



## Summer Solstice

The Peak of light and beginning of summer is upon us. It was a weird one being rainy and cool, as this spring has mostly been. I am confident that the heat and humidity is coming since we are in the south and there is just no escaping it. While many do not love summertime since there are so many challenges...the bugs, the rashes, the yardwork, I have always loved this season of unfurling in the sun. The green of the trees and all the plants growing and beckoning us. Dipping into a cold mountain creek or river on a hot day, napping or reading in a hammock, or sipping iced tea on the porch in the evening all make me love this season. There just seems to be a wistful romance to the southern summer, filled with screen doors, eating out of the garden or farmers market, sipping delicious drinks, and picnics that mark the season. In thinking on some of my favorite things, I wanted to share some of my most beloved summer drinks. I love to include antioxidant rich food and drinks in the summer to protect skin during sun exposure, and include green smoothie and drinks to cool the body overall. We have many options in both bulk herbs and our supplement section to choose from. Please ask for help if you need guidance.



Shrubs are typically a blend of herbs, fruits, and spices soaked in vinegar and enjoyed as a base for fizzy drinks, mixed with mineral water, or cocktails and mocktails.

Last years favorite for me was:

### **Blueberry Schisandra Shrub**

- 1 cup fresh blueberries
- ½ cup dried schisandra berries
- ½ vanilla bean
- 2 cups apple cider vinegar
- ½- 1 cup sweetener of choice (sugar, maple syrup, honey, or molasses) to taste

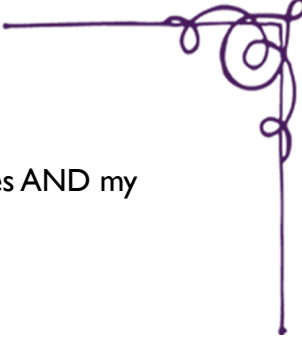
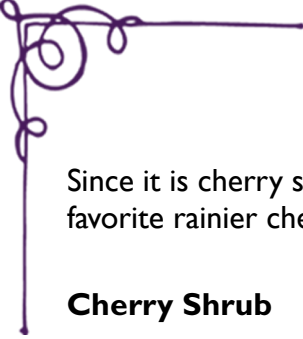
Wash berries and muddle together with schisandra berries and vanilla bean.

Cover with apple cider vinegar and put on lid. Note: use a plastic lid or place wax paper in between metal lid and mason jar so that the vinegar does not corrode the metal.

Let sit in a cool, dark place for 2-4 weeks.

Strain berries out and add sweetener to taste. Make sure that you do not add sweetener until vinegar is macerated with berries and herbs, as it can cause off tastes and excessive fermentation.

Keeps in fridge for 6 months. Add 1 oz. to 1 cup of mineral water.



Since it is cherry season, and our produce department has had both red sweet cherries AND my favorite rainier cherries, I wanted to share this recipe from The Nourished Kitchen:

### **Cherry Shrub**

- 1 cup pitted and halved cherries
- 2 Tbsp. fresh thyme leaves
- 1 Tbsp. black peppercorns
- 1 cup red wine vinegar (or more to cover)
- 1 cup unrefined cane sugar or  $\frac{3}{4}$  cup honey

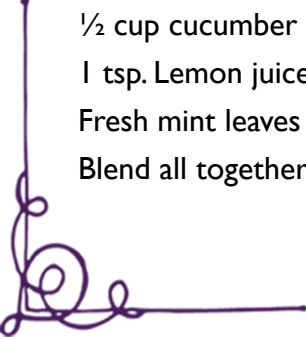
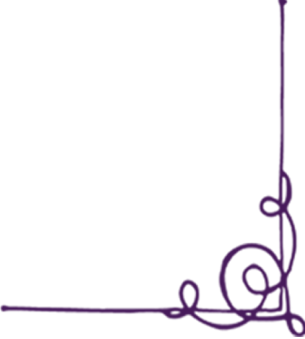
Muddled together fresh cherries with herbs and spices. Cover with red wine vinegar and let sit in cool dark place for 2-4 weeks. Strain and add sweetener. Keep in fridge for 6 months.

Smoothies! This is smoothie season, quick breakfast fare or mid afternoon energy boost, here are a few of my favorites:

### **Green Creamcicle (From Health Force Nutritionals)**

- 1 cup fresh orange juice
  - 1 cup hemp milk (or milk of choice)
  - 1 Tbsp. Warrior Food Vanilla
  - 1 Tbsp. Spirulina
  - 1 cup ice
  - 1 Tbsp. coconut Oil
- Blend all ingredients together and enjoy!

### **Cool Green**

- 1 cup coconut water
  - 1 tsp. Truly C powder
  - 1 Tbsp. Greener grasses powder
  - 1 cup frozen pineapple chunks
  - 1  $\frac{1}{2}$  cups kale
  - $\frac{1}{2}$  cup cucumber
  - 1 tsp. Lemon juice
  - Fresh mint leaves to taste
- Blend all together and sip happy!
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## Matcha Slush

¾ cup milk of your choice  
1 tsp.+ matcha powder  
2 tsp. Sugar, maple syrup, or honey (or to taste)  
2 cups ice  
½ tsp. Vanilla extract  
In a high speed blender, add all ingredients and blend well.

A recipe shared by Paul Stamets, if you want more mushroom love in your life.

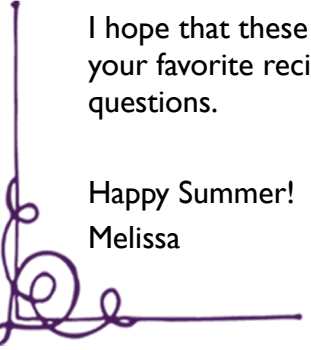
## Paul Stamets Signature Smoothie

½ tsp. Lion's mane powder  
½ tsp. Stamets 7 powder  
½ tsp. Turkey tail powder  
1 cup milk or mylk (almond, hemp, cashew, etc.)  
½ cup almond butter  
½ cup yogurt  
¼ banana  
½ cup blueberries  
1 serving protein powder of your choice  
Handful of ice  
Blend all ingredients together well and enjoy.

And lastly, don't forget simple muddled herb and fruit waters. It is a great way to increase your water intake and they taste delicious. Muddle fruits and herbs in a pitcher and add water. Let sit for a half hour or so to infuse flavors well. Store in the fridge for 2 days.

### Some options:

Mint & lime  
Lemon & lavender flowers  
Basil & cucumber slices  
Lemon verbena leaves & blackberries  
Elderflower & mint  
Holy Basil & rose petals  
Watermelon & mint



I hope that these recipes inspire you to nourish and hydrate through the sunny days. Please share any of your favorite recipes with us and do not hesitate to chat with an HBC member if you have any questions.

Happy Summer!  
Melissa

