



REMEDY REPORT

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What's INSIDE

Happy New Year! The theme of this Remedy Report, which will be something that we thread throughout each issue this year, is wellness! We will take what we promote when you visit us at Camp and keep the inspiration going all year long. We will continue to include nutritious and delicious recipes in each issue, but we will also share about other forms of wellness to promote wellbeing in more areas of life! As always, we hope you enjoy!



WELLBEING

THE FIVE ESSENTIAL ELEMENTS

BY TOM RATH AND JIM HARTER

These are the five areas of wellbeing and their definitions. We will be highlighting each of these throughout the year!

CAREER WELLBEING

- This first element is about how you occupy your time or simply liking what you do everyday.

SOCIAL WELLBEING

- This second element is about having strong relationships and love in your life.

FINANCIAL WELLBEING

- This third element is about effectively managing your economic life.

PHYSICAL WELLBEING

- This fourth element is about having good health and enough energy to get things done on a daily basis.

COMMUNITY WELLBEING

- This fifth element is about the sense of engagement you have with the area where you live.



SAY FAREWELL TO RESOLUTIONS

HOW TO MAKE WELLNESS GOALS THAT WILL LAST

It can be discouraging to make New Year's Resolutions and then find yourself a couple weeks later, not able to stick with them. So forget the resolutions, here are a few ideas of wellness goals that you can consider pursuing this year - things to practice and incorporate over time.

Make Time to be Present

There can be so many things going on throughout each day, and week. Our minds can be 15 places at once; we can be worried about something coming in the future or we can be consumed with a decision we made in the past, but often these thoughts can keep us from enjoying the present moment. Practicing mindfulness in order to be more present, could be a great way to reduce anxiety and gain the ability to enjoy more moments, in the moment.

Make Space for Change

Sometimes we decide to create a goal for ourselves or we are inspired to pursue an opportunity and as we begin to pursue, things might not pan out the way that we initially thought they would. Give yourself permission to consider if you need to make an adjustment; sometimes the obstacles can be overcome and we can still reach our goal and other times, we realize that this opportunity isn't for us, and if that's the case, it's ok to redirect our energy.

Set Small Goals

One way to combat the "all or nothing" mentality that can hinder us from even beginning to pursue change, is by setting macro and micro goals. Your macro goal is the larger overall goal and your micro goals are smaller goals that will help you reach your overall goal. Micro goals are like stepping stones on your journey toward your overall goal and they can help you create new habits. Plus, each step completed is a victory and it feels good to get wins!

Focus on Gratitude

During your time at camp, we spend time focusing on gratitude. Before each meal, we make space for people to share about poignant moments throughout the day. What we see is that as we begin to practice taking moments for self-reflection throughout the day, it becomes easier to find things to be grateful for and that gratitude has a positive impact on our mental wellbeing. This could be a great practice to incorporate into your daily routine.

Consistency is Key

Consistency is about keeping your eye on the prize and continuing to take steps forward. It can look different from day to day; if I am pursuing a physical wellness goal, one day I may run 3 miles and maybe the next day all I can do is a 20 minute yoga video, both are still me pursuing my goal. Find ways to pursue your goals with some regularity and you might be surprised by the results of your consistent effort.

Here are a couple of soup recipes to warm you up on a chilly day!



Soul Bowl

Ingredients

- 2 cups Uncooked Rice
- 4 ears of Corn on the Cob
OR 2 cans of Corn

Collards

- 3 bunches of collards or 16 oz bag
- 8 strips of bacon
- 1 large onion
- 2 tablespoons minced garlic
- 1/4 cup bacon grease or oil
- 2 cups chicken stock
- salt and pepper to taste

Chicken

- 4-6 boneless skinless chicken thighs
- 4 tablespoons olive oil, divided
- 2 tablespoons unsalted butter
- 2 tablespoons sweet paprika
- 1 tablespoon Italian seasoning
- 1 tablespoon dried parsley
- 1 tablespoon garlic powder
- 1 tablespoon salt
- 2 teaspoons onion powder
- 2 teaspoons black pepper

Carolina Gold BBQ Sauce

- 1-1/4 cup yellow mustard
- 1/2 cup apple cider vinegar
- 1/4 cup honey
- 2 tablespoons molasses
- 1 tablespoon tomato paste
- 1 tablespoon Worcestershire sauce
- 2 teaspoons hot sauce
- 1 teaspoon liquid smoke
- 1/4 teaspoon garlic powder
- 1/4 teaspoon garlic salt
- 1/4 teaspoon ground pepper

Directions

COLLARD GREENS

Wash and Prep:

1. Start by tearing each leaf off the stalk and placing the leaves in a clean sink full of cold water. Plunge the leaves several times into the water to clean them. Discard the stalk and any other debris. Drain the sink and rinse well.
2. One-by-one, trim the center rib (midrib) from each leaf, cutting each leaf into two halves, discarding the rib. Add the leaves back to the sink and fill with cold water again to ensure they're clean. Drain collards.

