

# Autumn's Harvest



HERBS-HEALTH-HEALING



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November 2, 2021  
The Austin Herb Society Monthly  
Meeting

## Herbal Twists on Culinary Creations

# Today

- Poached Pears with Basil Syrup
  - Reusing Fire Cider Left Overs
  - Lemon Verbena, Tulsi and Pineapple Smoothie
  - Orange Ginger Soup
  - Ashwagandha Rose & Hibiscus Oxymel
  - Garlic Rosemary Focaccia
  - Soothing Slippery Elm Cough Syrup
  - Sleep Supportive Moon Milks...and more...
- we are going to have so much fun!



# Poached Pears with Basil Syrup

## Serves 4 – Instructions:

- 200 g (7oz/scant 1 cup) sugar
- 450ml (15fl oz/scant 2 cups) water
- 6-8 Basil leaves
- 4 tablespoons freshly squeezed lemon juice
- 4 firm pears



## Directions:

- Put the sugar, water, basil and lemon juice into a shallow, wide pan: we use a stainless steel sauté pan. Stir to dissolve the sugar and bring to a simmer. Meanwhile peel the pears, half and **core them**. As you cut them put them into the simmering syrup cut side uppermost.
- Cover with a paper lid and the lid of the pan, cook gently for 20-30 minutes, spooning the syrup over them every now and then. Carefully take the pears out and arrange them in a serving dish in a single layer, cut side downwards. Taste the syrup and, if necessary, simmer over a gentle heat with the lid off for a few minutes to concentrate the flavor. Be careful not to cook it for too long, or the syrup will caramelize.
- Remove the basil and pour the syrup over the pears then set aside to cool. Pour the syrup over the pears or reduce first
- This compote keeps for several weeks covered in the fridge.
- The poached pears will keep for several weeks, covered, in the fridge.

# Cooking with Tea

- Cookies - Tea is a perfect complement to the buttery, sweet note of shortbread and sugar cookies. Instead of the more traditional vanilla, flavor your cookie dough with herbal powder.
- Butter - Consider this a G-rated version of herb butter. To make it, let unsalted butter sit at room temperature until very soft and pliable. Mix together the butter with tea leaves (either whole or ground; ground will change the color of the butter completely, while leaves will add streaky abstract designs). Shape the mixed butter into a log and wrap well in plastic wrap. Store in the fridge to firm back up, or keep it soft and slather it on freshly baked bread and biscuits.
- Stock - Cooking grains, like rice, barley, buckwheat, or quinoa? Use a lightly brewed tea instead of (or in addition to) stock.

# Oxymels



## What is an Oxymel?

- The ancient Greek word *oxymeli* translates to “acid and honey.” The simplest definition is an herbal extraction of vinegar and raw honey.

## Oxymel Benefits

- You get the Benefits of the Vinegar, Honey and Herbs. What a blend! They have been used for 1000s of years to help boost the immune system, support digestion and soothe a sore throat.
- Organic apple cider vinegar is high in acetic acid, and when you use the raw, unfiltered version, you are also getting "mother" strands of proteins, enzymes, and helpful bacteria (similar to what one might enjoy in fermented kombucha tea).

## Basic Fire Cider Recipe Ingredients:

½ cup each

Chopped **Garlic**

Chopped **Onions**

Peeled, Chopped, Grated **Ginger Root**

Peeled, Chopped, Grated **Horse Radish**

1/8 cup **Cayenne Pepper**

Cover with **Apple Cider Vinegar** and sit for at least six weeks then strain. Then add, if desired, ¼ cup of Honey.

Use 1 Tablespoon per day for a tonic or add to salad dressing/EVOO. Use several times a day for illness. Refrigerate after straining.



# Immune Fire Cider Recipe & Demo Video Link

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# Fire Cider Left Overs – Reusing Your Marc

## **Dehydrating & Powdering your Fire Cider Marc**

I love to dehydrate my fire cider marc and use it in seasonings & bouillon all year round!

After I strain out my fire cider and squeeze as much of the liquid out of my marc as possible, I place it in my dehydrator. Because it's pretty chunky and juicy, I typically set the dehydrator at a higher temp (around 135 degrees Fahrenheit) and leave it running overnight. I usually make large batches of fire cider and rely on my food processor to do much of the chopping, so my marc is in fairly small chunks. If your marc is in pieces 1/2in or larger (especially of the horseradish root), you may want to chop into smaller pieces before dehydrating. If the chunks are too large, they are very hard to powder after dehydrating. You just want to be sure your marc is totally dry and crunchy before powdering.

