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NATUROPATH

REGAIN YOUR HEALTH NATURALLY

NUTRITIONAL FOOD THAT WILL LAST

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Note from Rachel

Nutrition is very important to me as a Naturopath, of course, food is always best consumed fresh and in season, and organic if you can get it. There may be times when this just isn't available and to have a selection of stored food is always a bonus when needed. I've developed this e-book to help you stock up your pantry with nutritious foods that can be stored long term and then used to make nutritious meals.

I've always stocked a healthy pantry, just in case, food storage is a great way to reduce over-spending on food that can end up being wasted.

When stocking up on food, I always be mindful of others, I buy extra each week so there is plenty for others to do the same.



IDEAS FOR PANTRY

Ideas for the pantry! Time to stock up and stay safe.
Nuts – rotate varieties Cashew, peanuts, almond, brazil, pecan, walnut, cashew, pistachio, hazelnut, pine nuts.

- Nuts and seeds are incomplete proteins on their own, unless combine with a legume in 2:1 ratio.
- All nuts and seeds are nutrient dense and rich sources of macro and micro-minerals as well as numerous other nutrients and phytochemical, and best when activated.
- The skin of nuts contain polyphenols,
- Oils in nuts are mostly monounsaturated and beneficial in health and wellbeing.

ACTIVATED NUTS

HOW TO ACTIVATE NUTS

It's easy to activate your nuts at home, why not give it a try

- Soak your nuts in the salt brine for 4-12 hours, depending on nut . Then strain and spread out on a baking tray. Dry in a very low oven 65C, turn the nuts often, you don't want to cook the nuts just dry them. Cooking the nuts will destroy the activates enzymes and minerals. A Dehydrator is better. You will know they are ready when they are dry and crunchy -TASTE TEST!
- Make sure the nuts are completely dry and cooled before storing.
- 1 cup Almond
- Dissolve 1tsp salt in enough water to cover almonds
- Soak for 12-14 hours
- Drying time 12-24 hours
- 1 cup Cashew
- Dissolve 1tsp salt in enough water to cover
- Cashews
- Soak for 3-6 hours
- Drying time 12-15 hours

Why use salt?

The salt is used to awaken enzymes that are then able to break down and neutralize enzyme inhibitors, making the nuts easier to digest.

Enjoy you activated nuts.

SPROUTING SEEDS

ALFALFA



Sprouted seeds and legumes

Sprouting modifies the carbohydrates and proteins and increases some of the vitamins and minerals, including folate.

As the seed sprouts, it provides a source of the freshest dense nutrients available from that seed.

Recipe for Sprouted seeds

- You will need, a glass jar a stocking or some cloth to use to drain the seeds.
- Elastic band.
- You can also buy a sprouter container usually available in your hardware store.
- Tablespoon.
- Selection of seed to sprout eg alfalfa, broccoli, fenugreek, mung beans, lentils.
- Storage jar for the dry seeds.

Sprouting Alfalfa

Alfalfa sprouts contain an abundance of nutrients including Vitamins, A, B₂, B₃, C, D as well as numerous minerals such as iron, magnesium, all 8 essential amino-acids, protein, chlorophyll and fibre.

Recipe for Sprouted seeds

- Recipe for Sprouting Alfalfa
- 1 ½ tablespoons of alfalfa seeds
- Soak in water for 4 hours, then rinse.
- Best temperature for sprouting is between 18-22 deg.C
- Rinse seeds 2 times daily
- Ready to harvest in Approx 6-8 days depending on weather.

SPROUTING SEEDS

MUNG BEANS



Sprouting Mung Beans

Mung bean sprouts contain among other nutrients, vitamins A, B1, B2, B3, B6, B12 plenty of vitamin C and E, iron, manganese, sodium, phosphorus and zinc.