Chiffonade:

Place 6-8 leaves in a stack and roll tightly. Slice roll into 1-inch ribbons. Continue the process with remaining collards then set aside until ready to cook.

Cook:

1. Using the biggest skillet or widest pot you have (that has a lid), cook bacon and bacon grease over medium-high heat, uncovered, until bacon is crisp. Add onions and continue cooking until onions are translucent. Add garlic and cook for 1 minute.
2. Add as much of the collards as will fit in the skillet and toss to coat in the bacon drippings. Cover skillet with lid and let collards cook down (wilt) for 2-3 minutes. Add more collards and repeat this step until all collards are in the skillet.
3. Reduce heat to low, add chicken stock, salt and pepper to taste and continue cooking, covered, for about an hour or until collards are as tender as you like them; stir occasionally.

Notes: This is a base recipe, feel free to add your own twist! You could add a splash of apple cider vinegar and/or brown sugar to reduce bitterness, or add more flavor with Cajun seasoning, red pepper flakes, or hot sauce.

RICE

Follow the instructions on the bag and cook your 2 cups of rice. When finished, fluff and keep warm.

Directions

CHICKEN

1. Trim off any excess fat from the thighs.
2. In a small bowl, mix spices. Pour 2 tablespoons of oil and sprinkle seasoning blend over chicken. Rub into the meat.
3. Heat up the remaining 2 tablespoons of oil in a skillet. Add butter and let it melt.
4. Cook chicken thighs, 3 to 4 at a time, not to crowd the pan. Cook 5 minutes on one side, then flip and cook 5 to 7 minutes on the other side, until golden brown.
5. Always check with the meat thermometer. It should show at least 165 degrees F in the thickest part of each thigh.
6. Remove thighs from pan and let them sit on a plate for a few minutes, so the juices can redistribute inside.
7. Once thighs have rested for about 5 minutes, cut into slices.

CAROLINA GOLD BBQ SAUCE

1. To a medium saucepan, add the mustard, vinegar, honey, molasses, tomato paste, Worcestershire, hot sauce, liquid smoke, garlic powder, garlic salt and pepper.
2. Use a whisk to mix the sauce together well. Heat over medium-low heat and bring to a low simmer.
3. Once the sauce begins to simmer, reduce the heat to low and simmer for 5 minutes. The sauce will thicken slightly.
4. Remove from heat and let the sauce cool to room temperature. Brush on to pork or chicken during grilling or baking.
5. Store any leftover sauce in an airtight container and refrigerate. Refrigerated, the sauce will keep for up to 1 month.

CORN

1. Wash and shuck your ears of fresh corn. Then cut the kernels into a bowl. Once you have cut all 4 ears of corn, rinse and strain the corn (Skip this step if you have canned corn).
2. Warm a skillet and add 2 tablespoons of oil. Add the corn to the skillet, add whatever seasoning you would like, and sauté the corn.

ASSEMBLE

1. Once the collard greens are finished, all the other elements should be ready as well.
2. Place the rice at the base of your bowl.
3. Place the collard greens on top of the rice, on one side.
4. Place the sauteed corn on top of the rice, next to the corn.
5. Place the sliced chicken on top of the collard greens and corn.
6. Drizzle the bowl with the Carolina Gold BBQ sauce.
7. Enjoy!

Cinnamon Vanilla Chia Seed Pudding

Ingredients

- 1 cup any milk of your choice
- 3 tablespoons chia seeds
- 1 g packet stevia/erythritol blend
- 1 teaspoon pure vanilla extract
- 1/2 teaspoon ground cinnamon
- 1 small pinch salt

Directions

1. Combine all ingredients in a large storage container that has a lid. Make sure all the chia seeds are mixed in, and mash the berries lightly, especially if using frozen raspberries.
2. Place the lid on the container and refrigerate overnight or for at least 8 hours.
3. Serve with extra raspberries, and a drizzle of honey if desired.



Chocolate Chia Seed Pudding

Ingredients

- 2 tablespoons cacao powder
- 2 tablespoons maple syrup
- 1 teaspoon vanilla extract
- 1 cup milk (dairy or dairy-free)
- 1/4 cup chia seeds

Directions

1. In a medium-size bowl, add the cacao powder, maple syrup, vanilla extract, dairy-free milk and chia seeds. Whisk together until all ingredients are combined.
2. Leave the mixture in the bowl for 15 minutes without stirring for the chia seeds to gel. After 15 minutes, whisk it together one more time. Cover the bowl and place it in the refrigerator overnight or a minimum of 4 hours.
3. Remove the chocolate chia seed pudding from the fridge and stir together with a spoon. Serve into small dessert sized glasses. Top with your favorite fruit, chocolate shavings or other garnishes.





