

## Spring Time

Spring is a time of renewal, action, and clearing away the past in order to create the future. We see this in nature through new life with the birth of animals or plants budding and being awakened. New sprouts and shoots cover the earth with green; it is energetically light and cool.

Bring balance to this season by moving and cleaning. It is the ideal time for body cleanses, vigorous exercise, swimming, and gardening. The best cooking methods are steaming, sautéing, and fermenting. During spring we focus on detoxifying to get rid of the excess that we accumulate during the winter month.

The liver and gallbladder are especially essential in the spring. They are the yin and yang to process what we ingest, screening and eliminating waste. Support them with sour astringent foods. When sour flavors enter the liver and the gallbladder it helps reset the balance by cooling and tightening tissue. This flavor may be used to prevent excessive fluid loss through perspiration, frequent urination or diarrhea. The taste of sour is also said to be calming since the liver is an important organ dominating emotions.

Foods associated with the spring season include vegetables such as artichoke, asparagus (green and purple), broccoli, chives, collard greens, fennel, green beans, mustard greens, peas, radicchio, ramps, rhubarb, sorrel spinach, Swiss chard, Vidalia onions, watercress; fruits such as tomatoes, tart cherries, blackberries, raspberries, strawberries, apricots, apples, honeydew, lemons, limes, grapefruit, mangos, oranges, pineapple, kiwifruit; herbs such as dandelion (leaf mostly), raspberry leaf, orange peel, schisandra berries; and cultured vinegars such as apple cider, balsamic, rice, and coconut.

All sprouts provide support to the liver, and kidneys, with the nutrients needed during spring time. Green foods have properties for anti-cancer, anti-inflammatory, brain health, cell protection, skin health, hormone balance, heart health, and liver health. Pound per pound sprouts and micro-greens are some of the more nutritious foods you can find. Try incorporating more of these types of foods into your diet, especially during this season of spring.

### New Beginnings Micro-green Salad

#### Dressing:

**4 tbsp** olive oil  
**2 tbsp** apple cider vinegar (w/ the mother)  
**2 tsp** ume plum vinegar  
**1 tsp** maple syrup  
**1/2 tsp** celery seed  
**1/2 tsp** turmeric powder  
**1/4 tsp** (each) whole black peppercorns, schisandra berry, milk thistle, fennel and cumin seed  
**1 pod** cardamom seed  
**1/2 lemon** juice and zest

#### Salad:

**4 cups** pea shoots and micro green mix  
**3 cups** arugula mix  
**2 cups** sprout mix  
**1 cup** blackberries, chopped

**2** tomatoes, sliced in wedges  
**1** carrot, shaved into ribbons  
**1/2** apple, sliced thinly  
**1/2** a bunch of green onions, sliced thinly

#### Directions:

1. Grind up black peppercorns, schisandra berry, milk thistle, fennel, cumin and cardamom seeds
2. Add all the dressing ingredients in a bowl and whisk till combined.
3. Cut vegetables and fruit as directed.
4. Mix all the salad ingredients together in bowl.
5. Pour dressing over and toss to combine.
6. Serve cold or room temp.
7. Finish plate by sprinkling with Himalayan or Celtic sea salt to taste.