



Spills the Tea Magazine



"You are Easter"

- SOMEBODY PRETTY COOL, I BET

I have an index card posted on my bulletin board that says "You are Easter".

I don't remember where I saw or heard that quote, but I remember that I reacted quite viscerally to it. It spoke to me, I guess you could say. Or at least I felt that it was speaking to me. Admittedly, I didn't research to find out exactly what the author meant when they said it (or wrote it), I only knew that the interpretation that I assumed on its behalf filled me with an immense sense of optimism and reassurance.

To me it meant - You are new life and rebirth. You are revival and the start to something new.

Spring is when many of us feel most inspired to start new projects, power clean the house and the yard, purge broken and unused items, old clothes and unemployed ambition-less couch decorations, and (of course) Marie Kondo fold everything from our jeans to our socks, linens and cats...

All understandably so, with new life budding right before our very eyes, the first signs of this year's new life breaking free from the thawing soil and reaching eagerly for the warm embrace of the sun.

As I write this, the windows are open, the sound of birds singing their little hearts out accompanies the rise of the morning sun, insects stretch and scurry amongst the softening plants in the garden, and laundry sways in the warming breeze. What more inspiration could there be for a new beginning?

Between you and I, the autumn gives me a similar feeling. As do All Saints Day and New Year's Eve, Mondays, garbage day...

Fortunately, whether this month moves you or not, you don't have to wait for permission, a sign, The first day of the year, or your birthday, to start something new, to shed old habits, change your duvet covers, clean literal or figurative houses, eliminate toxic behaviours or even people, that no longer serve you or align with your personal values.

change, rebirth and new life are within you always. You *are* Easter.

GROW YOUR OWN

"Ounce for ounce, herbs and spices have more antioxidants than any other food group."

– Michael Greger MD



Can I just tell you that buying this little Modern Sprout Smart grow-house has been a game-changer in the kitchen? This is the first year that I have successfully managed to bring some of the herbs I grew outside all summer into the house and keep them alive!

We have fresh oregano, thyme and other herbs on hand all year round now and it's been amazing!

I was looking for something modest enough in size to fit in our very small kitchen, so I went with this one, but during my search, I discovered a heap of enticing options, including grow houses that hang on the wall, multitiered standing rack systems, and even boxes that come with pre-seeded pods.

I am 100% happy with this purchase and would definitely recommend it to anyone. My only regret is not having done it sooner!

Full disclosure - I also then went and bought a big hanging grow light for my seedling station in the basement. Am I out of control? Maybe, but I'm loving my little indoor farm like crazy.

Living a life you don't need a vacation from

It's been just over a year since we went into our first COVID-19 lockdown here in Montreal. Among the many other understandable complaints that I've heard over quarantine is the pining away for travel. I want to state for the record that I too miss traveling, and felt a little put-out that the plan to spend my 50th birthday in Italy was being completely derailed. Don't get me wrong! I appreciated all the effort put into my physically distant backyard birthday and socially awkward family zoom experience. I truly did, but... I mean... Italy. Come on.



The more I heard people mourning the loss of their annual all-inclusive and tropical winter vacations, and the more desperation I heard expressed, ("If I can't go on vacation I have nothing to look forward to" and "If I have nothing to look forward to, how am I supposed to cope with real life?")

the more I felt sorry for all those people who were having "real lives" that they feel they need so badly to escape from.

Of course we all need a break from time to time, and we all can benefit from taking time off from the daily grind, stress, and responsibilities that come with day-to-day life, but to have a life that seems unbearable without that escape seems really, really heavy.

It made me curious about whether or not there might be some changes that these people could make to their lives, to feel more inclined to embrace or even enjoy their lives instead of feeling like it was a trap that they had to claw their way out of. This led me to start exploring ideas of how one might actually do that, without quitting their jobs and taking up full-time poolside crochet, unless they can afford to, in which case, "HEY! What are you waiting for?!?" because a life that needs escaping from, is not a life.

I started by writing a list of things I love about going on vacation. And then I wrote a list of which of those things I could do right here where I live, within the limitations of local protocols; from trying new foods and wines to sightseeing, (home) spa days, and even just days off work, to simply wander aimlessly and explore new neighbourhoods. Needless to say, I have made A LOT of Italian food this year.

Again, I'm 100% on board (see what I did there?) with vacations and travelling, but I also know that many of us spend too much time "just trying to get through this day/week/month" and if there is one thing we've learned over this pandemic, it's that we don't actually know how many days/weeks/months any of us have left.

