

Kitchen Wisdom for Immune Wellness: Recipes & Formulas

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Fermented Foods

- [Wild Fermentation by Sandor Katz Ellix](#)
- [DIY Sauerkraut](#)
- [Kim Chi, with fish sauce](#)
- [Kim Chi, vegan](#)
- [DIY yogurt](#)
- [DIY kefir](#)
- [Beet Kvass](#)
- [Fruit Kvass](#)
- [Kombucha](#)
- [Sourdough bread](#)
- [Sweet potato & kimchi pancakes](#)

Broths, Soups, and Stews

- [Beef bone broth](#)
- [Medicinal mushroom broth, with chicken bones](#)
- [Medicinal mushroom broth, vegan](#)
- [Lemony Chicken Soup with Farro, White Beans, and Kale](#)
- [Classic Chicken Pho \(Phở Gà\)](#)
- [Turmeric-Ginger Chicken Soup](#)
- [Slow-cooked chicken stew with kale](#)
- [Feel-better chicken and rice soup](#)
- [Chicken soup with caramelized ginger](#)

Medicinal Mushrooms

- [Mushrooms with Béarnaise Yogurt](#)
- [Wasabi Salmon With Bok Choy, Green Cabbage, and Shiitakes](#)
- [Swiss Chard and Mushroom Galette](#)
- [Soba and Maitake Mushrooms in Soy Broth](#)
- [Seared Maitake Mushrooms](#)

Elderberry Syrups & Treats

- [Elderberry Syrup](#)
- [Elderberry & Calendula Elixir](#)
- [Elderberry Lozenges](#)
- [Elderberry Gummies](#)

Garlic Recipes

- [Fermented garlic honey](#)
- [Roasted Chicken with lots of garlic](#)
- [Garlic broth](#)
- [Broccoli and garlic ricotta toasts with hot honey](#)
- Garlic syrup (see: slideshow)

Fire Cider Recipes

- [Traditional Fire Cider, with two tangy twists](#)
- [Spicy Fire Cider](#)

Cooking with warming aromatics

- [Kimchi cauliflower fried rice](#)
- [38 ways to cook with rosemary](#)
- [Turmeric salmon with coconut crisp](#)
- [Turmeric-kale fried rice](#)
- [Curried chicken drumsticks](#)
- [Paneer Butter Masala](#)
- [Easy chicken adobo](#)
- [Spicy chicken lettuce wraps](#)
- [French spiced bread](#)
- [Coconut rice noodles with ginger and turmeric](#)
- [Sweet Potato Bowls with Spiced Lamb and Mushrooms](#)
- [Spicy carrot-miso dressing](#)
- [Turnips with spicy meyer lemon dressing](#)

Switchel & Warm Drinks

- [Golden milk turmeric tea](#)
- [Ginger switchel](#)
- [Hemp milk chai](#)
- [Spicy hot chocolate](#)
- [Nervine tea recipes](#)

Using Antimicrobial Herbs in Tea

Peppermint, lemon balm, tulsi, lavender, thyme, anise hyssop, bee balm, yarrow, and spearmint are just a few examples of antimicrobial herbs that can be used in tea. The following are three sample formulas.



- **Formula #1: for gentle diaphoretic support during fevers and chills**
 - 2 parts peppermint
 - 1 part yarrow
 - 1 part elder flower
 - 1 part lemon balm

- **Formula #2: for antimicrobial support during acute respiratory infections that settle in the lungs and throat**
 - 2 parts mullein
 - 1.5 parts linden leaf and flower
 - 1 part calendula
 - 1 part anise hyssop
 - .5 parts thyme or sage

- **Formula #3: for antimicrobial support during acute respiratory infections that settle in the head and sinuses**
 - 2 parts tulsi
 - 1 part nettle
 - 1 part goldenrod
 - 1 part bee balm or anise hyssop
 - .5 parts calendula
 - .5 parts elder flower

