

SWEET VEGAN SPILLS THE TEA - SEPTEMBER 2021 | ISSUE NO.4



Spills the Tea
Magazine



HELLO
Autumn



Nesting

That's one of the first words that come to mind when I think about how I feel when Autumn hits. It's that fresh page feeling mixed with warmth and coziness.; Productive but also preparatory feeling.

It's when I feel most inspired to create, in and out of the kitchen, but also to prepare for that creation.

It's time to start new compost projects, layering the leaves, grass cuttings, and spent branches, so they can start breaking down to become nutrient-dense soil for next spring.

Tender tubers and bulbs are ready to be dug up and tucked into their comfy beds of sphagnum moss.

We tidy up the plants we brought outside for the summer, and prepare them to come back inside, where it's warm and they'll be safe from frost.

We harvest what's left of the tomatoes, the squashes, and the herbs, the Brussels sprouts, kale, and cabbages.

We preserve, salt, can, dry, and freeze them so we can continue to enjoy the fruits of our labour over the colder months.

I do the same with home, work, and art projects. I do inventory, clean, repair, and stock up on supplies, organize creative spaces and draw up plans, mind maps, and menus, with great anticipation for the weeks and months to come.

I love the sun, the warmth, and the water, as well as the flexibility of a somewhat looser summer schedule. It's never easy to see it go, but I am always excited to welcome the autumn in its place.

Jennifer June

Immunity

Our immune systems seem to be the topic of conversation more than ever before these days, and as the temperature starts to drop, and we start spending more and more time indoors, it will only become that much more relevant. I think that it's important to talk about, but also important to really know exactly what it is that we are talking about when we do.

Did you know that there are not one, not two, but three kinds of immunity?

Innate: This is the natural immunity that we are all born with. It is general protection against things like bacteria and viruses. We are born with this and, unless our immunity is compromised, we have it our whole lives. For example, our skin and our digestive acids, enzymes in our tears, our cough reflex, and our saliva, are systems in place to prevent permeation by unwanted "invaders". So this is the first line of defense and prevents your body from having to fight invading bacteria or viruses.

Adaptive: This immunity develops throughout our lives. We develop adaptive immunity when we're exposed to diseases or vaccines that promote the production of antibodies against those diseases.

Passive: Also known as *borrowed* immunity. This is the fastest-acting but short-lived immunity. A newborn baby acquires passive immunity from its mother through the placenta and breast milk. A person can also get passive immunity through antibody-containing blood products such as immune globulin

How can you best support your immune system?

Eat predominantly plant-based whole foods

Your immune cells need to be well-nourished and hydrated in order to circulate effectively and respond promptly to intruders. Seventy percent of your immune system resides in your gut. By optimizing your gut microbiome, you are supporting your immune system. The best way to optimize your gut microbiome is by eating a diet that is as free as possible of saturated fats, refined sugars and flours, artificial colours, flavours, and preservatives, and the processed foods that contain them.

Some great foods that help boost the immune system include:

- Citrus fruit - They're packed with one of our favourite antioxidants, vitamin C, which helps protect your cells against the effects of free radicals
- Garlic - Garlic contains numerous compounds that have the potential to influence immunity.
- Leafy Greens - These babies are inflammation fighters, packed with, antioxidants, and great for overall health, thanks to all the fiber, phytonutrients, calcium, magnesium, and vitamins A, C, and K that they contain.
- Legumes, including lentils, chickpeas, peas, and beans contain, among many other healthful and helpful vitamins and nutrients, selenium vitamin b6 and Zinc - All three of which are essential for overall immune health.
- Nuts and Seeds are packed with omega 3s fatty acids, antioxidants, and more of that B6 and selenium.
- Fermented foods - Are a delicious way to support that gut microbiome that I was telling you about. Foods like kimchi, sauerkraut, miso, tempeh, Kefir, etc. are all super gut-friendly fermented favorites of mine.

Immunity cont...