I'm absolutely *not* going to "just try and get through" any of them anymore. I've promised myself that I was going to be present for each and every day I do have, that I am going to savour and move through them mindfully and with intention, even if some of them are a little harder than others. These are my days and I'm not rushing through them ever again.

My wish for you all is, no matter how challenging it might seem or how daunting it might feel, that you find a way to create a real-life that you find joy in living and that your vacations are just some of the many things about it that you have to look forward to.

Jennifer June

SWEETVEGAN

SPRING

Recipes

Recipes in full on pages 12-15

ASPARAGUS SOUP

I planted asparagus up at the cottage, just because the tall lush fern-like foliage is so beautiful to look at.

It has been considered a cleansing and healing plant for lifetimes, because of its antioxidant, anti-inflammatory, antibacterial, and antihepatotoxic qualities, as well as being an immune-stimulant.

Personally, I just love eating it because it tastes great, in soups and salads, roasted or even barbecued in the summer, but asparagus is sweetest in the spring.



DIGESTIVE BITTERS SALAD

In episode 3 of Sweet Vegan Spills the Tea podcast I mentioned the benefits of adding digestive bitters to your day, and I also wrote a blog post about it [[here...](#)]. This Salad is a brilliant way of adding digestive bitters to your diet without having to buy or make a tincture. I made this with ingredients I happened to have in the house but feel free to add or swap out for other bitter greens if you prefer. Radicchio and Dandelion would be beautiful additions also.



POT PIES 3 WAYS

On the menu:
Mushroom Pot Pie with biscuit crust
Tofu pot pie with traditional crust
Samosa pot pie with puff pastry

Recipes in full on pages 11-13

SECRET GARDEN NICE CREAM

Edible flowers are so beautiful and have such a range of different tastes, from the peppery flavour of nasturtiums to the floral perfume of a rose or the light fragrance of bright beautiful bachelor buttons.

This ice cream is easy to make, even without an ice cream maker, and is sweetened only with fresh dates, and no added sugars or sweeteners.



ELDERFLOWER SPRITZ

Elderflower has long been used in traditional medicine all over the world in many different cultures due to its antiseptic, anti-inflammatory and anti-viral properties. It has most commonly been used for colds and flu, sinus infections, and other respiratory disturbances.

I could pretend that this is why I decided on this cocktail/mocktail but it's not. I had no idea Elderflower even had any medicinal properties until after I made, photographed and tasted this.

tasty, glamorous looking, and made of plants that are good for you! I mean... maybe not the syrup... or the alcohol, but the flower itself... originally. Ok, well it's tasty and pretty.



REDUCE REUSE & RECYCLE DIY

I'm making pretty good on my resolution to start using, buying and gifting mostly repurposed, second-hand and hand made goods, so far this year.

BAKING STATION

Some of you might have seen the before and after of this project on instagram:

My kitchen is quite small and severely lacking in both storage and work space. This doesn't replace my fantasy farmhouse kitchen but... it's pretty cool.

We found a small Ikea island for under \$40. We stained it with some leftover stain from a different project. We screwed on the extra power cord rack that came in the package I bought for organizing my office space (I didn't know it was a pack of two when I ordered it) and used it as a rolling pin rack instead.

We removed one of the shelves and screwed it on the side so we could hang our cast iron pans on it. And we put my giant bin of flour on the shelf underneath.

Voila! My portable baking station!



BAKING & APPLIANCE SHELF

My brother built me a custom shelving unit, several years ago, out of old cupboards and pieces of wood that he had laying around his workshop. I've since moved and not really had anywhere to put it in my "new" place until a few months ago. We separated the top from the bottom, adjusted a shelf or two to accommodate larger items, and stained it to match the baking station. It's gone from collecting dust in the basement to housing appliances and some of my favourite baking supplies.



MOTHER EARTHING

There's so much noise these days about earthing and grounding, and while admittedly I don't actually know a ton about it, it makes me *very* curious.

Any of you who know me, know that I have a very passionate relationship with the earth and the soil that lives on it. Naturally, the news that we need to spend even more time connecting to it is music to my ears but when I heard that it's not just about the microbiome, I was even more intrigued.

Whenever I feel like I need to get emotionally or mentally grounded I try to get outside; preferably close to water, but definitely close to the earth and surrounded by plants and trees. It just feels right. We call it nature, which I love, but I think most of us are disconnected from that word. Most of us think of nature and equate it with trees, birds and fresh air, but not necessarily with the word natural - as in our natural state. The way we were and would be if we stripped away all that is unnatural.

All living things are connected to the ground's electric energy but over the evolution of industrialized societies, people have started wearing rubber and plastic-soled shoes that act as a barrier to the Earth's energy. We've paved the streets and sidewalks and, unless we're camping, we generally don't sleep on the ground anymore either. We now live and work in buildings with concrete foundations, often quite high above the ground, in condos, apartments and high rise buildings.

