

LEMON BALM & LAVENDER ICE TEA

Sweetened with Maple Syrup

Ingredients:

- 2 tbsp dried lemon balm (or a handful of fresh leaves)
- 1 tsp dried lavender buds (culinary grade)
- 4 cups boiling water
- 1-2 tbsp pure maple syrup, to taste
- Juice of ½ a lemon (optional, for brightness)
- Ice & a few lemon balm leaves or lavender sprigs for garnish



Instructions:

1. In a heat-safe jar or teapot, add the lemon balm and lavender.
2. Pour in boiling water, cover, and let steep for 10 to 15 minutes.
3. Strain and let cool.
4. Stir in maple syrup, while warm, and add lemon juice if desired.
5. Chill in the fridge or pour over ice.
6. Garnish with lemon balm leaves or lavender sprigs before serving.

Maple Magic

Maple syrup offers a rooted, local sweetness, rich in trace minerals and gentle on the blood sugar when used fully - a perfect balance for this serene, heart centered tea.

Herbal Note

Lemon Balm (*Melissa officinalis*) is a gentle herbal ally for the nervous system, known to soothe anxiety, uplift mood, and ease digestive tension. It is part of the mint family and carries a soft lemony aroma that feels like summer calm in a cup.

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Medicinal Tinctures



A medicinal tincture is a highly concentrated liquid extract of an herb or a combination of herbs.

It is created by soaking plant material (like leaves, flowers, berries, or roots) in a solvent.

The solvent pulls out the active compounds, including both water-soluble and alcohol-soluble components, making a potent remedy.

Please Note:

As with any supplement, it is always recommended to consult a healthcare professional before starting an herbal regimen, especially if you are taking other medications.

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Medicinal Tinctures

Key Benefits

Tinctures are a popular form of herbal medicine due to their efficiency and potency, offering several advantages over teas or capsules:

High Concentration and Potency

The extraction process draws out a broad spectrum of the plant's therapeutic compounds, resulting in a very potent and concentrated liquid. You only need a small dosage (drops or a dropperful) to get a strong effect.

Fast Absorption

When taken under the tongue, the active ingredients are absorbed directly into the bloodstream, bypassing the digestive system for a faster and more efficient effect.

Long Shelf Life

Most tinctures have a very long shelf life, often up to four years, which is longer than most other herbal preparations like teas or powders.

Convenience and Portability

Tinctures are easy to take on the go. They require no preparation—just a few drops directly in the mouth or mixed into a small glass of water or tea.

Broad Spectrum of Health Uses

Tinctures are used in traditional and alternative medicine to address a wide variety of health concerns.

Examples of benefits from common herbal tinctures include:

- Immune Support: (e.g., Echinacea, Elderberry)
- Stress & Anxiety Relief: (e.g., Ashwagandha, Chamomile, Valerian)
- Anti-inflammatory/Pain Relief: (e.g., Turmeric, Nettle)
- Digestive Support: (e.g., Dandelion, Chamomile)
- Sleep Aid: (e.g., Valerian, Passionflower)



Maple Sage Dressing

A fragrant, earthy, and sweet dressing that pairs beautifully with roasted vegetables, moose meat, grain bowls, or leafy greens.

Ingredients

- ½ cup olive oil
- 3 tablespoons apple cider vinegar
- 10 fresh sage leaves
- 2 garlic cloves, minced
- 1 teaspoon Dijon mustard
- 3 tablespoons maple syrup
- Pinch of salt & pepper

Directions

- Using a mortar and pestle, grind the garlic and sage leaves into a paste. Transfer to a large mixing bowl.
- Add apple cider vinegar, Dijon mustard, maple syrup, and salt and pepper. Whisk to combine.
- Slowly pour in the olive oil while whisking vigorously to emulsify the dressing.
- Using a funnel, pour the dressing into a squeeze bottle or mason jar.
- Store in the refrigerator for 5 to 7 days. Shake or stir before using.

