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Organic Grower's School 2016 – Recipes for "Inflammation, Food & Health"
All ingredients are organic when possible.

Carrot Apple Energy Bars
1 ¼ c. sorghum flour
½ c. amaranth flour
1/3 c. rice bran
¼ c. ground flaxseed
1 ½ tsp xanthan gum
1 Tb. GF baking powder
¼ tsp salt
2 tsp cinnamon
2 eggs
1 c. unsweetened applesauce
1 ½ c. grated carrots
¾ c. dried fruit mix – raisins, goji berries, cranberries, apricots etc.
½ c. chopped walnuts
In a large bowl, combine dry ingredients. In a separate bowl beat eggs & applesauce. Add wet mixture to dry ingredients. Stir in carrots, dried fruits, & walnuts.
Lightly grease a 9x13 inch baking dish with organic olive oil. Spoon mixture into pan, spread to edges. Allow to sit for 30 minutes. Bake in preheated oven at 325 degrees for 30-35 minutes or until a cake tester inserted in the center comes out clean. Let cool, cut into bars. Store at room temperature for up to 1 week or individually wrapped & frozen for up to 6 months.
Note: can substitute grated zucchini for all or half of carrots. Adapted from "Easy Everyday Gluten-Free Cooking" by Donna Washburn & Heather Butt; 2013

Green Smoothie
9 ice cubes
1 avocado, peeled, pitted, chopped
1 small clove garlic chopped or smashed
2 c. unpeeled, chopped, cucumber
1 c. packed spinach leaves
2/3 c. water
2 Tb. freshly squeezed lemon or lime juice
1 Tb. fresh dill or 1 tsp dry dill
¼ tsp. salt
In a blender, on low speed, chop ice. Add other ingredients and puree on high speed until smooth. Can add protein powder (I like Vega powder called "Natural" flavor with pea/hemp protein.) Adapted from "The Blender Bible" by Andrew Chase & Nicole Young; 2005

Winter Root Vegetable Soup
2 Tb olive oil or coconut oil
1 ½ c. coarsely chopped onions – red-skinned if possible
1 ½ c. coarsely chopped mushrooms
3 cloves garlic, minced
½ c. dry red wine (I'm adding water & you can add wine ☺)
2 c. coarsely chopped parsnips
2 c. coarsely chopped carrots
2 c. cubed white potatoes (I don't peel them)
2. c. cubed peeled sweet potatoes (I don't peel them unless the skin is thick)
1 c. cubed turnips
6 cups chicken or vegetable or bone broth
In a large pot, heat oil, Saute onions & mushrooms for 4-5 minutes or until softened. Add garlic & saute for 30 seconds. Add water, boil for 10 minutes. Stir in chopped vegetables & broth. Bring to a boil. Reduce heat & simmer for 20-30 minutes or until veggies are tender. Adapted from "Dietitians of Canada Cook!" by Mary Sue Waisman, MSc, RD; 2011

Elizabeth Pavka's Chicken Bone Broth
Amounts are very approximate! You can make broths from vegetables or any type of meat from VERY HEALTHY animals = grass fed on land that has not been sprayed.
Into a 3 quart crock-pot put as many of these as will fit -
1-2# chicken wings
1-2# chicken feet (lots of collagen & other building blocks in them!)
1-2# chicken or turkey necks (note: turkey necks have bigger bones, more meat & more intervertebral fibrocartilage (* see Wikipedia note below)
1# or so of chicken backs if you can find them
And I save bones from the whole chickens I have cooked & eaten to add to the mix.

Cover the chicken parts with boiling water.
Add 1-2 cups organic vinegar (acidifying the mix liberates the minerals into the liquid so the bones become so soft they don't require chewing!)
Cook for at least 48, perhaps 72 hours; add more water to keep the chicken covered (I put mine in the garage; you can put it in your home if you want to savor the smell!)
Let cool. Then use an old fashioned potato masher or your hands to break up any pieces. I do not filter out the pieces & parts, but leave them in to get the most flavor & nutrients possible.
Makes about 8 cups. Put the broth into 2 c. freezer jars; in refrigerator or in the freezer.
* From Wikipedia: An **intervertebral disc** (or **intervertebral fibrocartilage**) lies between adjacent vertebrae in the vertebral column. Each disc forms a fibrocartilaginous joint to allow slight movement of the vertebrae, and acts as a ligament to hold the vertebrae together. Their role as shock absorbers in the spine is crucial.