Earthing refers to literal direct contact with the Earth's surface electrons or energy, by walking barefoot outside or sitting, sleeping etc... on the actual ground.

Grounding, as I understand it, is basically earthing but indoors and using grounding equipment. So, standing or laying on and sleeping (indoors) on, or connected to, a grounding mat or other conductive system that transfers the energy from the ground into the body.

While there is research supporting the concept that grounding or earthing may be an essential element of health and implies that earthing may be an effective strategy against chronic stress, autonomic nervous system dysfunction, inflammation, pain, poor sleep, hyper-coagulable blood, cardiovascular disease, autoimmune disorders and many other common health disorders, it remains a controversial subject.

As I said off the top, I don't actually know much about earthing or grounding from the perspective of supporting health through making a physical connection between the electrical frequencies of the human body with that of Earth's. But I do know that it seems to be our natural impulse to walk barefoot on cool green grass or smooth sandy beaches - which also is a great way to get a free pedicure. I know that kids seem to intuitively kick their shoes off to play in the dirt or jumping into the sandbox. So whether it's about electrical frequencies or not, it seems to be our natural instinct to physically connect with the earth.

But if human nature is not enough for you, remember that one of the easiest ways to naturally increase your microbial diversity (happy gut bugs and a healthy microbiome) is by exposing yourself to a diverse variety of bacteria, and the best way to do that is to get outside and breathe it in and touch it. Dr Zach Bush recommends that everyone get outside and get their bare feet dirty even just for that reason alone. In fact, he recommends that you sit your barefoot self right down on the earth's floor and eat a meal there as often as possible.

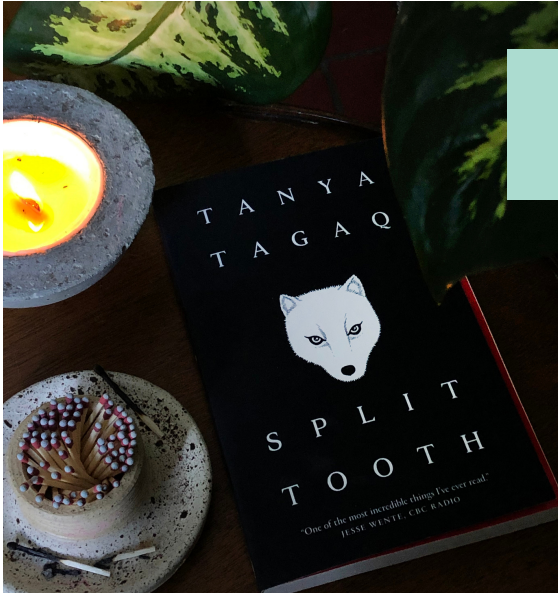
Earth day is coming up, and so is Mother's day.

What better way to celebrate them than to connect with the Mother of all mothers herself, Mother Earth?



**"Get outside in the dirt and
garden, breathe in new air,
and your microbiome will
benefit"**
- Zach Bush MD

CURRENT EVENTS



CURRENTLY READING

Tanya Tagaq - Split Tooth

This is Canadian Inuit throat singer, improvisational performer, avant-garde composer and experimental recording artist - Tanya Tagaq's - first book. I'm only a handful of pages in and I've lost count of how many emotions I have felt while reading it so far.

CURRENTLY LISTENING TO

Aurora

Running with the wolves

It's literally playing right now, as I write this.



with **Jennifer June Chapman**

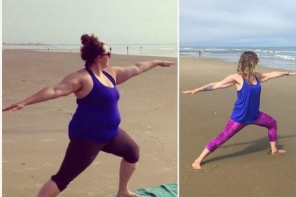
CURRENTLY WORKING ON

in the winter, I had the absolute pleasure of announcing our new podcast series - Sweet Vegan Spills the Tea!

So far we've recorded and released an episode on vitamins and supplements, one on gut health and anxiety, and one on harmful and helpful dietary fats. You can listen to Sweet Vegan Spills the Tea podcast anywhere you get your podcasts, or watch it on youtube!

DON'T MISS THIS!

SWEET VEGAN SPILLS THE TEA PODCAST



Weight Watching, Diet
Culture and body positivity

12:05 - 02:45

with special guest Care Roy



EPISODES 5 & 6

*In this two-part interview, our special (and first ever) guest - **Consciousness Coach and Yoga Instructor - Care Roy** joins in for a candid conversation exploring Body Weight, food culture, diet culture, societal fat-shaming, intuitive eating, body positivity, and even toxic positivity. And Care shares the story of her own personal weight loss journey.*

UPCOMING WORKSHOPS!