Lemon Raspberry Chia Seed Pudding

Ingredients

- 1 cup Greek yogurt, plain
- 1 cup coconut milk
- 1/4 cup chia seeds
- 1 tablespoon lemon zest
- 2 tablespoons lemon juice freshly squeezed
- 1 cup raspberries
- 1 1/2 tablespoons honey

Directions

1. Combine all ingredients in a large storage container that has a lid. Make sure all the chia seeds are mixed in, and mash the berries lightly, especially if using frozen raspberries.
2. Place the lid on the container and refrigerate overnight or for at least 8 hours.
3. Serve with extra raspberries, and a drizzle of honey if desired.

Berry and Chia Yogurt Parfait

Ingredients

- 3/4 cup plain yogurt
- 1 tablespoon chia seeds
- 1 teaspoon honey
- 1/2 teaspoon vanilla extract
- 3/4 cup berries, fresh or frozen

Directions

1. In a small bowl, combine yogurt, chia seeds, honey and vanilla extract and stir until well combined.
2. In a mason jar or container, add fresh or frozen berries to the bottom and break them up using a fork. If using frozen berries, you may need to let them thaw or zap them for 10 seconds in the microwave to soften them slightly.
3. Top crushed berries with yogurt mixture and transfer to the fridge overnight or for at least 10 minutes. This will allow the chia seeds to soften and expand and provide a better texture.
4. In the morning, remove from the fridge and top with extra toppings of your choice!



January 28th is National Blueberry Pancake Day!



Lemon Blueberry Cottage Cheese Pancakes

Ingredients

- 1 cup Lowfat Cottage Cheese
- 1 cup old fashioned oats
- 6 eggs
- 2 medium lemons - for zest and juice
- 2 teaspoons honey
- 1 cup fresh blueberries
- 2-3 tablespoons butter

Directions

1. In a food processor or blender, combine the Lowfat Cottage Cheese, oats, eggs, lemon zest, lemon juice, and honey. Blend on high for 30 seconds until batter is completely smooth.
2. Preheat a non-stick skillet or griddle on medium-high and add a pat of butter (about 1/2 to 1 tablespoon) to the pan or griddle.
3. Gently pour 1/2 cup of batter into the pan. Add 6-8 blueberries per pancake. Cook until bubbles begin to appear, about 1-2 minutes. With a rubber spatula, gently flip the pancake over. Some blueberries may escape for their lives, but you can just enjoy those little buggers separately.
4. Cook for an additional two minutes. Note: depending on the size of your blueberries, they may prevent the batter from touching the pan after you flip, and each pancake may take a little longer to cook.
5. Add additional butter to the skillet or griddle as necessary and serve with maple syrup

February 21st is National Grain Free Day!



Vegan Thai Potato Curry (Spicy)

Ingredients

- 1 yellow onion, diced
- 3 garlic cloves, crushed
- 2 cups vegetable broth
- 2 potatoes, peeled and cut into cubes
- 1/2 cup cooked chickpeas, drained
- 1 cup peas, frozen
- 1 red bell pepper, diced
- 1 medium broccoli head, cut into florets
- 1 cup fresh spinach
- 1 cup full-fat coconut milk
- 1 tablespoon Thai red curry paste
- 1- inch ginger piece, peeled and grated
- 2-3 teaspoon salt
- 2 teaspoon ground turmeric
- 1/2 teaspoon cumin
- 1/4 teaspoon ground cinnamon
- 1/2 teaspoon red chili flakes
- 1/2 lime, juice only
- Fresh parsley leaves to garnish
- Vegan yogurt to serve

Directions

1. In a medium pot, add the onion, garlic, and 1 tbsp vegetable broth. Sauté for 5 minutes over medium heat, stirring frequently. If needed, add more vegetable broth to avoid sticking.
2. Add the potatoes, turmeric, ginger, cumin, cinnamon, salt, and chili and cook for 2-3 more minutes, stirring frequently, while gradually adding more of vegetable broth.
3. Next, add the coconut milk, the rest of the vegetable broth, curry paste, chickpeas, peas, and bell pepper. Stir to combine, then cover with a lid and bring everything to a boil over medium heat.
4. Let the curry simmer for 15 minutes over low heat, then add the broccoli and spinach and cook for another 5 minutes.
5. Turn off the heat, add the lime juice, and mix to combine. Add more salt or other spices if desired.
6. Divide into serving bowls, garnish with parsley and add a dollop of soy yogurt. You can serve it warm on its own, over rice, quinoa, or with some freshly baked vegan naan.