



*Healthy and Seasonal Ayurvedic Recipe's from Sheryl Edsall, Owner of Naturally Yoga in Glen Rock New Jersey, Ayurveda Chef and Cafe owner.*

AYURVEDA believes that health and wellness begins with your digestion. Did you know that if you eat healthy and your digestion is off it may be that you are not eating what is best for YOU. The end of the summer can be tricky.

The heat is on, we are coming and going, and change is inevitable. Best to eat foods that are grounding, cooling (not cold but cooling in its effect) and seasonal. Also tastes that are sweet, salty, bitter, and sour.

**Happy summer.** This is the most magical time to cook foods that you pick directly from your garden or at the farmer's market. Seasonal food is so delicious and nourishing. We move from the kapha, wet, damp, and excess season of spring to the pitta season, fiery, digestive and summer love. We look for cooling foods, calming foods, and foods that make us sing. We celebrate each new berry, the beautiful zucchini blossoms, and the abundant rose petals of the season.

In my first year of herbal apprenticing with Robin Rose Bennett, wild Rose was the ally that chose me. When you ally with a plant you take a year to sit with her energy, drink in her wisdom and get to know her medicine as a dear friend. Rose is sweet yet clear with boundaries. She taught me to relax around my fears. Soften my eyes and nourish my liver and gallbladder. She has anti-inflammatory and anti-depressant properties. And she is an aphrodisiac.

#### **Pitta balancing Recipes with Rose as the Star**

##### **Berries with Sweet masala**

**Sweet masala from Divya Alter's book, "What to eat for how you feel."**

- One tablespoon of fennel seeds
- One tablespoon of coriander seeds
- One tablespoon dried organic rose petals
- 1 1/2 teaspoons of cinnamon
- 3/4 teaspoon of cardamom seeds

Place all ingredients in an electric grinder or spice mill and grind to a fine powder. Store in an airtight jar away from the light.

Take 3 Cup of fresh seasonal berries. Add the berries to a saucepan and turn on low flame. Add a touch of water, splash of lemon juice, 1-2 or more teaspoons or more of sweet masala, and Maple syrup to taste. Cook down until berries are the perfect texture for your dessert or breakfast.

##### **Coconut whipped cream**

- One can of full fat coconut milk placed in the refrigerator overnight
- Pinch of salt
- Maple syrup to taste
- Teaspoon or more of sweet masala
- 1/2 teaspoon of vanilla

Add all the ingredients to a blender and blend. Enjoy over sweet masala berries.

##### **Springtime Curry**

**Cooling masala from Divya Alter's book, "What to eat for how you feel."**

- 3 tablespoons of coriander seeds
- 3 tablespoons of fennel seeds

- One teaspoon of cumin seeds
- One teaspoon of ground turmeric
- One teaspoon of dried organic rose petals
- One teaspoon of dried Rosemary

Grind all spices in a grinder or spice mill to a fine powder. Store in an airtight jar away from light.

I made this curry up on the spot while cooking at Ananda Ashram for a beautiful event. This is such a light and delicious bowl of happiness. It is Easy to digest because of the fennel and ginger and the wonderful cooling masala from Divya. Summertime is all about digestion with the help of the sun, seasonal ingredients, and our star this time, Rose.

### Curry

- Oil for roasting veggies and in skillet
- 3 fennel bulbs
- One small piece of ginger
- One pinch of asafetida optional
- 4 -5 curry leaves
- Summer vegetables of choice
- 2 cans of full fat coconut milk

Turn oven on to 425

Prepare vegetables of choice such as zucchini, broccoli, carrots, and green beans

I like to roast the vegetables in the oven, so I don't have to think much about them getting too mushy. On a sheet pan coat the vegetables with a little olive oil, salt, and pepper. Place vegetables that will be cooked at the same time on the same baking sheet such as green beans and zucchini on one and carrots and broccoli on another. Cook until tender.

Take the fronds off the fennel bulbs and place into a saucepan of boiling water to make a broth. Bring to a medium/low heat and let simmer while vegetables are roasting. Chop the rest of the fennel small and ginger as well. To a skillet add a touch of oil and let it heat. Add the fennel and ginger, salt, and pepper to taste. Add Curry leaves. They may sputter so step away from the skillet. Cook for quite a while until fennel and ginger is caramelized. Keep an eye on it and stir frequently. Add one tablespoon of cooling masala. When the fennel is very tender and slightly browned add a pinch of asafetida. Cook for one minute stirring the whole time. Add two cans of coconut milk and one cup of the broth that you've been making. Season with salt and pepper to taste.

When your roasted vegetables are cooked and not mushy, add them to the Curry. Add more masala if needed and a squeeze of lime. Enjoy.