



# REMEDY REPORT

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## *What's INSIDE*

Last issue we were focused on wellbeing, which will be a theme that we carry throughout the year. This issue's theme is Onward!

It can be a challenge to create goals and make adjustments, but once you begin to take steps toward those goals, you will begin to form new habits. As you take those steps, it's great to have more fuel so you can keep moving forward. This issue contains small things you can incorporate to support your overall wellbeing.



# FOOD RULES BY MICHAEL POLLAN

There is so much information about food and its connection to our health and wellbeing; some of the information is overwhelming, it can feel restrictive, and sometimes the information seems to change from one day to the next. The “rules” in this book are merely suggestions that you might find beneficial. They aren’t meant to be a health overhaul, but some tips and tricks that you can easily incorporate. The book is a quick, easy read that I feel is worth the investment!

HERE ARE A FEW RULES FROM THE BOOK:

## **RULE #1: Eat Food**

This rule seems pretty simple and obvious, which in general, it is! In a world full of “food like substances” as the author refers to many products, this rule serves as a reminder to eat real, nutrient dense food.

## **RULE #7: Avoid Food Products Containing Ingredients That a Third Grader Cannot Pronounce**

This one is pretty self explanatory. It’s probably a safe bet that we would all be ok without trisodium phosphate.

## **RULE #13: Shop the Peripheries of the Supermarket and Stay Out of the Middle**

Usually produce and real food are found on the outer edge of the supermarket. There might be a few things you get from the aisles, but mainly shopping the perimeter is a great goal.

## **RULE #21: If It Came from a Plant, Eat It; If It was Made in a Plant, Don’t**

This is another clever, but simple way to choose what groceries you purchase.

## **RULE #28: Eat Your Colors**

This doesn’t mean eating Skittles and “tasting the rainbow”, but having a colorful variety of fruits and vegetables, that are also full of vitamins and nutrients.

## **RULE #56: Eat When You Are Hungry, Not When You Are Bored**

Sometimes if you wait a couple minutes, drink a glass of water, or start an activity, when you feel hungry, you will realized you weren’t actually hungry, but simply bored.

## **RULE #61: Serve the Vegetables First**

Contrary to how many of us were conditioned to make our plates, try serving the vegetables first as the main part of your meal and then let your protein compliment the meal.

# COFFEE SUBSTITUTES

clean caffeinated alternatives to coffee

- **BLACK TEA**
- **CHAI**
- **GREEN TEA**
- **MATCHA TEA**
- **MUSHROOM  
COFFEE**
- **YERBA MATE**



# SPRING

## Fruits & Veggies

**ARTICHOKES**  
**ARUGULA**  
**BLUEBERRIES**  
**BEETS**  
**CARROTS**  
**CAULIFLOWER**  
**CHERRIES**  
**GRAPEFRUIT**  
**GREENS**  
**KALE**  
**KIWI**  
**LETTUCE**  
**PINEAPPLE**  
**SPINACH**

# Asian Lettuce Wraps

## Ingredients

- 1/2 cup hoisin sauce
- 1/4 cup coconut aminos
- 2 tablespoons rice vinegar
- 2 teaspoons toasted sesame oil
- 1 tablespoon extra virgin olive oil
- 2 pounds ground turkey
- 1 small bunch green onions
- 1 tablespoon freshly grated ginger
- 2 cloves of garlic, chopped
- 1 1/2 cups grated carrots
- 2 heads butter lettuce



## Directions

1. In a small bowl, stir together the hoisin, soy sauce, rice vinegar, and sesame oil. Set aside.
2. Heat the olive oil in a large skillet over medium high. Add the turkey and brown the meat, breaking it into small pieces. Continue cooking until no longer pink.
3. Stir in the white and light green parts of the green onions, ginger, and garlic. Cook an additional 1-2 minutes.
4. Stir in shredded carrots and sauce. Let simmer on medium low, consistently stirring while the sauce thickens.
5. Once the sauce thickens, remove pan from the heat and stir in the green parts of the green onion.
6. To serve, separate the butter lettuce leaves and fill with the turkey mixture. Enjoy hot.

**TIP:** You can add a variety of toppings such as red cabbage, sesame seeds, seaweed, cilantro, and sriracha.

March 16th is National Artichoke Hearts Day!

## Lemon Ricotta Pasta with Spinach and Artichoke

### Ingredients

- 1/4 c olive oil
- 4 cloves garlic - thinly sliced
- 1- 14 oz can artichoke hearts in water or frozen artichoke hearts - drained and quartered
- 6 oz baby spinach - about two heaping cups
- 1 lb pasta - any shape you like
- 16 oz whole milk ricotta cheese
- 2 lemons
- 1/2 c grated parmesan cheese - plus more for serving
- crushed red pepper flakes - optional



### Directions

1. Bring a large pot of salted water to a boil and cook the pasta according to the instructions on the package. Reserve one cup of pasta water before draining.
2. Return the pot to the heat then add in the olive oil and sliced garlic. Cook the garlic, stirring frequently until it's golden brown and aromatic.
3. Turn the heat to low and add in the spinach, artichokes, ricotta, grated parmesan, cooked pasta, and zest and juice from two lemons. Gently fold the ingredients together, use the pasta water to thin the sauce out as needed. The spinach will wilt and cook as you stir.
4. Turn off the heat, taste, and season with salt or extra lemon juice as needed. Divide between bowls and serve with crushed red pepper flakes on the side.

# Sourdough Bread

April 1st is National Sourdough Day!

