



Welcome to the
RESISTANCE



IMMUNITY RECIPES FOR YOUR BOD
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Our body knows.

As a reminder: our immune system is INCREDIBLE. It even has its own memory. It learns about the world, and prepares itself accordingly- like a badass Girl Scout. The beauty, and magic, of plant medicine is that it collaborates with the systems and functions of our human bodies. Our chemistry evolved with plant chemistry, and plant chemistry evolved with bacteria, fungi and viri. We borrow from the plants well practiced techniques of dealing with unfriendly microbes. Herbal medicine supports our bod's ability to heal itself.



SICKY SYRUP

Sicky Syrup helps stoke the fire of our immune systems. This recipe is a starting point. I've added variations depending on what you have on hand. This will make a giant batch.



RECIPE

- 1 handful dried Astragalus roots/ elder twigs/ reishi slices/ burdock root/ licorice root
- 1 cup Rosehips- if you don't have rosehips, sub with the non-sprayed peels of lemon or oranges
- 2 tablespoons cordyceps (usually available in powder)
- 1 cup Goji berries/ blueberries/ blackberries/ cranberries/ rooibos tea
- If you have: Small handful osha root/ rhodiola/ elecampane
- ¼ cup Cardamom seeds/ cinnamon sticks or ⅛ cup powdered cinnamon
- 2 whole oranges/ lemons
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Simmer the mixture in a big pot of water for at least 2 hours. Or slow cook overnight in your crockpot if you're midwestern like that.

Meanwhile, juice or blend in a blender with just a bit of water to make a potent slurry:

- 2 handfuls of fresh ginger
- 1 handful fresh turmeric
- 2-3 whole lemons
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Once the tea has cooled, mix in the juice. If you go the slurry route, strain the mixture through a cheesecloth lined sieve, squeezing out every last bit. To this mixture of tea and juice, add honey to taste then bottle up. I also add a bit of brandy to extend the life of the syrup- it's your call to do so or not. Keep refrigerated.

Take a shot glass full, 2-3 times everyday to keep your system strong, 4-8 shot glasses full if you're ill. Best if used within a month.

MORE INFO:

If you are already working with a dry cough, thicken the liquid with more honey and add ½ teas powdered marshmallow per ½ cup of Sicky syrup.

Keep the lungs toned with teas or tinctures of elecampane root, ginkgo, or teas of mullein leaf.

Note on elderberries: elderberries are great as a preventive if you're in good health. Their actions make your cells 'slippery' and harder for viri to gain purchase, but elder bark, twigs and leaves are stronger.

Keep your flora and fauna strong, your microbiome is your first defense against unsavory microorganisms.

Support with fermented and prebiotic rich foods, and getting your hands in the earth.

A regulated nervous system is the foundation for good health. A balanced nervous system is when the body has balance between active states and rest and repair states. This is a time for nourishment. Eat well, rest well, tap into the parasympathetic well of creativity and repair.

NOURISH COOKIES

This recipe employs some medicinal foods already in your kitchen, and becomes the vehicle for other herbs you want to take on the daily.



My teacher used to say you shouldn't be an herbalist if you can't make a good popsicle. What he was getting at is that sometimes, we have to be savvy with our delivery systems so folks (kids, skeptical everyone else) can get the herbal medicine they need. This is kitchen medicine at its best, the way of the clever Granny.

RECIPE

Pulse together in a food processor:

- 1 cup rolled oats
- 1 cup coconut flakes
- 1 cup nut/ seeds of choice
- ½ cup nut or seed butter of choice
- ½ cup flax seeds or chia seeds
- 6-7 Dried or fresh orange slices (if using fresh, store the cookies in the fridge) keep the rind ON, it's the most important part
- 1 tbsl dulse or other seaweed
- ½ cup of goji berries/ dried fruit
- 1-3 tbsl chaga/ cordycep/ reishi/ ashwagandha/ maca/ astragalus whatever dried and powdered herb you have on hand that you would like to incorporate

Then add:

- 6-7 dates
- A dash of vanilla extract
- Salt to taste

Process until you have a dough you can form.

From here, you can turn them into cookies with a cookie cutter or roll them into balls. I rolled a part of this recipe into balls and tossed them in carob powder. You can also do combinations of cocoa, powdered ginger, a little cinnamon and cayenne etc...

...the possibilities are endless.

GARLICKY DANDELION PESTO

This is Garlic's moment! Because everyone is safely only hanging out with people that love them no matter what, it's time to radiate that beneficial Garlic cloud.



Ain't it a trip that the same qualities that drum up respect and honor one day, can evoke fear and rejection the next?

Welcome to Garlic's world.

Allium sativum, delicious, medicinal, protector against evil....that is, until it is the epitome of evil. Protects against witches, but is a favorite crossroads offering of the Queen Witch herself, Hecate. Power makes things complicated, and one thing is for certain, Garlic is powerful.

