

Plague Tonic in Pictures

Dedicated to the Fall 2014 class of Fermentation 101. Welcome to the world of culture!

It's that time of year again...time to prepare for cold and flu season, especially because flu shots are being given. If you didn't know already, flu vaccines [shed](#). That means if someone in your home or office gets a flu shot, you could get the flu just being around them.



So, there are an awful lot of "bugs" out there and we will be prepared to fight them in a few weeks with our plague tonic. When I've felt something coming on, I take a tablespoon 3 times a day, and usually can fight off whatever is trying to take hold. Friends and family who've been sick for a while and "just can't shake" something, try the tonic and experience healing within a couple/few days.

Let's get started. You're going to need a glass jar (probably a quart) with a plastic lid (it will eat metal) and some Bragg's Apple Cidar Vinegar (unless you can get homemade).

You'll need equal parts of fresh chopped:

Garlic

The hottest peppers you can get your hands on

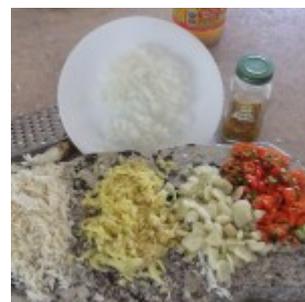
Onion

And equal parts of grated:

Horseradish root

Ginger root

Turmeric root (this can be hard to find, so if all else fails, use a nice big teaspoon of turmeric powder).





Place all the ingredients in your glass jar so it's filled to a couple inches below the lid.



Cover with ACV and put on the plastic lid. Shake well & add a bit more vinegar to bring up to about 1/2 inch of the top of the jar.



Label your jar with the date. For those of you who know me well, I always include "Love & Gratitude" on the label based on the work of [Emoto](#). If you have lots of different jars going, you might want to put "Plague Tonic" on the label also.



Every day for the next 2-3 weeks, you're going to shake your jar a couple/three times a day. After that, you can filter it through an unbleached coffee filter (or cheesecloth). The "chunks" can be dried and used later as spice if you like (I crush mine with a mortar and pestle).



At the first sign of cold or flu, take a tablespoon (can be diluted for grown-ups and should be for kids). Two to three times a day will stop most bugs in their tracks.

As always, wishing you REAL food (and tonics), for REAL health (without meds) so you can be REAL happy.

Thanks to Vicki R. and [Granny Good Food](#) for sharing this two years ago. You've helped many more than you know.

Yummy Good for You Casserole

Over time I created this recipe as a teaching tool because each of the ingredients is chosen very deliberately for it's health benefits (ok, the seasoned salt is just for simplicity).



1 pound [grass-fed](#) ground beef or breakfast sausage (sausage will make it have more "wow")

1 organic medium size [onion](#) – chopped to your liking

1 – 2 cloves organic [garlic](#) (crush and let sit 10 minutes before cooking to maximize the nutrient content)

1+ tsp sea [salt](#)

2+ dashes of [turmeric](#) (helps prevent cancer)

1+ tsp seasoned salt (I use Simply Organic All-seasons salt) or any herbs and spices that you like

1 big bunch [kale](#) or $\frac{1}{2}$ small head of cabbage (or any mixture there-of and the more the better for you) – to clean kale, let

soak in tepid water and 1T vinegar for 15-30 minutes then rinse each leaf

1+ T – Bacon grease (from grass fed bacon) or organic butter

2 cups organic rice (soak at room temperature 7 hours or overnight in enough water to cover it with 2 T apple cidar vinegar or whey – drain before cooking)

Start cooking the rice according to the instructions minus about 1/3 of the water requirement (since the rice is soaked). [Bone broth](#) is a flavorful healthy liquid to cook your rice in. You could add a tablespoon of coconut oil to the water to keep it from sticking and add some luscious medium chain fatty acids.

Brown meat with onions in a stainless or cast iron skillet for which you have a lid. Don't drain the fat. Add garlic. Finely chop (or use kitchen scissors) the greens and put on top of the meat mixture. Sprinkle salt, turmeric and seasoned salt on greens. Put bacon grease or butter on top. Cover and simmer while the rice continues to cook. The greens need a good $\frac{1}{2}$ hour or more.

If you have room, stir the rice together with the meat/green mixture and let simmer another 15 minutes. If you don't have room in the skillet pan, put all the ingredients in a casserole and bake covered for another 15-30 minutes at about 300.

Sample taste...you might want more salt or seasoning, or bacon grease. Be daring!

Would you like it to be even more of a superfood casserole?...add grass fed liver pieces. (I haven't been ready to do this just yet.)

Don't want to use rice? Finely chop potatoes (you can do this

in the blender) and put them in the same time you add the greens. Want color? Add a finely chopped carrot when the meat is about halfway cooked. Mix and match! When you cook with bacon grease, butter and seasonings, it always comes out tasty!

To get the full benefits of all the nutrients, consume a couple tablespoons of raw, fermented sauerkraut with the casserole.

Special thanks to Nicole and Sarah – 2 of the world's most awesome Moms.

Until next time...wishing your **real food**, for **real health** so you can be **real happy**.