

FALL COOKBOOK



Welcome to feeding the body, focusing on health and healing for the mind, body, and soul to support the Qi connected to Autumn.

- Fall Gut Foods
- Fall Clean Foods
- Fall Comfort Foods
- Fall Detox Foods



Fall

This season brings memories of sweet treats and spices. It's the season for warm foods, soups, and apple cider. If we look back at all the fall foods, there are amazing healthy healing properties that can come from our traditional food. They are made with clean ingredients, and if we stay away from processed and packaged "foods". Fall is unique because we are starting to bundle up and keep warm. It's time to start protecting our internal fire with not only clothing and a lit fireplace but also food designed for the gut and soul.

As we look at nature, there is so much to learn, like those who gained insight into medicine before modern-day science took place. The world has a be and flow a yin and yang, and when looking at nature's resilience, we too need to create and shift with the seasons so we too can have the resilience to transform and recover through our seasons as nature does.

Change is inevitable. We age through the years and age through the day. We age through each stage from the maiden, mother, to crone. What we can learn from traditional cultures is that there is a time and place for everything. They gained this wisdom from listening and studying their body's responses to food, people, language, and their environment. We all can learn to listen more to the subtle energies around us and within us.

Fall is the foundation for the renewal of Spring. As we eat to warm and support the health of digestion of food and digest the happening of the busy summer, we can start to slow down, reflect, and shed. For preparing the gut throughout the Fall and Winter, we will be ready to take on the Spring. Spring brings mold, mildew, and the trees waking up from the winter. With a gut that is prepared, it will be easier to withstand the pollen and spores as they are being filtered throughout the body. This allows us to sustain the energetic moment that comes with the energy of the awakening spring.





Primary goals

To offer a balance of eating for our body in our fall cookbook.





Marya Wargacki Group 5

Autumnal Foods to Promote Gut Health



Nourishing the Body

The Autumn season is a time of change. In times of change, the body is especially susceptible to illness and disease. Therefore, taking special care to nourish the body and mind, during this transitional time is of utmost importance.

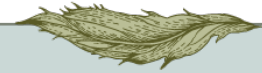
Promoting gut health is one way to nourish the body and protect the body from illness. In TCM, Autumn is associated with pungent flavors which should be balanced by sour flavors. These flavors balance the body and protect the body's qi.

The ingredients in season during Autumn lend themselves well to the season's goal to nourish and protect the gut. Pumpkin, apples, apricots, sweet potato, and asparagus are great options that provide essential nutrients and fiber. Cabbage is in season and when fermented, boasts double the benefits as it contains fiber and prebiotics that promote healthy gut bacteria.

In this section of the cookbook, you will find recipes that promote gut health, but also nourish the body and soul.



Cabbage and Miso Soup



Ingredients

- 5 cups of vegetable broth
- 3 large cloves of garlic-finely sliced
- 3 cups purple cabbage
- 2 medium sized carrots-thinly sliced or shredded
- ¼ cup miso paste

Optional Add Ons

- Green Onion
- Cilantro
- Cooked Ramen
- Soy Sauce
- Siracha
- Silken Tofu

Directions

1. Pour the vegetable broth to a medium pot and bring to a simmer. Add garlic, carrots, and cabbage, cover and simmer for 10 minutes or until cabbage is soft.
2. While soup is simmering, dissolve the miso paste in small amount of warm broth in a separate bowl.
3. When soup is done simmering, take the pot off the heat and pour in miso and broth mixture. Stir to combine. Add soy sauce and season to taste.
4. Serve warm with cubed silken tofu, sliced green onion, or cilantro if desired. Add cooked soba or ramen noodles to make the meal more filling.

Ginger Orange Brussels Sprouts



- ½ pound Brussels sprouts
- 1 tablespoon olive oil
- ¼ cup chopped pecans
- ¼ cup orange juice
- ½ cup dried cranberries
- 1 tablespoon freshly grated ginger

1. Slice or shred brussels sprouts
2. Heat olive oil in a skillet over medium heat; cook and stir shredded Brussels sprouts in the hot oil until slightly softened, about 5 minutes. Reduce heat to low; cook and stir pecans into the Brussels sprouts until pecans are fragrant and toasted, about 2 minutes.
3. Stir orange juice into Brussels sprouts mixture; fold in cranberries and ginger. Simmer mixture until juice is mostly evaporated, about 5 minutes.