In Slovenia, there is a proverb that goes, "Garlic says: you love me because you only need me for more than nine illnesses!" True that. At one raw clove a day, one gets a full spectrum antimicrobial effect on bacteria, parasites and viruses- making it an incredible preventative. The other cool thing about garlic is it's sulfur-esqe containing compounds are mostly excreted through the lungs, making it specifically good for respiratory infection. So here's the flip: garlic's volatile oils are mostly excreted through the lungs (and the skin). That garlic halo is your best friend and worst enemy.

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Garlic has been by the side of kitchen witches the world over. It is an easy medicinal to find, and to incorporate into almost every meal.

This is a time when we should be consciously thinking of the nutritional and medicinal value of all the food we are building our bodies with. Make every meal an herbal meal.

Inspired by the recipe of one of my favorite kitchen witches, Kat Harrison...

RECIPE

- A bunch of: Dandelion greens Parsley/ Cilantro/ Dill
- 3-5 cloves of garlic
- A scoop of miso
- Juice of a lemon or two Pumpkin seeds
- 2-4 brazil nuts (if you like)
- A generous, drawn out drizzle of olive oil Salt to taste

Blend all in a food processor. Use on everything.

VAROOM VINEGAR

Using vinegar as a menstruum is an easy way to get an herbal tonic into your daily meals.



Vinegar is one helluva menstruum. A menstruum is a magical medium which suspends.

In the case of this Varoom Vinegar, it suspends the immune tonifying powerhouse herbs: horseradish, turmeric, ginger, garlic and whole mandarin. Using vinegar as a menstruum is an easy way to get an herbal tonic into your daily meals. This vinegar is a base for so many things. Mix with a little honey, or take straight up by the spoonful a few times a day to feel its fire!

RECIPE

Throw in the blender:

- 3-5 cloves of garlic
- A large piece of ginger, chopped
- A large piece of turmeric, chopped
- A piece of horseradish, chopped
- 1 or 2 whole oranges, lemons or mandarins

Pour in ACV a few inches over the herbs. Blend the crap out of it. Strain. Save the remaining plant material for a future cracker recipe!

GOLDEN NUT BUTTER

Nut Butter contains botanicals that help modulate our susceptibility to all kinds of pathogens, and to the ill effects of an overly inflamed bod.



Let thy food be thy medicine. Fat is the medium that carries the medicinal benefits of anti-inflammatories like turmeric right into the fat encased cells of our bods. Fat synergies with some plant compounds and makes them easier for us to absorb. Lucky for us, that makes for some delicious herbal foods. Below is a recipe for Golden Nut Butter. Golden Nut Butter contains botanicals that help modulate our susceptibility to all kinds of pathogens, and to the ill effects of an overly inflamed bod.

RECIPE

- 1 part Cashew/ almond/ sunflower butter/ tahini (if you've got a Champion juicer, you can process nuts into nut butter)
- 1 part Coconut butter or ½ part coconut oil

To your tastes/ availability:

- Powdered turmeric
- Powdered cardamom
- Powdered cinnamon
- Powdered ginger
- Cordycep, reishi, chaga, maca powder (if you've got it)
- Optional: add honey

**Mix the butters and honey together, then add powdered herbs.
Store in the fridge up to 4 months.**

HERBAL GOMASIO

This recipe employs some medicinal foods already in your kitchen, and becomes the vehicle for other herbs you want to take on the daily.



Variety is the spice of life. So while there's not much variety in our days right now, we can turn our attention to making each bite we take in abso-freakin-lutely riveting. It is an important time to get intentional about what we are taking in via media, conversations, food, air, medicine, etc. since that is what we are building ourselves with. Layering herbs into your daily meals keeps things interesting while supporting your health. It's also a time to check out what the hell is in that spice drawer/ pantry/ basement. This recipe is a starting point to enliven herbs you probably already have floating around.

EQUIPMENT

- Big bowl for mix
- Spoon for stirrin'
- Coffee grinder/ spice grinder/ mortar and pestle
- Jars to store (a great way to reuse Fat and the Moon jars!)

RECIPE

P is for part

- 1 P Salt (to taste, add this at the end to modulate to your liking)
- 2 P Sesame seeds (or other seeds or nuts you can smash into smaller pieces, sunflower seeds, walnuts, pecans, pumpkin seeds all work. If you use flax seeds or chia seeds, it would be best to store in the fridge.)

- 1 P Seaweed, can be dulse or any other seaweed that can be blended into smaller bits
- 3-4 P of a smattering of these herbs:
 - Fennel seed
 - Caraway seed
 - Dill seed
 - Cumin seed
 - Anise seed
 - Coriander seed Dried lemons or oranges
 - Dried rosehips
 - Milk thistle seed
 - Black pepper

Pulse all herbs and larger pieces of seaweed in the grinder. I like to have some seeds remain whole, but it's up to your tastes. Add sesame seeds or seed/nut of choice. Then add salt to taste! Jar up and enjoy on pretty much everything. I eat it on my toast and jam in the morning.

ROSEMARY MANDARIN MARMALADE

This marmalade recipe is a beautiful and delicious marriage of both of these underrated ingredients, and will make it easy peasy to get a good dose of their medicines- on toast with butter. Not bad.



