

MOONFLOWER

SPECIAL POINTS OF INTEREST:

- Join artist and Guide SaraAmarie during Moab Art Walk, Saturday June 11th, from 6-9pm in the Moonflower Gallery
- June 14th, 5% of Moonflower's daily sales will go to Utah Foster Care
- Board of Directors will meet 5pm-8pm, Tuesday, June 21st, at Grand County Public Library
- Join Nancy B. Anderson, MA, CMHC with the Healing Arts Center, for a free class on an Introduction to the Medicine Wheel, 5:30-6:45pm, Tuesday, June 21st, at the Moonflower Library
- Join Herbalist Emily Stock for a free class on Summer Imbalances, from 6:30-8pm, Wednesday, June 22nd, at the Moonflower Library
- Moonflower has invited USU Extension Sustainability Permaculture educator, Claire Core, to teach about what to do with a seasonal surprise vegetable at 5pm, Thursday, June 23rd, at the Farmer's Market



D A T U R A D I S P A T C H

J U N E 2 0 1 6

Cooking with Medicine

In the Cooking with Medicine class Herbalist Emily Stock taught how to incorporate herbs into food and how using herbs in food can be medicine.

Stock introduced some food for thought with the Chinese medicine practice of finding a person's affinity for certain flavors or cravings being directly associated with the organs these flavors constitute; salt to the kidneys, sweet to the spleen and stomach, sour to the liver, bitter to the heart and acrid to the lungs.

Stock showed the class while making tea with roots, it is best to use a cold infusion to extract minerals

from the roots and release the mucilage. The mucilage supports the mucosa; a membrane rich in mucous by way of the sinuses, urinary tract or genitals.



The cold infusion process requires more time and should sit overnight or up to 12 hours.

When making tea from leaves or flowers the process changes to hot infu-

sion. The delicate compound needs to be covered to keep in the volatile oils that will want to evaporate.

Stocks favorite way to make hot tea is with a French press.

"Herbs like to be moved and teased," Stock said, as she moved the French press up and down with the tealeaves dancing around in the mixture.

She listed some foods that should be in every person's pantry and are vital to health: honey is antibacterial and moistening, lemon is a Chi regulator, it clears phlegm and the stagnation of mucosa, kelp is an abundant

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Yoga and Ayurveda at the MARC

The participants in the free educational yoga class enjoyed waking up with a stretch while learning about their individual Ayurveda constitution on a sunny Saturday morning with yoga instructor Meagan Coy at the Moab Arts and Recreation Center.

The first part of the class Coy discussed the three Ayurveda Doshas; Kapha, Pitta

and Vata. After which, Coy applied and discussed the proper yoga exercises to compliment each constitution.

Take a quiz to determine your own constitution at <http://www.yogajournal.com/article/ayurveda/whats-dosha/>



Shavasna at the MARC with Meagan Coy

Food is Medicine and Medicine is Food



Class participation is a must in the cozy Moonflower kitchen!

Beans have about 15 percent protein, after soaking and germinating they pack in a whopping 85 percent protein!



Warm Swiss Chard and Mushroom Salad

Cooking continued

source of all known vitamins and 50 percent of its weight is concentrated minerals and it's an indispensable electrolyte replacement, mushrooms nourish the shin spirit (heart) and help with low immunity by stimulating the immune system by putting the body on high alert, because it is neither a plant or animal; regular consumption of mushrooms help with cancer, autoimmune diseases and thyroid disorders.

Stock then spilled the beans about beans! Before soaking, beans have about 15 percent protein, after soaking and germinating they pack in a whopping

85 percent protein! They are blood sugar regulating and great for breakfast because they keep you full all day.

Stock achieves a harmonizing balance in her cooking through the ancient Ayurveda teachings and using Indian cooking traditions as a guide.

"One plus one can equal three," Stock said, a stronger effect may be achieved with certain food combinations.

Try these recipe's from the *Cooking with Medicine* class!

Turmeric tea: 3 tbs turmeric to 1 part ginger, 2

quarts water, 1 tsp. black pepper, simmer and add pumpkin spice, 3 tbs molasses, 1 can of coconut milk (the fat helps with absorption)

Astragalus rice: Rinse rice to release the phytic acid, which prevents the capture of nutrients, 1 handful of shitake mushrooms, 25 cardamom pods, and a 7 astragalus slices, one cup of basmati rice and two cups of water. Brown rice will work as well, but needs to be soaked because of the phytic acid for about 5 hours.

Local Chard Aplenty in Produce

Recipe By: Heatho

"This is a simple healthy dish that can be used as a small salad for lunch or a yummy side dish. This is great on its own or would work wonderfully as a side dish."

Ingredients:

1 tablespoon olive oil
2 cloves garlic, minced
1 bunch Swiss chard, cut into thin strips
10 cremini mushrooms, sliced
1/4 cup chopped onion
3 tablespoons balsamic

vinegar
12 grape tomatoes, quartered
2 tablespoons crumbled blue cheese
1 pinch salt and ground black pepper to taste

Directions

1. Heat the olive oil in a skillet over medium-low heat. Cook the garlic in the oil until just fragrant, about 1 minute. Add the Swiss chard to the garlic and cook until wilted, 3 to 5 minutes; transfer the chard and garlic to a bowl, reserving any liquid in the skillet and returning it to the heat.

Cook the mushrooms and onion to the reserved liquid in the skillet until warmed, 2 to 3 minutes. Pour the balsamic vinegar over the mushroom and onion mixture; cook and stir another 2 to 3 minutes; add to the bowl with the chard mixture along with the tomatoes. Gently mix to incorporate. Toss with the blue cheese. Season with salt and pepper to serve.