5 Essential Gut Nutrients

1. Prebiotics
2. Probiotics
3. Polyphenols
4. Omega-3 Fatty Acids
5. Fiber



Probiotics



Probiotics are live microorganism that promote gut health by:

1. Help digestion of lactose
2. Boost immune response
3. Increase number of good bacteria that prevent bad bacteria

Probiotic Foods



- Miso
- Kimchi
- Sourdough
- Kombucha
- Saurkraut
- Yogurt
- Kefir
- Pickles
- Yogurt



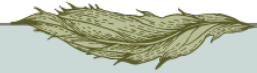
Prebiotics



Prebiotics are fibers fermented in the gut which work to increase good bacteria.

1. Increases calcium absorption
2. Enhances signaling of bowel movements
3. Keeps you feeling full
4. Reduces cholesterol and regulates blood sugar

Prebiotic Foods



- Artichokes
- Asparagus
- Garlic
- Maple Syrup
- Onions
- Leek
- Banana
- Dandelion Greens

Polyphenol



Polyphenols are found in plants; they are not digested in the stomach but act as food for microorganisms in the colon.

1. Reduces inflammation
2. May improve neurocognitive function and mood
3. Have antioxidant properties

Polyphenol Foods



- **Fruits:** Apples, blueberries, cherries, grapes, pears and strawberries
- **Vegetables:** Broccoli, cauliflower, cabbage, tomatoes and Brussels sprouts
- **Spices:** Turmeric, ginger and red pepper flakes
- **Beverages:** Green tea, coffee and red wine
- **Other:** Dark chocolate, soy products and peanuts



Omega-3 Fatty Acids



Omega-3 fatty acids help reduce inflammation throughout the body.

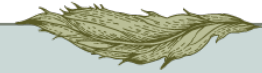
1. Decrease inflammatory microorganisms
2. Strengthens the gut wall
3. Restores healthy microbiota balance

Omega-3 Fatty Acid Foods



- **Fatty Fish:** Salmon, mackerel, sardines, tuna, herring
- **Nuts and Seeds:** Walnuts, flax seeds, chia seeds
- **Oils:** Canola and soybean

Fiber



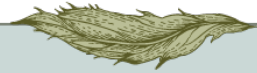
Insoluble

1. Absorbs water, provides bulk
2. Helps with constipation
3. Promotes regularity

Soluble

1. Slows fat and sugar absorption
2. Fermented by good bacteria that produce short chain fatty acids
3. Reinforces gut lining that protect against harmful microorganisms

Fiber Foods



- **Beans:** Navy, kidney, black, white, pinto, lima
- **Lentils**
- **Peas:** Green, chickpeas, split, and black-eyed
- **Whole Grains:** Barley, oats, bulgur, popcorn, brown rice, and buckwheat
- **Vegetables:** Avocado, carrots, leafy greens, winter squash, pumpkin, sweet potato, and parsnips
- **Fruits:** Blackberries, kiwis, plum, and dates



CITATIONS

15 foods for good gut health. Benenden Health. (2023, November 4). <https://www.benenden.co.uk/be-healthy/nutrition/gut-food-15-foods-for-good-gut-health/>

Guan, Z.-W., Yu, E.-Z., & Feng, Q. (2021). Soluble dietary fiber, one of the most important nutrients for the gut microbiota. *Molecules*, *26*(22), 6802. <https://doi.org/10.3390/molecules26226802>

Lisa Valente, M. S. (2023, September 26). *7 must-eat fermented foods for a healthy gut.* EatingWell. [https://www.eatingwell.com/article/281916/must-eat-fermented-foods-for-a-healthy-gut/#:~:text=Fermented%20foods%20are%20packed%20with,for%20gut%20health%2C%20too\).](https://www.eatingwell.com/article/281916/must-eat-fermented-foods-for-a-healthy-gut/#:~:text=Fermented%20foods%20are%20packed%20with,for%20gut%20health%2C%20too).)