Move your body

Exercise doesn't only keep your muscles and bones strong, it keeps your immune system fit also.

- Exercise helps antibodies and white blood cells in your immune cells circulate efficiently.
- Exercise slows down the stress hormones that interfere with the effectiveness of your immune system.
- Exercising improves the quality of your sleep (see above).
- Exercise helps maintain ideal body weight, which helps us maintain thyroid and hormone health. Thyroid Hormones have an important role in Inflammation, Autoimmunity, and Pathogen Clearance.

Manage Stress

Long-term stress compromises our immune system, so it is essential to use any stress management tools you have, from deep breathing, journaling, yoga, and meditation to exercise and walks, therapy and support groups.

- The stress hormone corticosteroid can suppress the effectiveness of the immune system.
- When we're stressed, the immune system's ability to fight off antigens is reduced.
- Stress has a detrimental effect on the digestive system, and as mentioned above, 70 percent of the immune system resides in the gut.

Stay connected

It can be difficult these days, but it's extremely important to find ways to maintain a sense of community. Scientific researchers have shown that the same genes related to social connection are related to immune function and inflammation. They also found that people who feel connected to others have lower levels of stress, anxiety and depression.



Immuni-tea

Water
Grated fresh ginger
Cinnamon sticks
Lemons
1 tsp ground turmeric

Bring to a boil and simmer gently until flavourful.

AUTUMN

Featuring:

PUMPKIN CURRY



Recipes in full on pages 12-14

GARLIC CUMIN FLATBREAD

The beauty of this flatbread is the fresh crushed garlic enveloped in the soft dough and the sprinkle of cumin seeds roasted on the crispy outside of the bed..



BEET & GRAPEFRUIT SALAD

This salad is simple and deliciously balanced. The sweet golden beets, with citrusy pink grapefruit, and the soft creamy and savory cashew cheese, are served with a sweet and tangy grapefruit balsamic reduction.

Recipes in full on pages 11-13

PEAR GALETTE

I love the rustic look and feel of a Galette, and this was the first time I ever tried making one. I can't believe how easy it is to make, yet how impressive it looks!



FIG & SAGE COCKTAIL/MOCKTAIL

I love figs and it never before occurred to me to try them in a cocktail but I'm sold! This recipe takes a little more work than your average highball, but it's well worth it!

FROM ROUTINE TO RITUAL

The inspiration to write about this came from some nutrition clients who find it challenging to get motivated or inspired to do meal planning and meal prep.

When I first started coaching, it honestly didn't occur to me that people might feel overwhelmed by meal plans and recipes, because the kitchen is one of the places I feel most at home, and the market is like a vacation for me.

But yes, as it turns out, not everyone is as obsessed with food, or at least the process of getting it onto their plates, as I am. And as people explained to me the anxiety it induced for them to try and figure out in advance, an entire week's menu, or even just how daunting it can be, standing in the middle of the grocery store trying to think, I started to understand why a lot of people find grocery shopping more of a burden than a joy.

And cooking? I mean, I can see how all that chopping and peeling can feel time-consuming and inconvenient.

The other day, I was preparing a homemade shampoo paste, and an apple cider vinegar hair rinse. Try and get past how much of a hippy I am for a second and hear me out. It's going to get worse but I promise it's worth it.

I used to use commercial shampoos, and it took me years to get around to making my own, mostly because making it seemed time-consuming and inconvenient. Eventually, I switched over to No-Poo, and then, after watching the Jon Whelan documentary *Stink* for the second time, DIY.

The other day, I was laying out the ramequins of chickpea flour along the side of the bathtub, I noticed I was taking these deep but gentle cleansing breaths and was looking forward to washing my hair. I realized that it didn't feel like a time-consuming inconvenience at all. It felt like a ritual. It felt like I was genuinely taking time off from everything else, to take care of and nurture myself

So my challenge to you, if you want one, or maybe my gentle suggestion is to try experimenting with ways that you can turn a small burden, like doing the dishes or organizing your desk, into a ritual and see how that fits. And then maybe, just maybe, you can take some bigger steps and see if planning and/or preparing a meal can feel a little bit like that too.



