

HomeGrown Herbalist School of Botanical Medicine



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Presented By
Dr. Patrick Jones & Carl The Herb Hound
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Undercover Herbalism: How To Get Medicinal Plants Into The Kiddos!

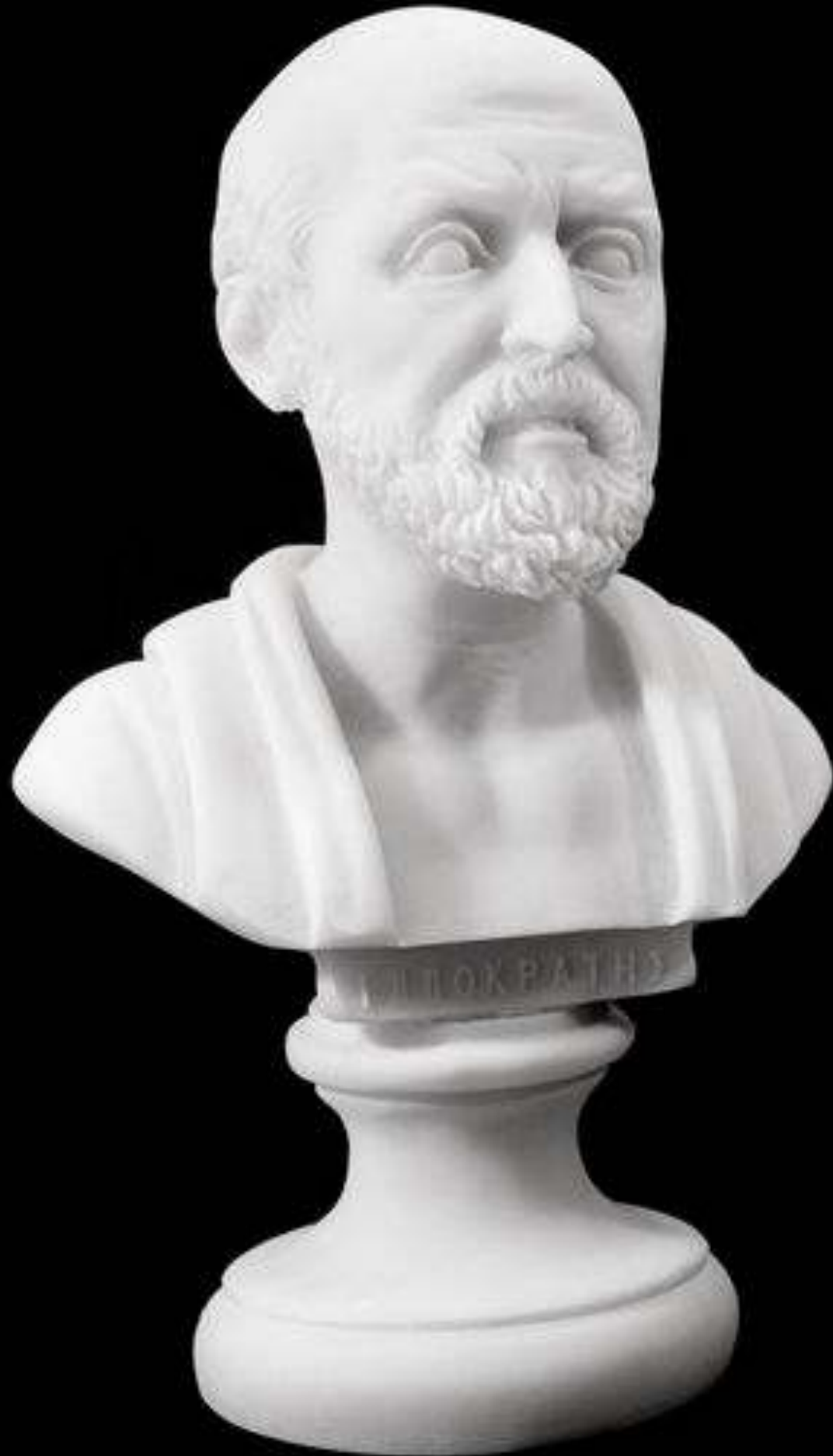


Dr. Patrick Jones

My Credentials:

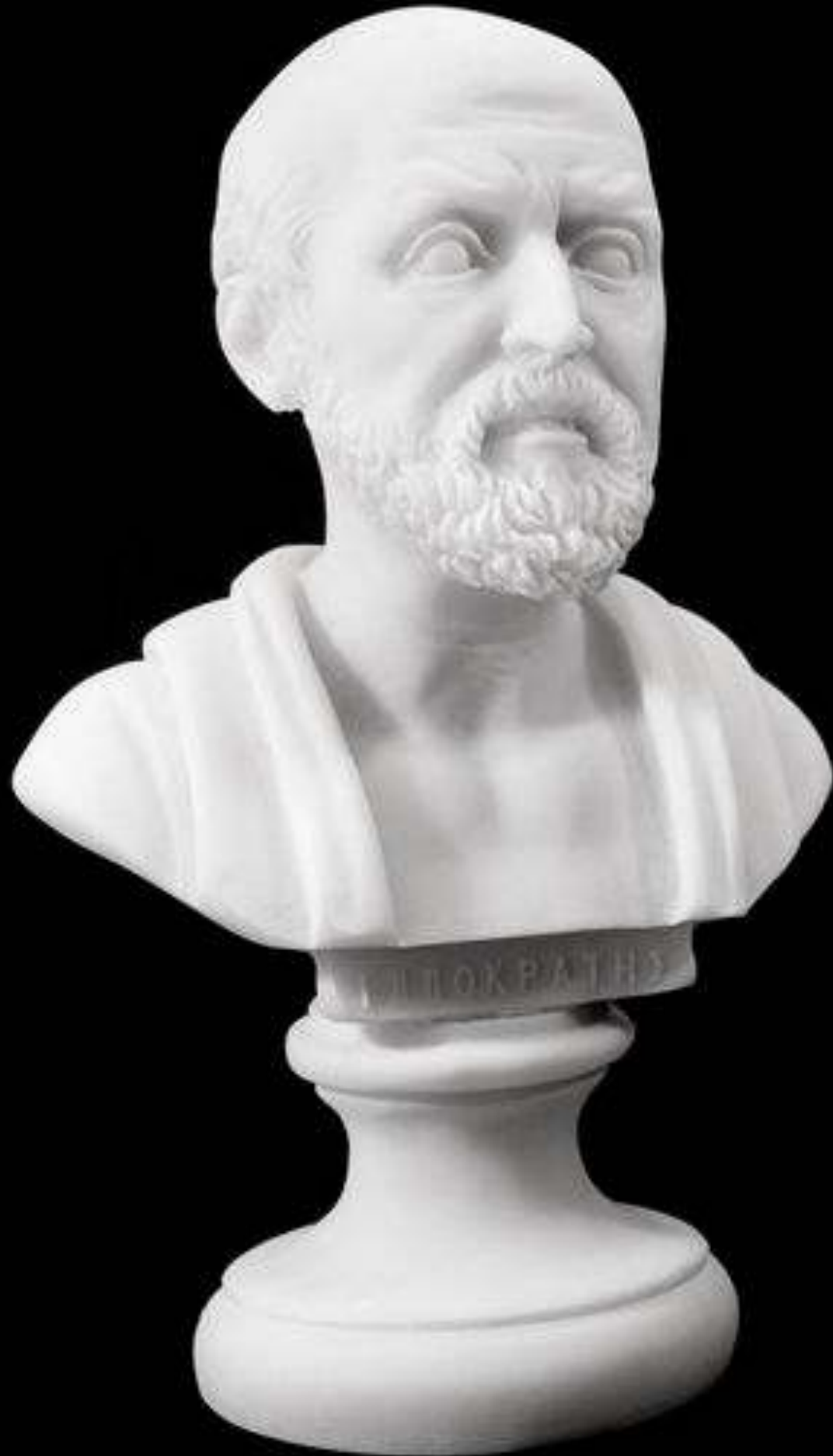
(Yes...I know whereof I speak!)