Nutrition for Gut Health. Nutrition for Gut Health | University Hospitals. (n.d.). <https://www.uhhospitals.org/services/clinical-nutrition-services/patient-resources/diet-information/nutrition-for-gut-health#:~:text=Fiber%2C%20prebiotics%2C%20probiotics%2C%20polyphenols,to%20keep%20our%20gut%20healthy.>



Jofia Ross Group 5

**FALL
CLEAN FOOD**



Food as Medicine

During the fall season, it is essential to be aware of what we are feeding the body to promote a healthy gut and sustaining health, as the large intestine absorbs the waters and minerals from the food we eat because food is medicine, as explained in traditional Chinese medicine. The large intestine is associated with releasing and is connected to the lung meridian, which is disseminating and descending, promoting circulation of qi and fluid through the body. With the shared balance between the lungs and large intestines, I am introducing clean foods that promote health and circulation through making and eating of food. When we eat healthy, we are healthy.



CHIA SEED JAM DIRECTIONS

- Place one small saucepan on the stovetop on low below simmer. You Do Not want your fruit to bubble.
- Put one cup of chopped plum, fresh or frozen, in the saucepan.
- Once the fruit is soft, mash the fruit.
- Optional to add vanilla, cinnamon, and star anise to taste to the mashed fruit.
- Turn off heat and stir one tablespoon of honey or maple syrup.
- Stir in 2 tablespoons of lemon or lime juice.
- place jam into a jar and stir in two tablespoons of chia seeds.
- Wait 30 minutes before eating.

This can be eaten warm or cold.
Store in the refrigerator for one week



Chia Seed Jam



- 1 CUP CHOPPED PLUM
- 1 TBL SPOON OF HONEY OR MAPLE SYRUP
- 2 TBL SPOONS OF LEMON JUICE
- 2 TBL CHIA SEEDS
- OPTION TO ADD CINNAMON, VANILLA, START ANISE

CHIA SEED JAM BENEFITS

PLUM: known for its ability to tonify yin. It also helps to promote qi circulation, clear heat, and regulate water.

HONEY: known for its antibacterial, anti-inflammatory, antioxidant, and apoptotic properties. Honey helps dispel pathogenetic heat, clear away toxins, relieve pain, and combat dehydration.

MAPLE SYRUP: known to help lower blood sugar, rich in antioxidants, and help against nerve damage, and antimutagenic

LEMON JUICE: aids the liver in its functions of ridding our bodies of toxins, as well as regulating the metabolism of proteins, fats, and carbohydrates.

LIME JUICE: Reduces inflammation, protects from infection, and speeds up the body's healing process.

CHIA SEED: Known for its sedative properties. It promotes a downward movement in the body and can help bring all anxious energy down to nourish the yin and calm the mind.

CINNAMON: Warms the kidneys, tonifies yang, disperses deep cold, warms the meridians, alleviates pain, and helps nourish the Qi and blood.

VANILLA: Enables healthy digestion, reduces inflammation, and alleviates respiratory conditions.

STAR ANISE: Antioxidant, digestion, cardiovascular health, respiratory support

How to Eat PLUM JAM

Be creative and eat plum jam any way you want!

Here are some suggestions.

- 1) PB&J
- 2) Mixed with organic grass-fed Yogurt
- 3) Warm with oatmeal



Sweet Potato & Avocado Chocolate Pudding

- Cook the sweet potato for 30 minutes in an air fryer. Remember to poke holes in it to let out the steam.
- Once the sweet potato has cooled remove the skin and add it to the blender or food processor with the rest of the ingredients.
- Blend until smooth. Add more milk for a thinner consistency.
- You can eat it immediately or chilled. Chilling the pudding will help it firm up.

Store in the fridge for 4 days



Sweet Potato & Avocado Chocolate Pudding



- 1 MEDIUM SWEET POTATO
- 1 MEDIUM AVOCADO
- 2-3 TBL MAPLE SYRUP
- 1 1/2 TSP VANILLA
- 1/3 CUP COCONUT MILK (YOGURT TO MAKE IT THICKER)
- 1/3 CUP CACAO OR COCOA POWDER

Sweet Potato & Avocado Chocolate Pudding Benefits

Sweet Potatoes: known for their ability to tonify Qi, blood, and yin. It eliminates toxins and benefits the stomach and spleen.

Avocado: Tonify blood and yin. It aids in digestion and reduces liver damage.

Coconut Milk: supports the heart and aids stamina.

Cacao Powder: Tonifies the heart and Qi. It warms the kidney yang, clears cold, warms the chest, and moves blood. Low blood pressure, anti-aging, fever due to cold chest, poor appetite, anxiety, depression, heavy feelings in the chest, lethargy, low energy.

Cocoa Powder: Stabilizes blood pressure, supports brain health antioxidants, and maintains cholesterol levels.