Recipe for Sprouted seeds

- Recipe for Sprouting Mung Beans
- 1 ½ tablespoons of mung beans .
- Soak in water for 12 hours, then rinse.
- Best temperature for sprouting is between 18-22 deg.
- Rinse seeds 2 times daily
- Ready to harvest in approximately 4-5 days depending on weather.

Method for Sprouting

Add seeds to jar with water to soak.

Use a stocking as a lid and fasten on with elastic band or use lid provided.

Turn jar upside down to drain off excess water.

Rinse seeds daily.

When ready store in fridge.

Consume within 5 days.





SEEDS FOR EATING RAW

PEPITAS (PUMPKIN SEEDS)
SUNFLOWER
SESAME
LINSEED
CHIA
HEMP

You can activate seeds the same as nuts if you like this idea.

BY CDETA MAR EVANS

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SEEDS FOR EATING RAW

MIX SOME SEEDS TOGETHER IN
A BOWL - ADD 5-10ML SOY
SAUCE - MIX - LIGHTLY FRY IN
A SAUCEPAN UNTILL DRY AND
CRISPY. THIS GIVES THE SEEDS
A SALTY TASTE - ADD
ADDITIONAL SPICES FOR EXTRA
TASTE - ADD NUTS AND DRIED
RAISINS FOR A SWEET NUTTY
FLAVOUR.

*You can activate seeds the same as nuts
if you like this idea - use a saucepan
makes it quick and easy.*

BY CRETA MAE EVANS

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DRIED FRUIT - STORE IN GLASS JARS

SULTANA, RAISINS
CURRENT, APRICOTS
FIGS , PRUNES
DATES , APRICOTS
APPLE , BANANA
GOJI , GOOSEBERRIES

This is a great way for introducing Vitamin C to the family, easy to make and great to store.

Orange season

WHEN YOU HAVE FINISHED EATING YOUR ORANGES, KEEP THE SKINS.

Cut the skins into tiny pieces size of a pea, I cut them into strips then dice them small.

Put all the little pieces on an oven tray or in a dehydrator and dry them until crispy.

Oven - use very low heat.

When dry and crispy let them cool.

The idea now is to grind them to a powder, you can use a mortar and pestle (takes time) or I use my nija (magic bullet) or you can use a food processor.

Once you have ground it to a powder store it in a glass jar.

Make a warm drink by adding 1tsp to hot water, stir and serve. You can also add to herbal teas or iced tea for an added Vitamin C boost.

Hibiscus, rosehip and orange peel herbal tea, Yum!





Jars & Tin Food

REMEMBER ORGANIC IS ALWAYS BEST

Jars are best but there seems to be a larger variety of foods in tins. When buying tinned food look for tins without the ring pull as these don't last as long. Remember to always rotate your tins.

There are many varieties to choose from. These have long shelf life and can be stored long term. eg. tins; fruits, soups, beans, peas, corn, veggie mixed, eg. Jars; chunky, jams. Due to the thin polyurethane film lining the tin, I much prefer to buy Dried beans and peas, dried legumes are a great alternative to tins, but remember they take longer to cook so soaking over night is always a good idea.

Legumes and Dried Beans and Peas

Soaked for 8 hours and discard the water (lentils don't need soaking) . All are nutrient dense and a great source of prebiotic. Ideas of beans, kidney beans, adzuki, butter beans, black beans, navy beans, cannellini, chickpeas ect.



Whole Grains

REMEMBER ORGANIC IS ALWAYS BEST

- Grains – Whole, unprocessed (avoid gluten if indicated). Incomplete protein unless combined with legumes in a 2:1 ratio.
- Rice – (There are lots of rice varieties to choose from) I recommend using brown rice varieties as it has more nutritional value such as Brown Basmati Rice. There are mixed rice pack you can get that have brown rice, black rice, lentils, buckwheat.
- Corn – Whole corn or polenta – good source of lutein.
- Rolled oats (plain only) and unsweetened – good source of beta glutan.
- Quinoa, chia, amaranth, spelt (low gluten)
- Pasta there are many to choose from I recommend whole grain pasta or gluten free, some pasta is made with vegetables and then dried, these are a great choices.