Recipe by Sarah Gorrie



Wild Berry Maple Sauce

An Indigenous-inspired recipe honoring the natural sweetness of the land. This sauce celebrates the traditional gathering of wild berries and the use of maple syrup, a natural sweetener treasured by many Indigenous peoples. It's a reminder of the connection between the land, the seasons, and the foods that sustain us.

Ingredients

- 4 cups mixed berries; you can use one kind or a mix of blueberries, raspberries, blackberries, strawberries, Saskatoon berries, chokecherries, and/or cranberries
- ½ cup water
- 4 tablespoons maple syrup

Directions

- Gently wash the berries, giving thanks for the harvest and the nourishment they provide.
- Place the berries and water into a medium saucepan.
- Bring to a gentle simmer over medium heat, stirring often so the berries don't stick.
- Continue cooking until the berries have mostly broken down and the mixture becomes thick and saucy—about 20–30 minutes, depending on the type of berries used.
- Taste the sauce and add maple syrup or honey as needed for sweetness.
- Serve warm over bannock, wild rice, or roasted game—or let cool and use as a jam-like topping.

Recipe by Sarah Gorrie



Cedar Braised Moose Meat

An Indigenous-inspired recipe celebrating the strength of the Northern Boreal forest and the traditional practice of cooking with sacred medicines. This recipe honors the traditional teachings of respect for the animals and medicines of the land. Cedar and sage are sacred plants used for purification and protection, and when combined with the strength of moose and the spirit of juniper, this dish becomes a grounding, nourishing meal connected to the land and its gifts. Food is our medicine.

Ingredients

- 1 pound moose meat
- 2 tablespoons olive oil
- 3 fresh cedar sprigs
- 4 juniper berries, lightly crushed
- 1 tablespoon dried & crushed sage
- Pinch of salt & pepper

Directions

- Heat a large skillet or Dutch oven over medium-high heat. Add the olive oil.
- Once hot, add the ground moose meat. Cook for about 5 minutes, stirring with a wooden spoon to break up the meat as it browns.
- Add the juniper berries, crushed sage, cedar sprigs, and a pinch of salt and pepper. Stir well to combine.
- Cover the pot and allow the meat to braise for 5 minutes, letting the cedar and juniper infuse their forest aroma into the dish.
- Uncover, give the meat a good stir, then replace the lid and braise for another 5 minutes, or until the meat is fully cooked and richly browned.
- Remove the cedar sprigs before serving. Spoon the cedar-braised moose over a wild rice grain bowl, roasted root vegetables, or a hearty salad.

Recipe by Sarah Gorrie



Northern Boreal Bowl

An Indigenous-inspired “build-your-own” bowl celebrating the gifts of the Northern Boreal forest and the harvest of the land. This Boreal Wild Rice Bowl is a celebration of balance—land, water, forest, and sky. Manoomin, the sacred wild rice, is a gift from the Creator and central to many Indigenous foodways. This bowl brings together traditional ingredients—moose, berries, cedar, and maple—in harmony, reflecting gratitude for the land and all that sustains us.

Ingredients

- **Base**
 - 1 cup cooked *manoomin* (wild rice)
- **Protein & Mains**
 - Cedar Braised Moose Meat (see recipe)
- **Vegetables & Harvest Additions**
 - Roasted Root Vegetables (beets, carrots, parsnips)
 - Corn Kernels (fresh, roasted, or boiled)
 - Cubed roasted squash
 - Chopped spinach or other greens
- **Forest & Field Garnishes**
 - Dried cranberries
 - Pine nuts
 - Sunflower seeds
 - Toasted pumpkin seeds
 - Maple-candied walnuts
- **Sauces & Dressings**
 - Wild Berry Maple Sauce (see recipe)
 - Maple Sage Dressing (see recipe)

Directions

- Begin with a generous scoop of *manoomin* (wild rice) as the base of your bowl.
- Add a hearty portion of **Cedar Braised Moose Meat** on top.
- Surround with roasted root vegetables, squash, corn, and chopped spinach to create a colorful, nourishing foundation.
- Sprinkle on your forest-inspired toppings—dried cranberries, pine nuts, sunflower seeds, toasted pumpkin seeds, and maple-candied walnuts—for texture and richness.
- Drizzle with **Wild Berry Maple Sauce** and finish with a light pour of **Maple Sage Dressing** over the entire bowl.
- Assemble your bowl as you like, following your own taste and spirit.

