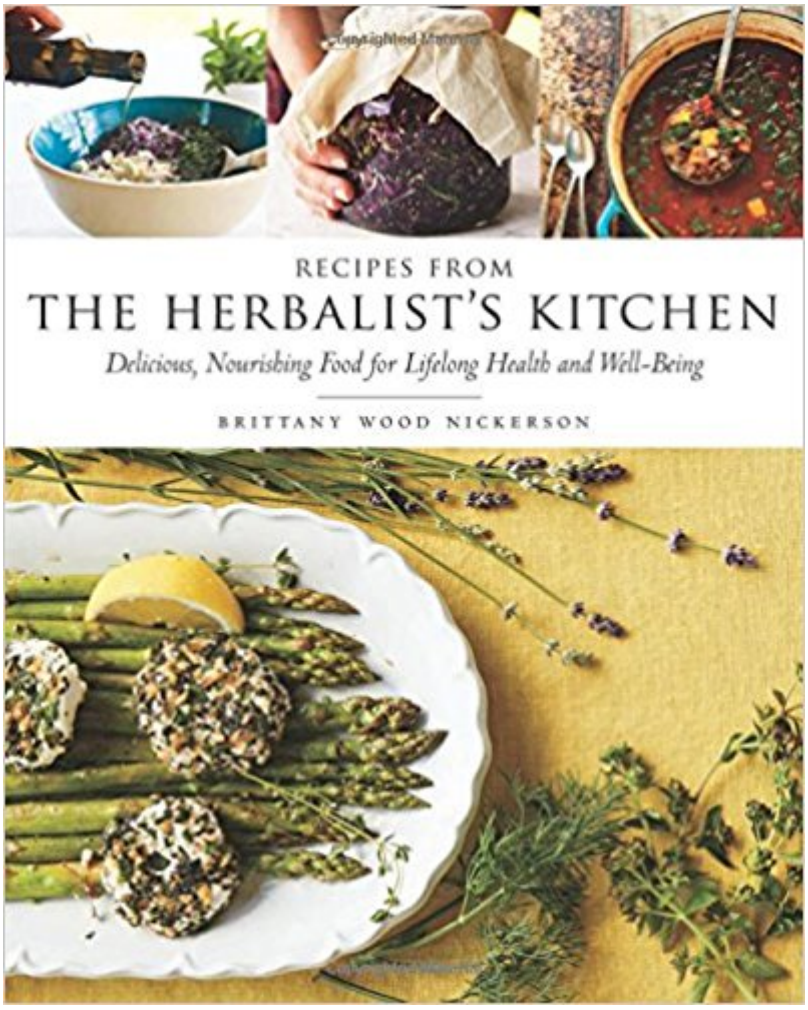
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Recipes From The Herbalist's Kitchen: Delicious, Nourishing Food For Lifelong Health And Well-Being



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Synopsis

Author and herbalist Brittany Wood Nickerson understands that food is our most powerful medicine. In Recipes from the HerbalistÃ¢ ¬â„¢s Kitchen she reveals how the kitchen can be a place of true awakening for the senses and spirit, as well as deep nourishment for the body. With in-depth profiles of favorite culinary herbs such as dill, sage, basil, and mint, Nickerson offers fascinating insights into the healing properties of each herb and then shares 110 original recipes for scrumptious snacks, entrÃƒÂ©es, drinks, and desserts that are specially designed to meet the bodyÃ¢ ¬â„¢s needs for comfort, nourishment, energy, and support through seasonal changes.

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Customer Reviews

Ã¢â ¬Å“Nickerson guides us beyond the everyday uses of common herbs in her lavishly photographed book advocating their medicinal benefits...Ã Â [She] delivers a beautiful guide suitable for all seasons and growing climates, and sure to bring healthy dishes to any table.Ã¢â ¬Â• Ã¢â ¬â • Shelf Awareness for Readers Ã¢â ¬Å“Channel the healing properties of dill, sage, mint, and other herbs with Brittany Wood Nickerson's 100-plus DIY tinctures, teas, syrups, and, of course, healthy eats.Ã¢â ¬Â• Ã¢â ¬â • Modern Farmer Ã¢â ¬Å“Packed with valuable information and tasty ways to put it all to use, this guide offers curious readers herb-based methods for achieving better health and well-being.Ã¢â ¬Â• Ã¢â ¬â • Publishers Weekly Ã Â Ã¢â ¬Å“[E]ach recipe offers an explanation on herbal combinations that enhance the healing properties of the fresh ingredients. Plus, the mouthwatering photography makes this book as much a feast for your eyes as