Jennifer June and Consciousness Coach and Yoga Instructor Care Roy collaborate to bring you a digestion support nutrition and yoga inspired movement workshop. Details coming soon! Subscribe to updates at sweetvegan.net to stay in the loop!



2 SPOTS LEFT!

2 complimentary 30-minute Holistic Health and Wellness consultation spots are available in April/May for people who are looking for some help reaching their health and nutrition goals

To apply, email sweetvegancoaching@gmail.com with "Holistic Health and Wellness Consult" as the subject line.

* This is not a sales call. You will leave our meeting with steps, resources and tools to move forward with your goals.

SELF



CARE

Recipes



**Digestive Bitters
salad**

Ingredients:

- 8 (or more if you like – you'll have more than enough dressing) cups of bitter greens. I used baby arugula, mustard greens, upland cress, fennel, and endives.
- Dressing
- 1-2 tablespoons red wine vinegar
- 1 teaspoon agave
- 1/3 – 1/4 cup extra-virgin olive oil
- 2 teaspoons lemon zest
- 3 Tablespoons lemon juice
- 1 tablespoon finely minced shallot
- 1 1/2 tablespoons Dijon mustard
- 1 clove grated garlic
- salt and freshly ground pepper to taste

Instructions:

- wash, pat dry and combine the greens.
- Combine the dressing ingredients well.
- Toss salad with as much of the dressing as you like – as I said you will have leftovers.
- Eat immediately before a main meal to benefit from the digestive properties.



Asparagus Soup

Ingredients:

- 6 cups vegetable broth or water
- 2 tablespoons vegan butter
- 1 cup shallots, chopped
- 1/2 teaspoon thyme
- 3 tablespoons all-purpose flour
- 1 large (2 med) bunches asparagus, trimmed and cut into 1-inch pieces
- 1/3 cup plant based cream
- 2 to 3 tablespoons fresh lemon juice
- Coarse salt and fresh ground pepper to taste

Instructions:

- In a large saucepan, melt butter over medium heat. Add shallots and thyme; cook until shallots are soft, about 5 minutes. Whisk in flour; cook until incorporated, stirring constantly.
- Add asparagus and 6 cups broth or water; season generously with salt. Cover, and bring to a boil.
- Reduce heat; cover, and simmer a couple of minutes more, until asparagus is tender. Pureé soup in a blender until very smooth.
- stir in cream and lemon juice, season with salt and pepper and serve.



Tofu Pot Pie

Ingredients:

- 1 Tablespoon Olive Oil
- 1/4 cup fresh parsley, chopped
- 1 teaspoon Sea Salt
- 2 Teaspoon Nutritional Yeast
- Pinch Freshly Ground Black Pepper
- 1 Cup Vegetable Broth
- 2 Cloves Garlic - minced
- 1 Small Onion (red or yellow)
- 1 Stalk Celery - chopped
- 1 Large Carrot - diced
- 1/2 Cup Broccoli Florets
- 1/4 Cup Fresh or Previously Frozen Peas
- 4-6 Baby Potatoes (red or white) or 2 Large Russets - cubed
- 1 Cup extra firm tofu, cubed
- 6 personal size pie crusts in tins

Instructions:

- Sauté onions, garlic, and celery in olive oil until it starts to become translucent.
- Add carrots, potato, salt and pepper.
- Reduce heat to low and simmer covered for 10 minutes or until potatoes and carrots are just tender but not soft. Stir frequently.
- Add Tofu, broccoli, peas, yeast and broth. Cook for about 3-5 more minutes.
- Transfer mixture and its liquids into pie dishes
- Brush with reserved butter.
- Cover and bake for about 20 minutes. Uncover and bake another 5-7 minutes or until the crust is golden brown.



Samosa Pot Pie

Ingredients:

- 2 teaspoons olive oil
- 1 teaspoon brown mustard seeds
- 1 teaspoon cumin seeds
- 1 large onion, chopped
- 1 medium carrot, diced
- 1-inch piece fresh ginger, finely chopped
- 1 clove garlic, minced
- 1- 2 chilies, seeded and minced
- 1 teaspoon ground cumin
- 1 1/2 teaspoons ground coriander
- 1 teaspoon paprika
- 1/2 teaspoon chili powder
- 2/3 teaspoon chat masala
- 1/2 teaspoon turmeric
- 1/4 to 1/2 teaspoon cayenne
- pinch of asafetida (optional)
- 1 teaspoon sea salt
- 1 large potato, cubed small
- 1 cup fresh or frozen peas,
- 1 cup cooked chickpeas
- 1/4 cup fresh parsley, chopped
- 2 tablespoons vegan butter
- 2 tablespoons chickpea flour or unbleached white flour
- 1 cup coconut milk
- 1/2 teaspoon garam masala