One note: dehydrating fire cider marc is VERY pungent and smelly! I have learned that it's best for me to set the dehydrator out on a table on the porch outside, rather than stink up the whole house for days. Once my marc is totally dry, I grind it into a powder in small batches (1-2 cups at a time) using my Vitamix blender.

After powdering, I sift it through a mesh strainer to catch the bigger chunks. You can try grinding them again, or just save separately from your powder to add to things like veggie or bone broths & stocks. Once you have your powder, you can use it on its own as a seasoning, mix it with salt to taste, or use it in the recipe for bouillon in the next slide.

# Fire Cider Left Overs – Reusing Your Marc

## Fire Cider Bouillon Powder Recipe

### Ingredients:

1 c nutritional yeast

1 tbsp fine sea salt (or other fancy salt you prefer...I like real salt)

2.5 tbsp mushroom powder (maitake, shiitake, morel...whatever edible mushrooms you like)

1 tbsp seaweed flakes or powder (I use a mix of dulse, kelp, wakame & kombu)

2 tbsp Fire Cider marc powder

### Method:

- Combine all ingredients in a big bowl and blend well with a wire whisk.
- Store in a clean glass jar, away from heat and light to preserve freshness.
- To use, mix one heaping tbsp in a cup of hot water, stir well and let sit for 5 min.

Consume on its own as a nutritive broth, or add to soups, stews, rice and other dishes. Try sprinkling on popcorn

# Ashwagandha, Rose, Tulsi & Hibiscus Oxymel Recipe

- 3/4 cup dried Tulsi leaves finely cut/sifted
- 1 tablespoon dried hibiscus calyx
- 1 tablespoon dried rose petals
- 1 tablespoon dried Ashwagandha root
- 1/2 cup raw honey (to 1 cup, personal preference)
- 1 cup apple cider vinegar (with the mother)

Fill jar 1/3 to 1/2 with herbs then fill remaining to lid/rim level with apple cider vinegar (with the mother) & local raw honey (to 1 cup, personal preference) – their ratio will depend on how sweet you want it.

Infuse 6 weeks and strain.

Use a plastic lid or parchment paper to protect the metal lid.

## Lemon Verbena, Tulsi and Pineapple Smoothie

- Fresh Lemon Verbena,
- Fresh Tulsi (aka Holy Basil)
- Pineapple Chunks
- Mango Chunks
- Preferred Milk (I like Oat or Coconut)
- Ice
- Hemp Protein Powder
- Coconut Yogurt
- Optional Splash OJ
- Optional Powdered Ashwagandha Root



# Butternut Squash Orange Ginger Soup

1 tablespoon (15 ml) water, for sautéing  
1 large yellow or white onion, coarsely chopped  
3 tablespoons (18 g) minced fresh ginger  
4 cloves garlic, minced  
¼ cup (60 ml) orange juice  
1 large butternut squash, peeled, seeded, and cubed  
2 medium yellow potatoes, peeled and quartered  
3½ cups (823 ml) vegetable stock  
Salt and freshly ground pepper, to taste  
2 tablespoons (8 g) finely chopped fresh parsley or cilantro, for garnish  
Zest from 2 oranges (about 2 tablespoons [6 g]), for garnish  
2 scallions, thinly sliced or finely chopped, for garnish



*Yield:* 4 to 6 servings *Directions:*

- Add the water to a large soup pot over medium heat. Sauté the onion, ginger, and garlic for 5 minutes. Add the orange juice, and simmer for about 3 minutes. Add the butternut squash, potatoes, and stock. Simmer slowly for about 25 minutes or until the squash and potatoes are fork-tender.
- Ladle the contents into a blender and purée or use an immersion blender directly in the pot.
- Return the puréed soup to the soup pot and reheat over low heat. Season with salt and freshly ground pepper, to taste, and divide among 4 to 6 bowls.
- Garnish the individual servings with parsley, orange zest, and scallions and serve.

