



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.

Meet my BFF, Fennel bulb and fennel seeds. When I began my ayurvedic journey years ago I was introduced to fennel seed. I really had never used fennel seed in my cooking, so thankfully it was love at first taste. Fennel is a star in ayurvedic cooking. Since everything in Ayurveda is about good digestion fennel is a showstopper. So now what to do with fennel bulb, that sexy, sweet, wispy vegetable that is highly nutritious.

Fennel is full of nutrients like vitamin C, calcium, iron and potassium. It reduces inflammation and helps digestion. It is known for heart health and supports a healthy brain. And it is delicious and perfect for the winter to help calm the belly from any excess holiday enjoyment. Here are three of my favorite ways to use fennel.

Immune Boost Tea — This is from my teacher Divya Alter

- 3 tablespoons grated fresh ginger
- Four green cardamom pods, slightly crushed open
- One teaspoon of fennel seeds
- Half a teaspoon of ajwain seeds
- Fresh lime or lemon juice to taste about a tablespoon

Sweetener of choice

1. In a small saucepan, combine four cups of filtered water, the ginger, cardamom pods, fennel seeds, and ajwain seeds. Bring to a boil.
2. Partially cover, lower the heat to low, and simmer for 10 minutes.
3. Strain the tea. To serve, add lime or lemon juice and sweetener of choice

Cream of Fennel soup

- Two fennel bulbs (try to buy fennel with long stalks)
- One onion
- One clove of garlic
- Splash of olive oil
- ½ cup cashews
- Juice of ½ lemon
- One teaspoon of Maple syrup
- Salt and pepper to taste
- 1 tsp of dried dill

1. Slice the fennel, onions, and garlic. Place on a baking sheet with olive oil, salt, pepper, and dill. Put in the oven and bake at 425 until soft.
2. Take the tops stalks of the fennel bulbs. Slice as well. In a pot put a splash of olive oil and all of the fennel tops. sauté for a couple of moments and then add 4 cups of water. Cook until fennel is soft.
3. When the baked fennel, Garlic and onions are cooked, remove from the oven. Strain the boiled fennel just holding on to the water.
4. In a blender add baked fennel, garlic, onions, cashews, lemon juice, Maple syrup and fennel water. Let it cool enough to blend. Taste for seasoning.

Enjoy. This is often my breakfast.

Roasted fennel with apples, goat cheese and almonds

Extra virgin olive oil

Two garlic cloves smashed and peeled

Half a teaspoon of dried chili flakes

2 medium fennel bulbs sliced thin

One large apple sliced

Half a cup of toasted almonds

One teaspoon a fresh thyme leaves

6 ounces goat cheese (if you want to keep it vegan make a simple white sauce instead of goat cheese)

Salt and pepper half a cup of dried breadcrumbs

One tablespoon of vegan butter or regular butter

Heat the oven to 375

1. Heat a large skillet over medium high heat and add one tablespoon of olive oil and the smashed garlic, cook for a few moments. add the chili flakes and then add the sliced fennel. Pour 1/3 cup of water into the pan and let it simmer until the fennel is almost cooked through.
2. In a baking pan add fennel, apples, toasted almonds, thyme, and goat cheese. Layer as you wish. Add salt and pepper to taste. Sprinkle breadcrumbs on top. Top with butter.
3. If you are not using goat cheese, make a simple white sauce. Pour that on top of the apples, fennel, almond and then top with breadcrumbs and butter.

Bake for 30-35 minutes.

Enjoy.