gummies (p. 3)
- not for babies under 1 yr

# Elderberry Gummies

## INGREDIENTS

- 2 cups elderberry syrup
- 1/3 - 1/2 cup gelatin powder
- 1 cup boiling water

## INSTRUCTIONS

1. Add 1/2 cup elderberry syrup to a large glass measuring cup or jar
2. Sprinkle in gelatin powder and stir to remove clumps (should be a thick smooth paste)
3. Add hot water and stir quickly to dissolve (make sure the water is hot enough)
4. Add remaining 1 1/2 cups elderberry syrup to jar and stir to mix
5. Pour mixture into a squeeze bottle and fill molds
6. Refrigerate for 1 hour and check firmness of gummies
7. When sufficiently firm, remove from molds and store in an airtight container in the fridge

## HOW TO USE

- Depending on size of gummy molds, approx. 2 teaspoons per day for kids, 1 tablespoon for adults

## TIPS AND TRICKS

- After step 3, strain out any gelatin clumps
- If gritty after step 3, microwave for 30 seconds before moving onto step 4
- Get clean shapes by pulling the gummy away from the edge of the mold before pushing up from the bottom

# Onion Cough Syrup

ONION JUICE BREAKS UP MUCOUS AND CAN HELP CLEAR A PRODUCTIVE COUGH WHILE THE HONEY SOOTHES

## INGREDIENTS

- 1/2 onion, thinly sliced
- 3/4 cup raw, local honey

## INSTRUCTIONS

1. Add onion to a small mason jar
2. Cover with honey
3. Let sit overnight
4. Remove onions and store in the fridge

## HOW TO USE

- 1 teaspoon twice a day
- Can be mixed with elderberry concentrate if kids do not like the onion flavor

# Onion Poultice

## INGREDIENTS

- 1 onion, rough chopped
- 1/4 cup water

## INSTRUCTIONS

1. Add onion and water to a skillet
2. Cook until the onion is soft and fragrant
3. Wrap in a kitchen towel and wait till only warm not too hot

## HOW TO USE

- CAREFUL HOT! Place carefully on chest or back to calm coughs especially at night

# Fire Cider

## INGREDIENTS

- 1 3-inch piece of horseradish root
- 1/4 cup turmeric root
- 1/4 cup ginger root
- 1 onion
- 8-10 garlic cloves
- 2 lemons, zest and juice
- 2 jalepenos
- approximately 10-12 cups apple cider vinegar

## INSTRUCTIONS

1. Rinse all the root ingredients
2. Rough chop all of the ingredients and add to a half gallon mason jar or 2 quart jars.
3. Cover with apple cider vinegar.
4. Use plastic lid or add parchment paper under metal lid.
5. Allow 4-6 weeks for infusion, gently shaking jar daily.

## HOW TO USE

- Add 1 tablespoon to 8 oz of hot water especially after heavy meals
- Add a little honey if it is too spicy

## NEED TO KNOW

- These ingredients are anti-inflammatory and immune boosting.
- ACV can affect gut flora so if you have a compromised gut health use with caution.
- We want the beneficial bacteria from the root vegetables so there is no need to peel them.



# Bone Broth

## INGREDIENTS

- 3-4 knuckle beef bones or 1-2 chicken carcasses
- 4 celery stalks with leaves, rough chopped
- 3 carrots, unpeeled, rough chopped
- 1 onion, rough chopped
- 4 garlic cloves
- 1 tablespoon apple cider vinegar
- 1 teaspoon peppercorns
- 1 bay leaf

## INSTRUCTIONS

1. Rinse the celery and carrots
2. Rough chop all of the vegetables and add to pressure cooker
3. Add bones and seasoning
4. Cover with water
5. Seal and cook for 6 hours

## HOW TO USE

- Drink 8 oz a day
- Make into a golden milk latte with turmeric and coconut milk
- Use to cook rice or vegetables

## NEED TO KNOW

- Bone broth is full of L-Glutamine which is important in gut health
- Although bone broth focuses on the gut, 70% of the body's immune system is in the gut so a strong gut aids strong immunity
- If you refrigerate the broth, the fat will rise to the top. This fat is great for searing meat or sauteing vegetables.
- If possible, use grass-fed bones and organic vegetables

# Pumpkin Seeds

- Oysters, beef, lamb, sesame and pumpkin seeds are all great sources of zinc
- Zinc helps the body to fight infection and heal
- It also plays a role in skin health, reproductive health and sensory organs

# Vegetables & Protein

- Good vegetable sources of Vitamin C - bell peppers, broccoli, Brussels sprouts, cauliflower, kale, bok choy, turnip greens, beet green, mustard greens, collard greens, Swiss chard, and asparagus
- While we think of citrus as the best Vitamin C source, those come with lots of sugar
- Look to organic vegetables, wild-caught fish, and grass-fed meat for nutrients with the most impact
- Other Immune Nutrient Sources - romaine lettuce, spinach, crimini mushrooms, sardines, salmon, tuna, cod, lamb, scallops, shrimp, and beef

# Reduce Sugar

- The #1 tip for staying healthy is to reduce sugar!!!
- Sugar has been shown to cause a 40-50% decrease in immune function for up to 5 hours after ingestion.
- A big one here is no Gatorade!! The sugar in Gatorade far outweighs any positive benefit of hydration. Drink water or even coconut water instead.