its recipes will be for your family.Ã¢â ¬Â• Ã¢â ¬â • Clean Eating magazine Ã¢â ¬Å“One of the few cookbooks we've seen that makes us actually want to try all of the dishes in it. Filled with delightful, whole foods-based dishes, she highlights herbs within her recipes in a way that is both complementary to the dish and allows the herbs to shine within it.Ã¢â ¬Â• Ã¢â ¬â • Aroma Culture magazine Ã¢â ¬Å“This book will fill your belly and your soul with deliciousness. BrittanyÃ¢â ¬â„¢s wise herbal advice serves as an inspiring tool for living a nourishing, connected lifestyle.Ã¢â ¬Â• Ã¢â ¬â • Rosemary Gladstar, herbal educator, activist, and best-selling author Ã¢â ¬Å“These inspired yet simple and approachable recipes beautifully showcase the remarkable versatility of herbs and how they can bring delight to the plate.Ã¢â ¬Â• Ã¢â ¬â • Jennifer McGruther, author of The Nourished KitchenÃ¢â ¬Å“What a blessing of a book! Beautiful, informative, inspiring, and full of great recipes, this is so much more than a cookbook; it is a deep encounter with why and how to nourish, heal, and thrive through food and herbs.Ã¢â ¬Â• Ã¢â ¬â • Pam Montgomery, author of Plant Spirit Healing and Partner EarthÃ¢â ¬Å“This gorgeous collection of recipes is a lovely introduction to preparing deeply healing beverages, meals, and condiments for the herb lover, vegetable grower, and home cook.Ã¢â ¬Â• Ã¢â ¬â • Holly Bellebuono, author of The Healing Kitchen Ã¢â ¬Å“BrittanyÃ¢â ¬â„¢s is a clear voice for those yearning to reconnect with the joy of eating in balance with nature. She shows how deliciously simple yet sophisticated herbal fare can transform our health, our lives, and the very earth itself.Ã¢â ¬Â• Ã¢â ¬â • Annie B. Kay, MS, RDN, certified yoga therapist, lead nutritionist at Kripalu Center for Yoga & Health,Ã Â and author of Every Bite Is Divine Ã Â

Connect to the Healing Power of Your Food Wholesome, home-cooked food is powerful medicine. Discover how your kitchen can become a place of true awakening for the senses and spirit, as well as deep sustenance for the body. Herbalist Brittany Wood Nickerson's original recipes offer delightful and often unexpected combinations Ã¢â ¬â œ from Lavender and Dandelion Flower Muffins and RosemaryÃ¢â ¬â œOlive Oil Tea Cake to Garlic-Stuffed Roast Pork and Red Grape Chimichurri with Dill and Oregano. Every dish combines generous amounts of culinary herbs with fresh ingredients that accentuate the food's healing properties. These scrumptious snacks, entrees, drinks, and desserts are designed to meet the body's needs for comfort, nourishment, energy, and support through seasonal changes. With Nickerson's warm guidance and thoughtful insights, you'll learn how to maximize the health benefits of every meal.

What a lovely book. There are so many ways to approach it: as a cook, as a gardener, as an

amateur herbalist. I appreciate that, besides having lots of wicked good recipes, this book includes basic instructions for things like making hydrosols, tinctures, lacto-fermentation, and even bubbly (possibly alcoholic...) drinks. Above all, this book is utterly nonjudgmental. The subtext is absolutely friendly, encouraging everyone to find, above all, what works best for them.

A lovely book combining healing foods and herbs in a creative way!

Love this book.

After being completely transfixed by Brittany while attending one of her herbal workshops in Salem, I was delighted to find out that she was publishing this cook book.I received the book Saturday, and on Sunday my partner and I cooked the Crispy Sage and Roasted Garlic Risotto for dinner. I lived in Florence for a short time and was able to take cooking classes while there. This risotto beats out all the recipes I learned there.Brittany is such an insightful, soothing, and kind teacher- her presence shines through in this book. Reading her anecdotes, prepping the recipe, and cooking this delicious meal was a healing process from start to finish. Thank you for this book! I highly recommend it. Looking forward to making more of the recipes!