# Garlic Rosemary Focaccia

- $\frac{1}{3}$  cup (80 ml) **extra virgin olive oil**
- 4 cloves **garlic**, finely minced
- 1 tablespoon **fresh rosemary**, chopped
- 2 teaspoons **active dry yeast**
- $\frac{1}{4}$  teaspoon **granulated sugar**
- 225 grams **lukewarm water** (1 cup)
- 300 grams **all-purpose flour** (2 +  $\frac{1}{2}$  cups)



# Garlic Rosemary Focaccia

## Directions:

- In a small saucepan, add olive oil, garlic and rosemary, and cook over low heat. Stir to cook until garlic starts to sizzle, about 2 minutes. Do not overcook garlic, as it will turn brown. Remove from heat and set aside.
- In a large bowl, dissolve yeast and sugar in lukewarm water and stir to mix together. Add flour and salt, and whisk to combine, scraping down the sides of the bowl (there should be no dry flour particles visible). The mixture is very sticky and wet, with a 75% hydration (flour to water ratio).
- Cover the bowl with plastic wrap and let it sit at room temperature for 2 hours, until doubled in size.
- Spread a tablespoon of the rosemary garlic oil into an 8x8-inch baking tray. Transfer the dough into the tray and spread it to cover the tray (The dough is quite sticky, so you can use some oil to help with handling the dough). Press the dough with your fingers to make dimples. Drizzle the remaining rosemary garlic oil on top. Let the dough rise for another 30 minutes.
- Preheat oven to 425 F and bake for 30 minutes until golden brown. Let cool for 20 minutes before slicing.

# Soothing Slippery Elm Cough Syrup

- 4 Tlbs Fennel Seed
- 4 Tlbs Slippery Elm Bark
- 3 Tlbs Wild Cherry Bark
- 2 Tlbs Licorice Root
- 1-2 Tlbs Valerian Root
- 1 Tlbs Cinnamon Bark
- 1/2 Tlbs Ginger Root
- 1/8 Tlbs Orange Peel
- 3 cups of water
- 1.5 cups of honey



# Syrups Recipe Reference

- Combine 1-2oz herbs per quart of water. Over low heat simmer down to a pint.
- Strain the herbs from the concentrated/thick tea.
- For each pint of liquid add 1-2 cups of honey or other sweetener. Most recipes call for 2 cups of sweetener (1:1 ratio of sweetener to liquid), which may be too sweet for your taste. This was a helpful ratio before refrigeration was invented.
- Warm the honey and liquid enough to only mix well, Many recipes may say to simmer for 20-30 min. to thicken it but this will also kill all the enzymes in the raw honey. Once removed from heat you may add a small amount of brandy to preserve and support cough.
- Bottle and store in the refrigerator where it will last several weeks to months.

# Pumpkin Spice Moon Milk

*Makes about 16 ounces (2 servings).*

Ingredients:

- 8 oz. clean, filtered water
- 2-3 Tbsp. organic chamomile flowers
- 8 oz. milk of choice
- 5-10 drops organic ashwagandha extract
- 1/4 tsp. organic vanilla bean powder
- 1/4 tsp. organic chamomile flower powder
- 1/8 tsp. organic cardamom powder
- 1/2 tsp. organic pumpkin pie spice
- Pinch of sea salt
- Organic maple syrup or sweetener of choice, to taste
- Organic chamomile flowers for garnish (optional)



# Pumpkin Spice Moon Milk

## Directions:

1. Heat water until it reaches a gentle simmer.
2. Add chamomile flowers and steep for 5 minutes.
3. Meanwhile, heat milk of choice.
4. Using a strainer, pour chamomile infusion into each cup, filling halfway.
5. Fill remaining half of cup with warm milk.
6. Add ashwagandha extract, herbal powders, and sea salt.
7. Add optional sweetener, to taste.
8. Stir until incorporated.
9. Garnish with optional chamomile flowers.

- Pro Tips:
- You can add this moon milk to a blender or utilize a frother if you'd like a latte effect.
- No recipe is carved in stone, so feel free to adjust ratios or flavors to suit your preferences and needs.
- It's possible that your herbal powders may sink to the bottom as you are enjoying your drink. I like to keep a spoon handy to keep that herbal goodness suspended and evenly sippable.



# Ginger Honey Recipe

- Peel and chop ginger into slices to increase surface area.
- Place ginger in a clean and dry jar.
- Fill the jar with local raw honey.
- The next day you will notice the ginger is already releasing it's wonderful juices. Invert the jar over the first week daily to fully mix/infuse.
- You can strain out the ginger 1 week in. Or if your like me, you can leave the ginger in the honey and enjoy as you use the honey over the next year. It will still be rather robust/spicy but great for a cold/flu.



# Where to source herbs?



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With Autumn Schulze  
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