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The Good Herb

Sharing ideas for
using the bounty of the garden!

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This time of year we all seem to feel a little sluggish, especially after another long, snowy winter! A couple ways you can get a boost in your energy levels that you may not be familiar with are Chia Seeds and Quinoa.

Chia seeds are tiny black seeds from the plant *Salvia Hispanica*, which is related to the mint plant. You can find them in larger grocery stores and health food stores. They are a good source of protein, fiber and antioxidants.

Gluten free quinoa comes in white, black, and red colors. It is also high in protein, fiber and flavonoids, which are plant antioxidants that have been shown to have many beneficial effects on health.

Winter's almost over—stay healthy!!

Breakfast Pudding with Chia Seeds

Makes 4 servings, ½ cup each

2 cups plain Greek yogurt
1½ tablespoon chia seeds
1 tablespoon maple syrup, Agave syrup, or honey
Toppings: sunflower seeds, coconut, dried cranberries, diced apples, pecans, cocoa nibs

Mix yogurt, chia seeds, and maple syrup in a large bowl; cover and refrigerate at least 12 hours. Serve with whatever toppings you wish. If the pudding is not sweet enough for you, additional maple syrup, agave syrup or honey can be added.

Pudding can be made 2 days ahead. Keep refrigerated.

Chia seeds form a gel when they are soaked in liquid for awhile, making this into a high-protein and very filling pudding.

Colorful Quinoa Salad

1 cup white or colored quinoa
2 cups chopped spinach or kale, or a combination
1 Tablespoon olive oil
1 large peeled and cooked sweet potato (I usually roast these wrapped in foil in the oven at 350 for about an hour)
1 large crisp apple, such as Honeycrisp
1 teaspoon lemon juice
½ cup toasted pecans
½ cup dried cranberries
Optional – 2 teaspoons Chia seeds

Dressing

¼ cup olive oil
1 Tablespoon Herbal Vinegar or Cider Vinegar
1 Tablespoon Honey
1/8 teaspoon cinnamon
Dash of salt and pepper

Cook the 1 cup quinoa in 2 cups water for about 20 minutes, until softened. Drain off any excess liquid and cool.

Put the chopped kale and/or spinach in a bowl and drizzle with the 1 Tablespoon olive oil. Massage the oil into the leaves with your hands until covered.

Chop the apple, skin on, and put it in a bowl with 1 cup water and 1 teaspoon lemon juice for 5 minutes, to keep the apple from turning brown. Drain water off after the 5 minutes. Peel and chop the sweet potato and add the apple and sweet potato to the bowl of kale. Add the chia seeds, pecans and cranberries and toss gently. Add the cooked quinoa and again toss gently.

Whisk together the dressing ingredients and mix into the salad. The salad will keep in the refrigerator for up to 3 days.

*May your blessings outnumber the shamrocks that grow.
And may trouble avoid you wherever you go.
—Irish Blessing*