Suggestion: for those of you who enjoy guided meditation, **[Making Your Life Sacred by Sara Blondin](#)** on insight timer is one of my absolute favourites, and aligns beautifully with the notion of switching routine out for ritual.

CHILDHOOD MEMORIES OF AUTUMN



Leaves crunching under my favourite red mary-janes.

Geese calling out to each other, flying in formation overhead.

The smell of crackling logs, flames licking at the cool air; lunging from their hearths as fireplace flues are cranked open for the first time since last winter.

The switch of the menu, from light sandwiches, barbecue, garden greens, and cold pasta and potato salads, to comforting soups, hearty stews, and Sunday roasts.

And naturally, this coat.

Waking up on crisp mornings, the creaking wood floors cold beneath my toes, as I stumbled groggily down the stairs to the kitchen, following the sound of CBC radio, and the smell of fresh coffee brewing on the wood stove.

Ok, and a cigarette burning in the ashtray on the table, but it was the 70's. And I probably made that ashtray in art class, as a Mother's Day gift.



CURRENT EVENTS



CURRENTLY READING

Melanie Joy Ph.D. - *Why We Love Dogs, Eat Pigs, and Wear Cows*

An absorbing look at why and how humans can so wholeheartedly devote ourselves to certain animals and then allow others to suffer needlessly, especially those slaughtered for our consumption.

Social psychologist Melanie Joy explores the many ways we numb ourselves and disconnect from our natural empathy for farmed animals. She coins the term "carnism" to describe the belief system that has conditioned us to eat certain animals and not others.

CURRENTLY LISTENING TO

Barde

I get nostalgic in the autumn. As soon as the air gets crisp, and the leaves start to turn, I get a craving to listen to the band my dad was in when I was a kid. It always inspires me to dust off my fiddle and play along...and then I remember that I don't remember how to play. And when I say I remember, I mean the dog reminds me, by staging a rather vocal protest..



DON'T MISS THIS!



EPISODE 8

Heart Health & True Love

Many of us think that heart disease is something that happens to us when we get old, or that if it runs in the family there's nothing we can do to prevent it.

Heart disease is the number one killer of both men and women, yet it is estimated that at least 80% of cardiovascular diseases, including heart disease and stroke, are preventable. In this episode, we'll look at how to prevent and even reverse heart disease,

And of course, we talk a bit about why our hearts ache when we're in love.

Jennifer Chapman Nutritherapy Practitioner

Nourish the Mind, Body & Soul

contact →

NEW NUTRITHERAPY / HOLISTIC NUTRITION WEB SITE

That's right! In addition to plant-based nutrition and vegan lifestyle coaching, I am also a Holistic Nutritionist / Nutritherapy Practitioner.

Omnivores, vegetarians, pescatarians, flexitarians, and vegans (did I miss anyone?) are all welcome. I am not here with any agenda other than to help you reach your health and wellness goals, by helping you learn how to take charge of your nutritional health. To learn more, visit [Holistic NutritionandNaturalHealth.com](https://www.nutritionandnaturalhealth.com)

For more information about plant-based nutrition and my nutrition coaching services, email me at sweetvegancoaching@gmail.com

To book your free 15-minute health & wellness call, visit:

[Holistic Health & Nutrition Consult Calender](#)

Recipes



Sourdough Garlic Cumin Flatbread

Ingredients:

- 275g organic all-purpose flour (2 heaping cups) (I used half white and half whole wheat)
- 200g sourdough starter (2/3 cup)
- 125g Plant-based milk (1/2 cup)
- 75g plant-based yogurt (1/4 cup)
- 5g salt (1 tsp)
- 1 large clove garlic, minced or crushed.
- 1tsp black cumin seeds

Method:

- Mix all of the ingredients in a bowl and then hand-knead gently (it's more of a folding motion) for about 5 minutes, adding a little bit of flour if the dough is too wet and sticky or more milk if it's too dry.
- Cover the dough and let rise at least 4 hours, (max 6) at room temperature.
- Add the garlic to the dough and fold again a few times.
- Mold the dough into a disk. shape, and divide it into eight balls.
- On your stovetop, preheat a 10-inch or larger, lightly oiled cast iron pan to medium-high.
- Roll out your first ball to a little less than 1/4 inch thick on a lightly floured surface.
- Sprinkle 1/8 of the cumin evenly into the hot frying pan, before laying the dough over them, and cook each side for 1-2 minutes. Flip when the top of the dough bubbles, the sides curl under, and you have some nice lightly browned patches on your naan.
- serve and enjoy!



Beet Grapefruit salad with a grapefruit balsamic reduction

Ingredients:

- 1 large Grapefruit, peeled and sliced - reserving the ends to juice for the reduction
- 3 medium golden beets, cooked, peeled, and sliced.
- 1 small red onion, peeled and sliced
- a few slices of plant-based "goat" style soft cheese
- 1/4 cup Balsamic vinegar

Method:

Arrange ornately on a plate, drizzling balsamic reduction around the salad.

Balsamic reduction

- Combine the leftover grapefruit juice and balsamic vinegar in a small pot or saucepan over medium heat.
- Bring to a gentle boil, then reduce heat to medium-low heat and let simmer, stirring occasionally until the vinegar thickens and is reduced enough to coat the back of a spoon.
- Remove from heat and allow to cool completely before serving (about 15 minutes).



Pumpkin Curry

Ingredients:

- 3 cups pumpkin puree (canned or fresh but cooked)
- 1 1/2 Tbsp olive oil
- 1 medium white onion
- 2 Tbsp minced fresh ginger
- 2 Tbsp minced garlic
- 2 cups cauliflower florets
- 2 cups broccoli florets
- 1 cup potato, diced
- 1/2 cup fresh or frozen peas
- 1 cup cubed firm tofu
- 3 tbsp yellow curry paste (if you like it spicy) or 1 1/2 tbsp. curry powder (plus extra to taste)
- 1 14-ounce can full-fat coconut milk.
- 1/2 cup water or vegetable broth as needed
- 2 tsp ground turmeric
- 1 healthy pinch sea salt (~1/4 tsp)
- 1 Tbsp soy aminos, coconut aminos, tamari, or soy sauce.

Method:

- Heat a large pot over medium heat. Add oil, onion, ginger, garlic, and potato. Sauté for 2-3 minutes, stirring frequently.
- Add broccoli, cauliflower, and peas, and stir. Cook for 2 minutes more.
- Add pumpkin and tofu and stir. Cook for 2 minutes more.
- Add coconut milk, turmeric, sea salt, and aminos, and stir.
- Bring to a simmer over medium heat, then slightly reduce heat to low and cover. You want a simmer, not a boil, which should be around low to medium-low heat. Cook for 10-15 minutes, stirring occasionally.
- Taste and adjust the flavor of the sauce/broth as needed. Every curry paste and powder is different so this is a great time to add more curry powder for a more intense curry flavor and to add some water or vegetable broth if it's too thick. You can also add more pumpkin puree if yours lacks flavour.
- Once you've reached your desired level of seasoning, and the cauliflower and broccoli are tender but not mushy, your curry is ready to serve, alone, or with rice or warm naan or both!