Herbs Spices

REMEMBER ORGANIC IS ALWAYS BEST

Selection of Culinary Herbs and Spices

- Leaves of Basil, Oregano, Thyme, Lemongrass, Mint, Dill, Coriander (cilantro) and others.
- Fennel seeds, Caraway seeds, Cumin seeds, Cardamom pods, Turmeric, Nutmeg, Cinnamon, Fenugreek.
- Kaffir Lime Leaves, Chilli, Galangal, Bay Leaves.
- Citrus Peel/Zest – all types source of Vitamin C and antioxidants.
- Ginger is pro-kinetic, anti-inflammatory, anti-coagulant, anti-nausea, strong ginger tea readily stops the onset of cold, flu and suppresses sinus congestion and hay-fever.

Fats & Oils



REMEMBER ORGANIC IS ALWAYS BEST

Great Source of Essential Fatty Acids Saturated and Unsaturated Fats

- Choose a selection of oils to include a range of saturated and unsaturated fats.
- Avocado, Almonds, Macadamias, Olives and Olive Oil (Extra Virgin only). Unsaturated fats
- Coconut oil – medium chain Saturated fat.
- Salad Dressings – Olive, Macadamia, Almond, Avocado Oils (preferably unrefined).
- Ghee – This butter has a long shelf life. Often found in jars and in tins. Saturated fat.

Tip:

Best to Buy and store oils in dark glass.



Cultured Food- Kombucha

REMEMBER ORGANIC IS ALWAYS BEST

Kombucha is a fermented tea made usually from black tea. It has beneficial bacteria that is good for your health. Kombucha tea goes back to 1000's of years in Chinese history and is reported to have many health benefits, including improving your gut microflora.

Kombucha is made from using a SCOBY "symbiotic culture of bacteria and yeast" this is used to promote the fermentation process of making Kombucha. This is how I make kombucha.

How to make kombucha?

You will need a scoby (available from health food stores) bowl, measure 1 cup, metal spoon, min 2 litre glass container, bottles for bottling your kombucha. 6 - Black teabags and raw sugar. Its so easy to make!

*When not making kombucha, you can store the scoby in a glass jar in the cupboard, make sure the scoby is covered with kombucha.



yoghurt - Fermented Foods

REMEMBER ORGANIC IS ALWAYS BEST

Fermenting vegetables

Cultured vegetables eg. Sauerkraut and Kimchi enhances several properties:

- Increases vitamin content, including bioavailable folate. Increases a broad array of Lactobacillus and other beneficial microbes.
- Modifies structure of proteins and carbohydrates.
- Lowers the pH of the food.
- Great to support a healthy digestive tract.

Yoghurt

- You can buy dried yoghurt in packets, a yoghurt maker is brilliant to have on hand. you to just add water, you can also make the yoghurt in a thermos flask. I like to add a probiotic sachet when serving.



Other Foods & Tips

REMEMBER ORGANIC IS ALWAYS BEST

- Store grains and flours in a container with a few Dry Bay leaves to help stop weevils. Glass is the best choice.
- Stock cubes (massel) vegetable, chicken or beef. These can also be bought salt reduced.
- Add to soups and other dishes.
- Dried soup mix, these are a mix of grains and legumes. some soup mixes have herbs and spice and some stock.
- Beef jerky – selection of dried beef. Great source of protein when its hard to get fresh meat. You can rehydrate it in soups and casseroles, or even just have a nibble when you feel like it.



JUST4U HERBAL TEAS

A selection of herbs and herbal teas of your choice. Loose is best and can be stored in glass jars,

I like to keep on hand Rosehip and hibiscus which are full of vitamin C and great for your immune system
Roasted dandelion and chicory to keep my liver healthy,

There are many to choose from for health and wellbeing.

Visit my store for herbs and herbal teas.

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