Recipe by Sarah Gorrie

Benefits of Spruce Gum Juice

*As taught to me by Dene Elder Carl Yakeleya from Tulít'a,
Northwest Territories.
Shared with his permission.*

Spruce gum juice is used for respiratory, digestive, and immune health, and as a cleansing or fortifying tonic. When starting your journey with using medicines for your health, spruce gum is the first one you would use before any other. Its intent is to cleanse you of toxins, any infections and reduce inflammation. It prepares your body to be able to use other plant medicines.

Key Benefits of Spruce Gum Juice

- Respiratory support: Helps clear mucus, ease coughs, and soothe sore throats.
- Antimicrobial & immune tonic: Naturally fights bacteria and viruses, supporting overall resilience.
- Digestive aid: Gently stimulates the liver, eases nausea, and supports detoxification.
- Anti-inflammatory: May relieve joint or muscle discomfort.
- Grounding & cleansing: Traditionally used for renewal, connection to nature, and spiritual cleansing.

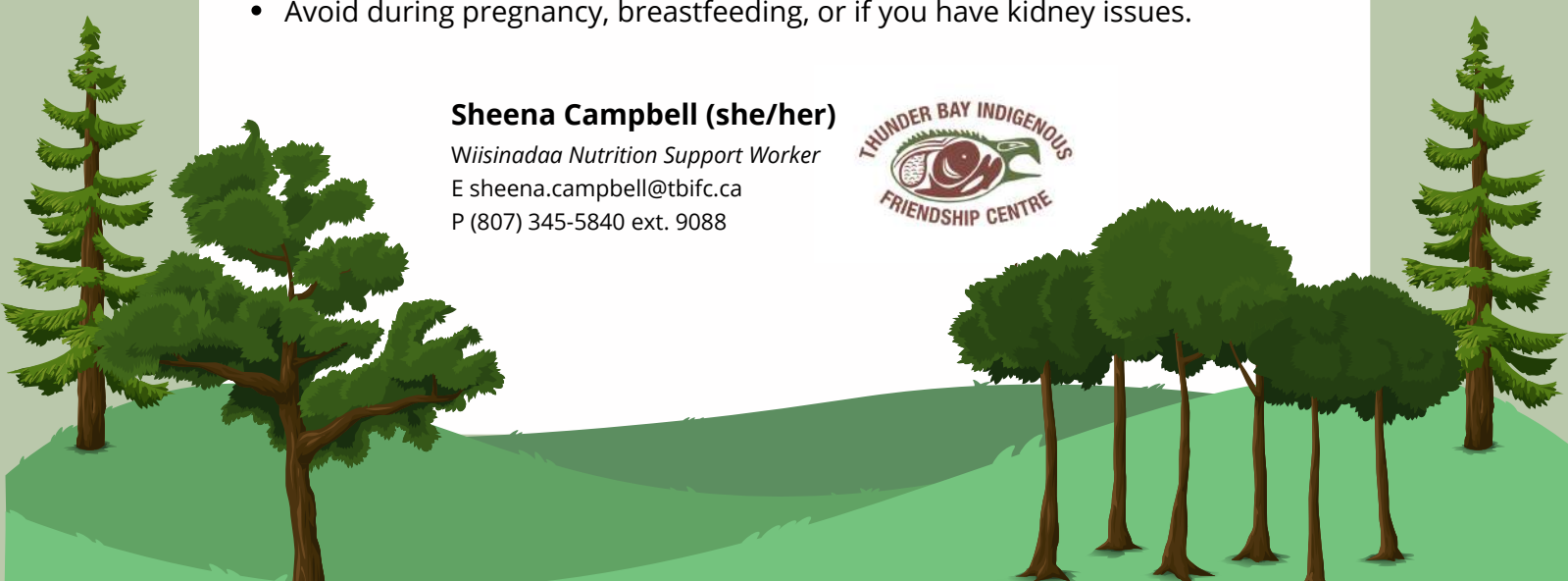
Precautions

Because spruce gum is resinous and potent, a few notes of caution:

- Always boil and strain well — raw resin can be harsh on the stomach.
- Use only small amounts.
- Avoid during pregnancy, breastfeeding, or if you have kidney issues.