Instructions:

- In a heated pan, warm oil, mustard seeds and cumin seeds and cook, stirring frequently, until the mustard seeds begin to pop. Add the onion and saute, stirring often, until the onion is translucent
- Add the carrots and cook for another 5 to 7 minutes.
- Add the ginger, garlic and chilies, and cook for another few minutes.
- Add the ground cumin, coriander, paprika, chili powder, chat masala (if using), turmeric, cayenne, asafetida and salt, and stir for 1 minute.
- Gently stir in the potato, green peas, chickpeas, parsley and basil if using, and gently simmer on medium-low heat.
- In a small saucepan, melt the butter and whisk in the flour and keep stirring until browned.
- Add the coconut milk, whisking until the mixture thickens.
- Add garam masala and add to the cooked vegetables.
- Simmer for another few minutes, until potatoes are tender.
- preheat oven to 425°F
- Lightly grease your small casserole dishes well with oil.
- Carve a circle for the tops and bottom of your pot pies.
- Gently place the base puff pastry to the
- bottom of your pot, fill with your samosa filling and place the top puffed pastry.
- Before placing in the oven lightly brush the tops with some olive oil or melted vegan butter.
- Bake for around 20 minutes or until pies are golden and filling is bubbling.



Mushroom & Thyme pot pie with Biscuit crust

Biscuit crust

Ingredients:

- Unbleached all-purpose flour.
- Non-dairy butter (such as Earth Balance).
- Sea salt
- Baking powder
- Baking soda
- Unsweetened plant-based milk.
- Lemon juice.

Filling

Ingredients:

- 1 tbsp. olive oil
- 1 medium white onion, diced
- 3 garlic cloves, pressed
- 5 cups assorted mushrooms, with stems, chopped
- 1 large russet potato, chopped
- 3 tbsp fresh thyme, around 5 sprigs
- 1-2 bay leaves
- 1/2 cup white wine or 1Tbsp Apple cider vinegar
- 3 1/2 cups vegetable broth
- 400 mls unsweetened plant-based milk
- 3 tbsp nutritional yeast
- 1 tbsp arrowroot
- coarse sea salt & Pepper to taste

Instructions:

- In a large pot, boil potato in water until tender. Drain and mash the potato well, and set aside.
- In a small bowl or cup, whisk together the arrowroot and 1/2 cup of the vegetable broth and set aside.
- In a large pot heat the olive oil and add the onion and sauté until translucent.
- Add the garlic and cook for another minute.
- Add the mushrooms, thyme and bay leaf and let the mixture cook down until reduced by half.
- Add wine or vinegar, stir and follow with the mashed potato, vegetable broth, milk and nutritional yeast, bring to a boil, lower the heat and simmer on low for about 10 minutes.
- Add in the arrowroot powder mixture and stir until well-combined.
- Season to taste with salt and pepper.
- Preheat oven to 425F
- Pour filling into mini casserole dishes and top with enough biscuit dough to cover the surface.
- Bake for 20 minutes or until the biscuit top is golden brown and the filling is bubbling.



Elderflower Spritz

Mocktail:

1-ounce Elderflower syrup (you can buy this in stores (IKEA has a great one) or make your own ([recipe here](#)).

Soda or sparkling water
Ice

Fill a glass halfway with ice cubes, add Elderflower syrup and top with soda or sparkling water

Cocktail:

1 ounce St Germain
Sparkling Rosé
Ice

Fill a glass halfway with ice cubes, add St Germain and top with sparkling Rosé or sparkling water.



Secret Garden Ice Cream

Ingredients:

5 fresh dates, pitted and roughly chopped
1 15 ounce can of coconut cream
1 15 ounce can of coconut milk
2 Tablespoons rose syrup
1/2 cup edible flowers + more for garnish

Instructions:

Blend until thick and creamy,
Place in ice cream maker and follow your ice cream maker's instructions
OR
Pour into a freezer-safe container and freeze at least 4 hours, until firm. Reblend to soften before serving.

About Jennifer June



I am a Holistic Nutritionist, Certified vegan health nutritionist and a studying Naturopathic Doctor. I have been a vegetarian for 30 years, and vegan for 8.

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 judgement, and without any agenda other than helping to empower you to reach your 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 Spring!

FROM JENNIFER JUNE AND THE SWEET
VEGAN TEAM