It ain't always easy to get Rosemary or citrus peel in the daily diet. Rosemary is snubbed for cilantro and the peels of mandarin, orange or lemon are merely the obstacle to get to the inner flesh.

Well, it's a damn shame. Especially since Rosemary is one of those special enlivening nervines, with a long list of medicinal properties, and the peels of citrus actually contain the highest amounts of Vit C in the whole fruit, not to mention that they are chalked full of flavonoids!

Flavonoids are powerful antioxidants and anti-inflammatories that bolster the integrity of our vasculature, and immune system. Mandarin peel has been used in Traditional Chinese Medicine as a lung and digestive herb, for fullness and phlegm.

RECIPE

- 5-6 large mandarins or small oranges or lemons, chopped into quarters then sliced very finely
- Handfull of fresh rosemary, cleaned and tied up in cheesecloth
- Honey or other sweetener to your taste, start at 1 cup
- A cup or two of water About 3 teaspoons Pectin, follow the instructions on the packet for the ratio

Chop citrus, and slice. Remove seeds. Simmer the citrus and water for about 20 minutes, then add rosemary in the cheesecloth into the pot. Simmer with rosemary for 10-15 minutes, tasting along the way for the right balance of flavor. After 15 or so minutes, remove the rosemary bundle. Continue to simmer the marmalade until the peels are soft. You can remove from heat, and let sit overnight if you're patient like that. When the peels are soft, add your sweetener, then follow the instructions for the pectin. Jar up and can or just let cool and pop in the fridge.

REGRAT SOLATA

Many traditional Slovene dishes include wild, seasonal foods. Slovenian cuisine maintains a medicinal streak we can get inspired by.



You may have seen my cousin Mojca, whipping up the traditional Slovenian solata. Such a simple, yet uniquely delicious recipe!

When she picks me up from the Ljubljana airport, I can always count on a giant bowl of solata will be waiting for me back at her place. She makes it the best, and I'm the biggest solata snob there is. The regrat (dandelion) version is my absolute favorite. In the states, you only find the giant leaves of dandelion at the farmer's markets or grocery stores. While good for you, let's be honest, they are bitter as hell! The genius of the Slovene regrat is that it is picked in it's micro stage. Still bitter, but in a more mild way that is complemented by the sweeter apple cider vinegar, pungent garlic and nutty pumpkin seed oil. Creamy red potatoes add richness to the dish, but you can leave out if you prefer.

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A note on dandelion picking: Friends, dandelions are a generous and tenacious beings. So while you see 'em everywhere, only harvest them for eating in places you know are free of chemicals, dog poop, and other kinds of inedibles!

RECIPE

- A large bowl of young dandelion leaves, washed well
- 1-2 cups cubed red potatoes, boiled in salt water 1-2 cloves of garlic, finely minced
- 5 tablespoons apple cider vinegar (I find the ACV in the states to be way more acidic than the homemade, Slovenian ones. To make the flavor more mild, I add a splash of water to my vinegar before using)
- A good drizzle of pumpkin seed oil, olive oil, hemp oil, or any other oil you fancy
- Salt to taste

Clean dandelion leaves and tear into bite sized pieces if the leaves are large. Set aside. Boil the potatoes and drain. While the potatoes are still hot, mix the dandelion greens and potatoes into a bowl, then toss in oil, garlic and vinegar. Add salt to taste. Serve warm.

BURDOCK PICKLES

Containing compounds in the roots that feed that all important gut biome all of it's favorite treats, Burdock is an excellent addition to your diet to boost immunity and quality of life—which should always go together.



Grounding, earthy, yummy Burdock. AKA gobo in Japanese cooking, burdock was one of those weeds I fell for while living in NYC. A humble weed is just it's cover: Burdock is a no joke, tonic medicinal. Containing compounds in the roots that feed that all important gut biome all of it's favorite treats, Burdock is an excellent addition to your diet to boost immunity and quality of life—which should always go together. These pickles use the previously made Varoom Vinegar (check out our previous recipe!) so they are layered UP with flavor and medicinal benefits! If you can't find Burdock, Carrot or Beet would work too.

RECIPE

- A bunch of Burdock, cleaned well with a scrub brush- I like to keep the skin of my root veg ON
- Varoom Vinegar or apple cider vinegar
- Shoyu / tamari / soy sauce
- A couple of glass jars for storage

Clean burdock well, and cut them lengthwise into quarters, then cut them down to the size that will fit into your jar. Add to a pot, and fill with water just enough to cover the Burdock, simmer on high for 20-25 minutes until the Burdock is cooked. Let cool down. Once the Burdock and Burdock water have cooled down enough to work with, load up your jars with the Burdock 'sticks' and really pack them in there. From there, fill the jar $\frac{1}{3}$ way full with your vinegar, another $\frac{1}{3}$ full of the cooking water and the last third with your soy sauce. Cover, and let cool completely before putting in the fridge. They will be ready to eat the next day!