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CANNED CAROLINA COLESLAW

INGREDIENTS

- 2lbs of cabbage or 1 bag of coleslaw mix
- 1 large carrot - shredded or shaved
- 1 bell pepper - sliced thin
- 1 small onion - sliced thin
- 1 teaspoon salt
- Mix all of the above ingredients and let sit for an hour. When the hour is almost up, get the below ingredients in a pot
- 1 cup white vinegar
- ¼ cup water
- 1 cup sugar
- 1 teaspoon celery seeds
- 1 teaspoon mustard seeds

NOTES

- Refrigerate before serving for extra crunch.
- When serving, try a drizzle of oil, mayo, or aioli to taste.
- Substitute hot peppers for the bell peppers or add chili flakes for a kick!
- Sugar was reduced from 2cups to 1 cup. Adjust to your liking.

DIRECTIONS

1. Put all the syrup ingredients in a pot on medium heat. Stir until the sugar has melted and everything is well combined.
2. When the hour is up, drain the slaw. Rinse and drain a second time. Add the slaw mix to the syrup. Stir so that all the slaw is coated with the syrup.
3. Fill your hot jars with the slaw and add some of the syrup to each jar. Fill to ½ inch headspace.
4. Wipe the rims of the jars with a paper towel that has a bit of vinegar on it so your rims are free from food particles.
5. Put on the flat lid and the ring/band, tighten the ring/band to finger tight.
6. Once you've filled and closed the jars put them into your water bath canner, make sure the water is at least 1 inch over the jars.
7. Don't forget to put a splash of vinegar in the water in your canner – this helps to keep your jars from getting cloudy (you should do this every time you use your canner).
8. When all your jars are filled and in the canner bring the water to a boil. Boil for 10 minutes.
9. Turn off the heat and let the canner sit for about 5 minutes. At this point you can use your jar lifter and remove the jars from the canner. Put them on a clean towel and allow them to cool completely.
10. You will begin to hear the ping of the jars sealing!
11. Remove the bands.
12. Wipe the jars down to make sure they're clean.
13. Label your jars with content and date, then add to your pantry. Now, you have a delicious, ready-to-eat coleslaw!

INFUSED OLIVE OILS

Ingredients

Lemon Infused Olive Oil

- 250 mL olive oil
- Peel from 2 lemons

Chili Infused Olive Oil

- 250 mL olive oil
- 6 garlic cloves, peeled
- 1 ½ teaspoons chili flakes

Rosemary Infused Olive Oil

- 250 mL olive oil
- 4 washed & completely dried rosemary sprigs, about 5 inches long

Instructions

Lemon Infused Olive Oil

- Warm lemon peel and olive oil together over very low heat for 20 min. Cool 30 min.
- Break lemon peel into jar.
- Pour olive oil into bottle with funnel. Seal.

Chili Infused Olive Oil

- Warm olive oil, garlic, and chili flakes over low heat for 8 to 10 min. until garlic is lightly brown. Remove from heat. Let cool.
- Remove garlic and slice. Place garlic in bottle.
- Pour olive oil and chili flakes into bottle with funnel. Seal.

Rosemary Infused Olive Oil

- Warm rosemary and olive oil together over very low heat for five to seven minutes. Cool 30 min.
- Place rosemary in jar. Pour olive oil into bottle with funnel. Seal.



Preparation Time : 5 min



Total Time : 50 min



Servings : 16

Notes

- Olive oils can be refrigerated for up to 1 week. To enjoy, remove olive oil from the refrigerator and let it sit for 15 to 20 min. to return to a pourable consistency.
- Feel free to adjust any of the added ingredients, like lemon, chili flakes, and rosemary, according to your tastes.
- **It's important that your rosemary is completely dry.** Wet rosemary can quickly lead to bacterial growth.