

AN HERBALIST'S THANKSGIVING

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HERBS FOR THANKSGIVING

Rosemary: Piney and fragrant, rosemary offers some digestive benefits, but current research also suggests it may help protect brain health, especially as we age.

Sage: Sage brings savory depth to autumn cooking. Herbalists have traditionally sage to ease indigestion, bloating, and gas. It is also traditionally used to support memory as we age and in herbal preparations for cold and flu.

Ginger: Ginger brings warming note to Thanksgiving. It holds a long tradition of settling uneasy stomachs -- perfect for supporting digestion after a heavy meal.

Cinnamon: Sweet and warming, cinnamon has traditionally been used to ease digestive discomfort, including bloating and gas. It also supports healthy blood sugar balance and metabolic health.

Star anise: With its distinctive licorice-like flavor, star anise brings fragrant sweetness to broths and spiced drinks. It's a carminative herb, and is traditionally used to support digestion and relieve gas. Some research suggests the herb supports the immune system, too.



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MULLING SPICES

(Makes about 1/2 cup)

4 cinnamon sticks, broken
4 star anise pods
2 tablespoons coriander seed
2 tablespoons allspice berries
1 tablespoon dried orange peel
1 tablespoon dried ginger root
1 tablespoon green cardamom pods
1 teaspoon fennel seeds
1 teaspoon whole cloves

Place all ingredients in a glass jar, seal tightly and use within 1 year.

To use, heat 1 gallon of liquid (such as cranberry juice, cider, or wine) to bare simmer over medium-high heat. Drop in the spices, and then turn the heat down heat to low and allow to steep for 30 minutes. Strain and serve.



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SAGE HONEY BUTTER

(Makes 1 cup)

1 cup (227 grams) salted butter, softened
2 tablespoons minced fresh sage
2 tablespoons honey
1/2 teaspoon coarsely ground black pepper

In a medium mixing bowl, combine the softened butter with sage, honey and black pepper. Beat by hand until the herbs and honey are well-incorporated.

Serve right away. Alternatively, roll it into a log and wrap it in parchment paper. Store in the fridge for up to 2 weeks.



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HERBED POULTRY RUB

(Makes about 1/2 cup)

3 tablespoons fine sea salt
2 tablespoons minimally processed sugar (coconut, maple, rapadura, muscovado, etc)
2 tablespoons dried sage
2 teaspoons dried thyme
2 teaspoons dried marjoram
1 teaspoon dried rosemary
1 teaspoon coarsely ground black pepper

Combine all ingredients in a spice grinder or food processor, and process until powdery. Store in an airtight container at room temperature for up to 6 months.

When you're ready to use it, remove the bird from the fridge, pat dry and rub the herbal mixture all over the bird, trying to get a little under the skin and in the cavity. Roast acording to your preference.



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