Sourdough is one of the oldest forms of grain fermentation. While it isn't a gluten free bread, the fermentation process used to make it improves its nutrition profile in several ways. It contains higher levels of vitamins, minerals, and antioxidants than other breads, and is made in a way that allows your body to absorb more nutrients than other types of bread.

To begin your sourdough journey, purchase a starter. Once your sourdough starter arrives, here is an general overview of the next steps...

1. Feed your starter daily and let it grow for a few days. You will use part of this starter to make the bread and save the rest for future use.
2. On the day you want to make your bread, mix part of your starter with flour and water and allow this mixture to rest for a few hours. Then add salt.
3. Fold the dough a few times before letting it rest again for 10-30 minutes. Repeat the folding and resting steps a few times, until the dough becomes smooth and stretchy.
4. On the final rest, let the dough rise at room temperature until it grows to about 1.5 times its original volume.
5. Shape your bread loaf and bake it in a Dutch oven.
6. Allow the bread to cool on a rack for 2-3 hours before slicing it.

Below is a great beginner recipe to use once you are ready to bake from your starter!

# Sourdough Bread



**\*To begin your sourdough journey, purchase a starter and follow the instructions for rehydration. Once your sourdough starter has been fed and is ready to bake with this is a great beginner recipe.**

## INGREDIENTS

- 50 G (1/4 CUP) BUBBLY, ACTIVE SOURDOUGH STARTER
- 300-330 G (1 1/3 CUP + 1 TBSP) WATER
- 9 G (1 · TSP) SALT
- 250 G ALL-PURPOSE FLOUR
- 250 G WHOLE WHEAT FLOUR



A top-down photograph of a wooden rolling pin, a bowl of dough, and wheat stalks on a dark wooden surface. The rolling pin is in the upper left, the bowl of dough is in the lower left, and wheat stalks are scattered around. The background is a dark, textured wooden surface.

# SOURDOUGH RECIPE

## 7pm-9pm: Mix Dough

1. Whisk the starter and water together in a large bowl. Add the flour and salt. Mix until a stiff dough forms. You can finish mixing by hand to fully incorporate the flour if needed. The dough will feel rough and shaggy and slightly sticky. Cover with a damp towel or plastic wrap and let rest at room temperature for 30 minutes.
2. After the dough has rested, work the dough into a ball. To do this, grab a portion of the dough and fold it over, pressing your fingertips into the center. Repeat, working your way around the dough until it begins to tighten.

## Overnight: Bulk Rise

1. Cover the bowl (damp towel or plastic wrap) and let rise overnight at room temperature. This will take about 10-12 hours at 68 degrees. The dough is ready when it no longer looks dense and has doubled in size.
2. Optional step: about 1 hour into the bulk rise, do 1 set of stretch and folds. Repeat 1 hour later. This will increase the overall volume of the bread.

## 7am-ish: Shape the dough

1. Line a small bowl with a cotton or linen towel. Sprinkle with flour.
2. Important note: You are going to shape the dough twice to build extra strength.



### **Step 1: Pre-shape**

- 1. Remove the dough onto a floured surface. To shape the dough into a round, starting at the top, gently fold the dough over toward the center. Give it a turn and fold over the next section. Repeat until you have come full circle. Using a bench knife, scoop up the dough and flip it over (the smooth side should be facing up). Cover and rest for 20-30 minutes.**

### **Step 2: Final shape**

- 1. After the dough has rested, flip it over again (the smooth side should be facing down now). Shape it again following the steps above. Flip it back over. With floured hands, gently cup the dough and pull it toward you in a circular motion to tighten its shape.**
- 2. Place the dough into the lined bowl, seam side up. Cover the dough with the cloth overhang.**
- 3. Second Rise: the dough needs to rise again. Rest for 30 minutes to 1 hour. The dough is ready when it looks puffy and has risen slightly but has not yet doubled in size.**
- 4. Preheat oven to 450 F. Cut a sheet of non-stick parchment paper to fit the size of your baking pot leaving enough excess around the sides to remove the bread.**

### **Score the dough**

- 1. Place the parchment over the dough and invert the bowl to release. Sprinkle the dough with flour and gently rub the surface with your hands. Using the tip of a small, serrated knife, make a shallow cut across the dough. Use the parchment paper to transfer the dough to the baking pot.**

### **Bake the dough**

- 1. Reduce heat to 425 F. Bake the dough on the center rack for 20 minutes, covered. Remove the lid and continue to bake for 35-40 minutes and golden brown.**
- 2. When finished, transfer to a wire rack. Cool for 1 hour before slicing for best texture.**

April 3rd is National Chocolate Mousse Day!



## Chocolate Cottage Cheese Mousse

### Ingredients

- 2 cups cottage cheese
- 1/2 cup cocoa powder
- 1/4 cup maple syrup
- 1 teaspoon vanilla extract
- Dark chocolate shavings for garnish

### Directions

1. In a blender or food processor, combine cottage cheese, cocoa powder, honey, and vanilla extract. Blend until smooth and creamy.
2. Spoon the mousse into four serving glasses.
3. Chill in the refrigerator for at least 1 hour before serving.
4. Garnish with dark chocolate shavings before serving.



## Blueberry Cottage Cheese Mousse

### Ingredients

- 2 cups cottage cheese
- 1 cup fresh blueberries
- 1/4 cup maple syrup
- 1 teaspoon lemon zest
- Fresh blueberries and lemon zest for garnish

### Directions

1. In a blender or food processor, combine cottage cheese, blueberries, honey, and lemon zest. Blend until smooth and creamy.
2. Spoon the mousse into four serving glasses.
3. Chill in the refrigerator for at least 1 hour before serving.
4. Garnish with fresh blueberries and lemon zest before serving.