SAGE & FIG COCKTAIL/MOCKTAIL

Ingredients:

Sage Simple Syrup

- 3-4 fresh sage sprigs
- 1 cup white sugar
- 1 cup water

Cocktail

- 4 fresh figs halved
- 4 ounces white rum
- 2-ounces orange liqueur preferably Grand Marnier
- 2ounce sage simple syrup
- 1 1/2 ounces freshly squeezed lemon juice
- Ice
- Chilled club soda for topping

Mocktail - Replace Grand Marnier with 2 tablespoons unsweetened orange juice concentrate or 2 tablespoons orange juice and 1/2 teaspoon orange extract and replace Rum with 4 ounces white grape juice or clear apple juice

Method

Sage Simple Syrup

- In a small saucepan, combine sage, water, and sugar. Over medium-high heat, bring to a boil. Frequently stir to help dissolve sugar.
- Once the mixture simmers and the sugar dissolves, turn off the heat, allow the sage to steep for at least 30 minutes, and strain. Chill and store in the refrigerator in an airtight container for several weeks.

Method: cocktail/mocktail

- Muddle the figs in a cocktail shaker until they are broken down. Add rum (or replacement), Grand Marnier (or replacement), sage simple syrup, lemon juice and ice.
- Put on the top of the cocktail shaker and shake vigorously for 15 to 30 seconds. Strain through cheesecloth or very fine strainer into ice-filled glasses and top with club soda. Enjoy!



Pear Galette

Ingredients:

Pastry:

- 2 1/2 cups all-purpose flour
- 2 tablespoons granulated sugar
- 1/4 teaspoon salt
- 3/4 cups cold butter
- 3/4 cups ice water (approx)

Filling:

- 2 tablespoons vegan butter, melted
- 3 tablespoons granulated sugar
- 1 teaspoon cinnamon
- 4 firm ripe large Bosc pears, peeled, cored, and sliced lengthwise in 1/2-inch thick wedges
- 4 teaspoons all-purpose flour
- 1 teaspoon ground ginger
- 1/4 teaspoon nutmeg
- 3 Tbsp apricot jam
- 1 tablespoon vegan honey *optional
- 1/4 teaspoon flaky salt

Method:

- Pastry: In a bowl, whisk together flour, sugar, and salt. Using a pastry blender or 2 knives, cut in butter until the mixture resembles coarse crumbs. Drizzle with ice water; and toss with a fork, adding up to 2 tbsp more ice water if needed, until dough comes together. Shape into disc; wrap in plastic wrap. Refrigerate until chilled, about 1 hour.
- On a lightly floured work surface, roll out the dough into a 17-inch circle; transfer dough to parchment paper-lined large rimless baking sheet.
- Filling: Spread butter over pastry, leaving a 2-inch border; spread apricot jam evenly on the bottom and sprinkle with the cinnamon.
- Toss together pears, flour, ginger, nutmeg, and sugar. Arrange in an even layer over buttered pastry. Fold over pastry edge to make a 13-inch round.
- Whisk honey with 2 tsp water; brush over entire pastry, including the pears and edges. Bake on the bottom rack of 375°F oven until golden, 50 to 60 minutes. Let cool completely on the pan.
- Sprinkle with salt and serve.



About Jennifer June

I am a Holistic Nutritionist / Nutritherapy Practitioner, Certified vegan health nutritionist and a studying Naturopath.

I have been a vegetarian for 33 years, and vegan for 11.

Changing the way I eat has made a world of difference in my life, and literally gave me a new lease on life. I am deeply passionate about sharing tools, knowledge, and resources and I'm here to encourage, support, and help others integrate comprehensive change in their lives.

I offer workshops and one on one custom coaching for anyone looking to embark on a healthier lifestyle. While I specialize in plant-based health and gut health, I do work with clients with all dietary habits, without judgment, and without any agenda other than helping to empower them to reach their personal health goals.

Whether you want to simply lean into healthier nutrition choices or to switch completely to an entirely plant-based diet; We will work together as a team to identify personal achievable goals and work towards sustainable, long-term changes to ensure your success and guide you on the path to a healthier you!

To decide if health coaching is right for you, I invite you to schedule a free initial consultation with me, during which we will discuss your health and lifestyle to determine how I can best support you in achieving your goals.

Please feel free to contact me for details at sweetvegancoaching@gmail.com

Happy Autumn!

FROM JENNIFER JUNE
AND
THE SWEET VEGAN TEAM