This book really appealed to me ÃƒÂ¢Ã â ¬Ã â œ firstly because I love cooking with herbs, and secondly because of my former life as a medical herbalist practitioner. The book expertly combines these two areas, dealing with all the readily available and well-known culinary herbs: ÃƒÂ¢Ã â ¬Ã Å“culinary herbs are powerful because they have an embedded history in our culture that is already part of a common language ÃƒÂ¢Ã â ¬Ã Â¦ they are widespread and accessibleÃƒÂ¢Ã â ¬Ã Â•. Each herb is introduced with a picture, its Latin name, its flavours, a run-down of its main therapeutic properties, and its uses in the kitchen. At the end of the herbÃƒÂ¢Ã â ¬Ã â„¢s monograph are any safety concerns. There is very good advice on herb safety (often lacking in populist herbals). This book errs on the side of caution, which is to be highly praised. Safety concerns are listed with each introduced herb. While culinary herbs are generally safe, some may cause problems in certain people when used in medicinal quantities. In particular, some herbs can interact with pharmaceutical medication, and can have adverse effects on pregnant women. Please ÃƒÂ¢Ã â ¬Ã â œ if in doubt consult a qualified, registered and insured herbal practitioner (in UK they have MNIMH or MCPP after their name).The ÃƒÂ¢Ã â ¬Ã Ëœflavours ÃƒÂ¢Ã â ¬Ã â„¢ mentioned are just as important to medical herbalists

as they are to cooks: sweet/bland, salty, sour, astringent, pungent, bitter. The book gives a list of common foods and of herbs that fit into each category. In Chinese cuisine food and medicine are often indistinguishable ÃƒÂ¢Ã â ¬Ã â œ and here too are suggestions for eating yourself into good health ÃƒÂ¢Ã â ¬Ã â œ while really enjoying your food. There is a section on how to store herbs and advice on how to make various herbal preparations such as tinctures, teas and infused oils and vinegars that can then be used medically or in the kitchen.After the formal herbal monographs, come the wonderful recipes. I tried eleven of the recipes, and the results ranged from very tasty, to excellent, and there are many more recipe that I want to have a go at. The recipes were a real mix of meat, fish based and vegetarian ÃƒÂ¢Ã â ¬Ã â œ salads, baking, frying, roasting and boiling ÃƒÂ¢Ã â ¬Ã â œ starters, mains, sides and sweets. No recipe was ÃƒÂ¢Ã â ¬Ã Å“way out thereÃƒÂ¢Ã â ¬Ã Â•, but all had a nice tweak (usually herbal) that made them something special. The instructions were easy to follow, and oven temperatures (though unfortunately not weights) were always given in imperial and metric measurements. Some of my favourite recipes were ÃƒÂ¢Ã â ¬Ã Å“Braised Chicken with Shallots and FigsÃƒÂ¢Ã â ¬Ã Â•, ÃƒÂ¢Ã â ¬Ã Å“Leek and Gorgonzola CustardÃƒÂ¢Ã â ¬Ã Â•, ÃƒÂ¢Ã â ¬Ã Å“Butternut Squash stuffed with French Lentils and WalnutsÃƒÂ¢Ã â ¬Ã Â•, ÃƒÂ¢Ã â ¬Ã Å“Baked Eggs with Parsley PestoÃƒÂ¢Ã â ¬Ã Â• and the delicious ÃƒÂ¢Ã â ¬Ã Å“Deep-Sea Purple KrautÃƒÂ¢Ã â ¬Ã Â•. I had always wanted to try fermenting vegetables, and the purple kraut recipe was a great introduction. Not only did it taste amazing, it was so much fun to make, and it looked so appetizing waiting on the kitchen counter for the 3 weeks it took to ferment. I am so looking forward to trying the fermented ÃƒÂ¢Ã â ¬Ã Å“Dilly BeansÃƒÂ¢Ã â ¬Ã Â• when we have this yearÃƒÂ¢Ã â ¬Ã â„¢s surfeit of French beans in the garden.This is an excellent cookbook, and an excellent (and safe) introduction to herbal medicine, that will be an asset to anyoneÃƒÂ¢Ã â ¬Ã â„¢s collection.I received this copy from the publisher via NetGalley in exchange for an honest review

I bought this book in a store without reading any reviews, and was pleasantly surprised. It focuses on common herbs and ingredients that most of us have access to, and is holistic in the sense that it explains how to make things like tinctures, and then also provides recipes for using them. I've made a few of the food recipes too and enjoyed them very much. Even if you already have a knowledge of herbs, this will be a great supplement for additional ideas.

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