MAPLE SYRUP: known to help lower blood sugar, rich in antioxidants, and help against nerve damage, and antimutagenic

VANILLA: Enables healthy digestion, reduces inflammation, and alleviates respiratory conditions.



How to Eat Sweet Potato & Avocado Chocolate Pudding

Eat it any way you like! Be creative.

- 1) Top with fresh fruits
- 2) Shaved chocolate
- 3) Whipped cream
- 4) Use it as a pie filler

PLUM JAM CITATIONS

CINNAMON: Warms the **kidneys**, tonifies yang, disperses deep cold, warms the meridians, alleviates pain, and helps nourish the **Qi** and blood.

- *Cinnamon*. White Rabbit Institute of Healing. (2022b, November 7). <https://www.whiterabbitinstituteofhealing.com/herbs/cinnamon/>

CHIA SEED: Known for its sedative properties. It promotes a downward movement in the body and can help bring all anxious energy down to nourish the yin and calm the mind.

- CBC/Radio Canada. (n.d.). *Relieving anxiety with Chinese medicine - steven and Chris*. CBCnews. [https://www.cbc.ca/stevenandchris/m_health/relieving-anxiety-with-chinese-medicine#:~:text=but%20not%20normal\),Food%20recommended%20by%20Traditional%20Chinese%20Medicine%3A,yin%20and%20calm%20the%20mind](https://www.cbc.ca/stevenandchris/m_health/relieving-anxiety-with-chinese-medicine#:~:text=but%20not%20normal),Food%20recommended%20by%20Traditional%20Chinese%20Medicine%3A,yin%20and%20calm%20the%20mind).

HONEY: known for its antibacterial, anti-inflammatory, antioxidant, and apoptotic properties. Honey helps dispel pathogenetic heat, clear away toxins, relieve pain, and combat dehydration.

- *TCM and honey benefits: Boca Raton acupuncture*. Boca Raton Acupuncture | Acupuncture Treatment in Boca Raton Florida. (2023, August 24). <https://bocaratonacupuncture.com/tcm-and-honey-a-perfect-match#:~:text=In%20the%20E2%80%9CCompendium%20of%20Materia,clear%20sight%20and%20rosy%20cheeks>.



Chocolate Pudding Citation

Sweet Potatoes: known for their ability to tonify Qi, blood, and yin. It eliminates toxins and benefits the stomach and spleen.

- Hays, J. L. (n.d.-b). *View details*:. Chinese Nutrition Properties of Sweet Potato. http://chinesenutrition.org/view_image.asp?pid=398

Avocado: Tonify blood and yin. It aids in digestion and reduces liver damage.

- Hays, J. L. (n.d.-a). *View details*:. Chinese Nutrition Properties of Avocado. http://chinesenutrition.org/view_image.asp?pid=423

Cacao Powder: Tonifies the heart and Qi. It warms the kidney yang, clears cold, warms the chest, and moves blood. Low blood pressure, anti-again, fever due to cold chest, poor appetite, anxiety, depression, heavy feelings in the chest, lethargy, low energy.

- Coconut. White Rabbit Institute of Healing. (2022b, February 7). <https://www.whiterabbitinstituteofhealing.com/herbs/coconut/#:~:text=Coconuts%20were%20used%20by%20early%20Polynesian%20cultures%20on,known%20for%20supporting%20the%20heart%20and%20aiding%20stamina.>





Kassandra Bouvia group 5

FALL COMFORT FOOD



Feeding the Soul

Through the fall season, it is important to maintain gut and emotional health, as the large intestine holds our stress and sadness, explained in traditional Chinese medicine. The large intestine is associated with Metal in TCM as well as being a part of the lung meridian. With the association to metal, I am introducing comfort foods that require an oven to make, warming the body through the making and eating of the food. Also, the process of making and eating these comfort foods can elevate stress.





“

CINAMON ROLLS

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https://www.youtube.com/watch?v=_Q0FYoCI4Cs





“

HEARTY MEATLOAF

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[MUSHROOM AND ONION MEAT LOAF - Shortcut.Ink](https://www.shortcut.ink)



Mushroom and onions



- Wild mushrooms are ready for harvest in the entire fall season. Mushrooms are a vital ingredient for gut health. They provide gut bacteria diversity and are a good source of fiber. Both of which keep the gut in good working order.
- Onions are also harvested in early fall. Onions are much like the association to metal with lungs, in that they are fragrant and can take on the seasons that are put on them, like metal can take on the temperature it is exposed too. Onions are helpful in managing inflammation in the body and are a good source of vitamin C. Humans can only absorb vitamin C, a vital nutrient for immune health and growth of cartilage and blood vessels, through the foods they eat. Vitamin C is mostly found in citrus fruits that may not be plentiful in your region in the autumn.

