

Natural Healing Express Weekly

Column Volume 184 A Nourishing Kitchen, Part 2

Many of you caught last week's article regarding a nourishing kitchen. We have received a ton of great feedback regarding the article, so I thought I would offer a few more tidbits since you enjoyed the topic. For a review, I have included a paragraph from last week.

*As many of you know, at Natural Healing Express, our lead "healing agent" is nutrition. Sure, we sell supplements, but first and foremost, we would like you to "eat" your way to health and wellness. So, how does this nutrition begin? When I cook and God knows some of you have witnessed this purported laser focus (which many times defies the measuring cup,) I want to give whomever I am cooking for my best effort in providing what their body needs. I see this as balancing the body and providing to it the nourishment it desires and deserves. Providing true nourishment involves a series of factors, number one, understanding what in particular the individual's body is in need of according to their BIO-Individuality. We have discussed this philosophy many times, but in short BIO-Individuality contains the following aspects (Behavioral, Physical, Intellectual, Emotional and Spiritual) and as Naturalists, we believe that if one cog of the wheel is out of alignment, the whole (or person) is as well. Secondly, a true "nourishing" kitchen must work within the boundaries of sustainability, nutrient density, ingredient-richness all while being prepared traditionally with compassion, empathy and purpose.*

In our agricultural rich area, we have it easier than most to prepare are meals in a "farm to table" atmosphere. This means we can raise our own ingredients; many of you have wonderful and flourishing gardens, as well as our own beef, chickens, eggs, etc. Also, there are several hunters in our area. That is just the way we and our ancestors have lived. It's what we know. Turns out, it is also one of the healthiest ways to create a "nourishing kitchen". Anytime we can utilize food that doesn't contain a label, we are doing something right.

Now, this isn't the article that is going to harp about pesticides, chemicals and all organic, blah, blah, blah.... This is simply to say, remember how to live off the land? Do you know how good that feels and especially how good it tastes? Are you a farmer? Are you a gardener? Are you both? Well, if so, you are probably shaking your heading in confirmation right now. And for those of you with wineries, I want to commend you for such a brilliant choice of sustenance. Giggle.

The basis for any "nourishing kitchen" is to choose wisely what ingredients enter into the sacred establishment. When you operate with a Farm-to-Table mentality, it becomes all the richer. Now, don't worry if you live in an apartment or don't time for a two acre garden. Just do what you can with what you have.

Many greenhouses this year are carrying window herb gardens. Start there. You will be shocked how pleasurable it is to pick a fresh basil leaf or two for your salad. Simply start with what you can control and doesn't stress you out. There are many great articles on how to container garden. Just google. Or if you are in the area, we have several books at the store that you can peruse. Come in, get a tea and run through our periodicals. You might surprise yourself.

The Farmer's markets in the area will be starting up again soon and this is another avenue for you to investigate. You can interact one on one with the growers or the growers' families. Most of the time, they are also the sellers. Ask them how they are doing it. Most of them are living proof that this "Traditional Food" lifestyle actually works. Chat 'em up. They are a wealth of information. I always learn something on my Saturday morning walks through the market. Also, it's a good time to relax and have a few laughs. Some of them weren't successful the first time they planted either, so don't put too much pressure on yourself to be perfect, just take heed from their experience.

One thing I get asked about is making Herb-Infused Olive Oil. I make several and I buy several, especially if they taste good in the store AND I am hungry. Ever noticed that? If I am hungry when I go into a store, suddenly EVERYTHING looks/tastes/ is so much better. And that's part of the story of how I bought a 16.00 bottle of lime infused oil. Ya, seriously. And it was good. Really Good.

But for the more practical times in my life, I have learned how to infuse – just about anything, into great oils. Here's my trick.

### **Herb Infused Olive Oil**

Ingredients – A big handful of fresh herbs (doesn't matter which ones, whatever you are craving)  
Suggestions are thyme, rosemary, basil, mint, or a combination thereof, whatever you like), 2 cups of extra-virgin olive oil.

Rinse your herbs well, removing any dried or wilted stems. Pat them dry and place them in a pint jar. Pour olive oil over the herbs and cover the jar with lid. Place in a window. Shake the jar every day for four weeks. Taste the oil after the fourth week. If you like it stronger, steep another two weeks or until you like the taste.

When happy with the taste, place a cheese cloth over the jar and drain the oil only into an oil dispenser or another jar. Store in a cool, dark place. The oil is usable for up to 9 months from that point. Or at my house about 30 days because it will be gone, gone, gone.

Enjoy! Hope to see you soon and as always, please contact us via one of the following methods. Natural Healing Express: Phone 815 990 8732, email: [skscham@aol.com](mailto:skscham@aol.com) 204 W Main St, Lena, IL 61048.

Website: [www.naturalhealingexpress.com](http://www.naturalhealingexpress.com) Facebook: Natural Healing Express