*Let thy food be thy medicine
And thy medicine be thy food.*

-Hippocrates-



Apparently,
Hippocrates didn't
have kids!

Just Eat 'em!



Calendula officinalis
(Pot Marigold)



**Toss Some Herbs
Into Your Salad!**

Soups & Stews

Are wonderful vehicles
For a hot infusion



Hide the Herbs In Some Yogurt





Apple Sauce
Works well
for hiding herbs too.

Smoothies work too!

Just toss the herbs into
The blender with
Everything else.



Or Freeze the Smoothies...
And Make Herbsicles!



Medicinal Plants...30¢

Yogurt...25¢

Popsicle Stick...5¢

**Tricking an
Adorable Little Child
Into Eating Herbs
She Hates...**

Priceless!



RECIPES

Roast ^{1/2} ~~Wave~~ by Jeff Grepper

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The Old...

Onion Juice In The Ear Trick!

Just crush an onion and strain the juice
through a handkerchief.

Put a few drops of the juice into the ear
canal to treat earaches.

Works every time!

Elderberry Smoothie

- 6 oz Greek yogurt
- 6 Strawberries
- 2 Tbs. Honey
- 1 Tbs. dried Elderberries soaked in 1 Tbs. warm water use when Elderberries have soaked up all the water or when berries are soft

Directions:

Combine yogurt, strawberries, honey, juice and soaked berries in blender Blend until smooth Serve

Herbal Salad Dressing

- 1/3 cup extra virgin olive oil
- 1/3 cup red wine vinegar
- 2 garlic cloves, minced
- 2 tsp. Dijon mustard
- 2 tsp. honey
- 1 tsp garlic powder
- 1 tsp. dried or fresh basil
- 1 tsp. dried or fresh oregano
- 1 tsp. dried or fresh parsley
- 1 tsp. Nutritive powder

Directions:

Add all ingredients into a sealable container

Shake well

Store in refrigerator

Shake well before each use

(The dressing can thicken and somewhat solidify when refrigerated.

Let it come to room temp for 5-10 mins or run under warm water until the liquid vinaigrette consistency is back)

Herbal Humus

- 16.0 oz canned chickpeas, drained, rinsed
- 1/4 cup honey or (agave nectar)
- 1/4 cup lemon juice
- 1/4 cup olive oil
- 1 garlic clove, crushed
- 1 tsp. ground cumin
- 1 tsp. turmeric powder
- 1 tsp. fennel powder
- 1/4 tsp. cayenne powder
- cilantro (optional)
- salt and pepper to taste

Directions:

Blend or process chickpeas, honey, juice, oil, turmeric, garlic, cumin, fennel and cayenne pepper until smooth.

Transfer mixture to medium bowl;
stir in cilantro, salt and pepper to taste.

Serve

Golden Flax Crackers

- 1 1/2 cup Almond Flour
- 1/2 cup Ground flax seed
- 1/2 tsp. Baking Powder
- 1/2 cup Milk
- 2 tsp. Whole Flax Seed
- Sea Salt

Directions:

Mix almond flour, ground flax seed and baking powder

Add milk to dry ingredients

Take floured rolling pin and roll dough on parchment paper lined small baking sheet

Sprinkle whole flax seed and sea salt on top

Score with pizza cutter to crackers size

Bake at 350 for 25-30 mins, until crisp

Serve

No-Bake Energy Bites

- 1 cup Raisins (dates, cranberries, or apricots)
- 3/4 cup Almond Meal
- 1/4 cup Almond Butter (other nut butter)
- 1/2 cup Milk
- 1/2 cup Cocoa
- 1/4 cup shredded coconut
- 1/2 cup mini Chocolate Chips
- 1 tsp. Turmeric powder
- 1 tsp. Licorice powder
- 1/4 tsp. Ginger powder
- 1 TBS. Ashwaganda powder
- 2 TBS. Siberian Ginseng powder

Directions:

Mix dry ingredients and add raisins, almond butter, & milk

Mix until blended thoroughly

Press into small pan

Refrigerate for 20-30 mins, until set

Cut into bars or bite sizes

Serve

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