CITATIONS



MUSHROOMS

Kjersten Nett, R. (2023a, January 31). Mushrooms make healthy meal magic. Mayo Clinic Health System.



<https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/mushrooms-make-healthy-meal-magic>

ONIONS

- spiceworld3. (2023, September 11). 10 health benefits of onions. Spice World Inc.

<https://spiceworldinc.com/health/10-health-benefits-of-onions/#:~:text=Onions>

RECIPES

- Meatloaf recipe is my own
- Cinnamon roll recipe is from TASTY and is linked to YouTube.



Andrew Ramirez

FALL DETOX FOOD

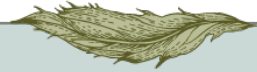


Maintaining Balance

In Traditional Chinese Medicine (TCM), detoxification is viewed as a crucial process for maintaining balance and harmony within the body. During the fall season, detox takes on added significance as it aligns with the principles of letting go, inviting new energy, and fostering healthier relationships.



Fasting



Fasting as a Detox Method

- Fasting is considered a powerful detox method in TCM. It involves abstaining from or
- reducing food intake for a specific period, allowing the body to cleanse itself. Fasting
- provides an opportunity to rest the digestive system and rejuvenate the body and mind,
- thus promoting emotional and spiritual well-being.

Fasting in TCM Perspective

- From a TCM perspective, fasting helps maintain the balance of Yin and Yang. It supports
- detoxification by allowing the digestive system to rest, which conserves energy and
- resources for the body to eliminate toxins more effectively.

Detoxifying Autumn Vegetable Stir-Fry



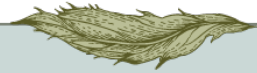
Ingredients:

- 2 cups kale, chopped
- 1 cup broccoli florets
- 1 cup carrots, thinly sliced
- 1 tablespoon fresh ginger, minced
- 2 cloves garlic, minced
- 1/2 teaspoon ground turmeric
- 2 tablespoons vegetable oil (for stir-frying)

Cooking Instructions:

- Heat vegetable oil in a wok or large skillet over medium-high heat.
- Add ginger and garlic, and stir-fry for 30 seconds until fragrant.
- Add carrots and broccoli, and stir-fry for about 3-4 minutes until they begin to soften.
- Add kale and turmeric, and stir-fry for an additional 2-3 minutes until the kale wilts and the vegetables are tender.
- Serve immediately.

Lung-Cleansing Herbal Soup



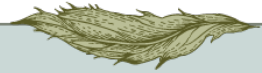
Ingredients:

- 4 cups water
- 1/4 cup fresh mint leaves
- 1/4 cup chrysanthemum flowers (dried or fresh)
- 1/2 cup mung beans
- 1 cup lean protein (e.g., boneless chicken breast or tofu)
- Salt and pepper to taste

Cooking Instructions:

- In a large pot, bring water to a boil.
- Add mint leaves, chrysanthemum flowers, mung beans, and lean protein of your choice.
- Reduce heat, cover, and simmer for about 30 minutes, or until mung beans are soft and the protein is cooked through.
- Season with salt and pepper as needed.
- Serve the soup hot

Ginger and Goji Berry Infused Tea



Ingredients:

- 2 cups hot water
- 1-2 inches fresh ginger, thinly sliced
- 2 tablespoons goji berries

Brewing Instructions:

- Place the fresh ginger slices and goji berries in a teapot or heat proof container.
- Pour hot water over the ginger and goji berries.
- Cover and let it steep for about 10-15 minutes.
- Strain the tea and serve.



Summary

I HOPE THE BALANCE OF COOKING THESE FOOD BRINGS YOU A
WONDERFUL AUTUMN.



Meet our team



Jofia Ross
Clean ingredients



Marya Wargacki
Gut health



Kasandra Bouvia
Comfort foods



Andrew Ramirez
Detox foods





Thank you



Marya Wargacki

Jofia Ross

Kasandra Bouvia

Andrew Ramirez

Reimagining the body

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Fall 2023