



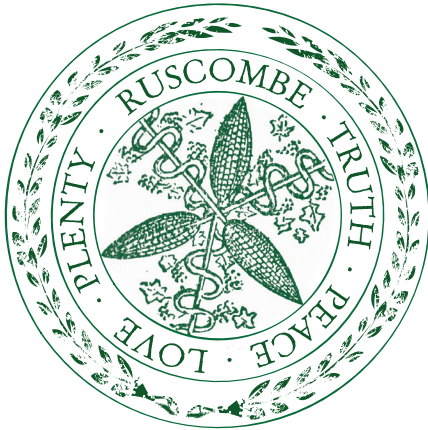
# Ruscombe Mansion Open House 2013

## HEALING RECIPES TO MAKE AT HOME

VOLUME III

[www.Ruscombe.org](http://www.Ruscombe.org)  
410-367-7300

RUSCOMBE MANSION COMMUNITY HEALTH CARE CENTER  
4801 YELLOWWOOD AVE. • BALTIMORE, MD 21209 • 410-367-7300



Welcome to the third volume in what has turned into a popular tradition. This is another collection of recipes from the holistic practitioners at the Ruscombe Mansion Community Health Center in Baltimore, Maryland, some of which were prepared for our Open House in 2012. More information about the services and classes offered at Ruscombe can be found at [www.Ruscombe.org](http://www.Ruscombe.org).

Most of the ingredients we use in our cooking are organic, and in the summertime we strive for local and even backyard-grown food. Organic produce and packaged goods are becoming easier to find, and you no longer have to shop at the high-end specialty health food markets to find healthy options. Most supermarket chains also carry them.

The fundamental reason to eat organic is it creates a stable and healthy soil-food web. Healthy soil means healthy plants, and healthy plants mean healthy animals. More specifically, it means fewer dead zones in our rivers and tributaries from pesticide run-off, less nitrate leaching, more efficient soil microbial communities, and more drought tolerant crops.

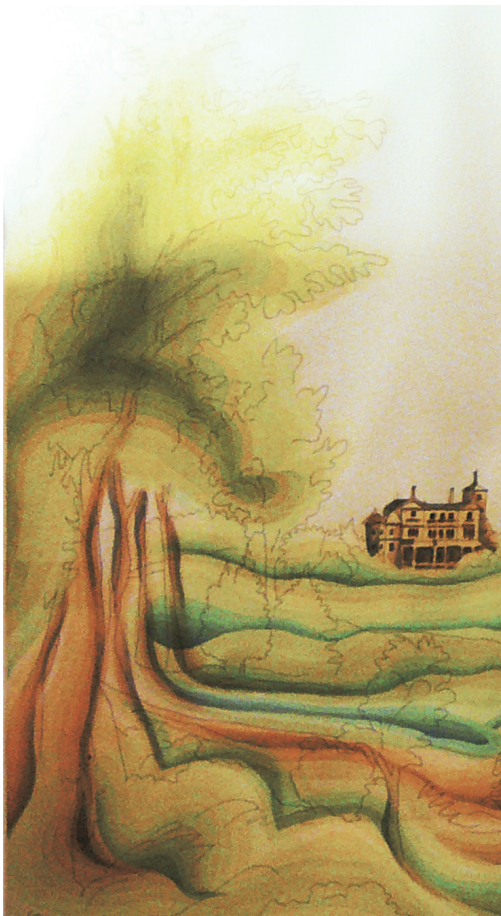
Organic is also the best way to avoid eating genetically modified foods, which are still not required by the USDA to be labeled as such for the consumer. And with their suddenly booming proliferation (over 80% of all corn planted in the U.S. and over 90% of all soybean are genetically modified) GMOs are in just about every processed food on the market. Buying organic foods offers assurance against the risks of genetic engineering because GM substances are prohibited in organic production. While there are numerous reasons to avoid any GM foods, the most recent is a study conducted by French scientists and published in Archives of Environmental Contamination and Toxicology that found symptoms of poisoning, cancer, and liver and kidney damage in rats fed GM corn. Learn more here: [www.nonGMOreport.com](http://www.nonGMOreport.com).

Organics also just plain taste better!

For more ideas on how to improve your diet to maximize its healing potential in your life, consult your Ruscombe practitioner. They can always refer you to one of our practitioners with more nutritional training.

On select days, Ruscombe's Co-op Café offers mostly organic, and often locally-grown, lunches. Call 410-367-7300 to inquire about hours and menus of the day.

*Enjoy!*



# Betsey's Granny's Progressive Waldorf Salad

Adapted from a recipe found in the Live Raw cookbook by Mimi Kirk

This recipe came to us from Betsey Gilbert

Massage, Craniosacral, Pure Light Blessings and Healing

410-321-5906

*This salad is easy to make, rich and hearty, and a satisfying stand-alone meal.*

Serves 2 – 3

The Salad:

- 2 green or crisp, firm apples, coarsely chopped
- 2 stalks of celery, chopped
- Handful of raisins: if they are not plump, soak in filtered water for 15 minutes
- ½ cup walnuts and pecans, broken or chopped
- Generous handful of grapes cut in half, your choice of color
- ½ lemon, juiced
- Mix gently lemon juice with apples to prevent them from darkening

The Dressing:

- ½ cup almond, soaked for 4 hours (alternative would be 3 – 4 tablespoons of almond butter)
- ¼ cup pine nuts
- ¾ cup water (use at your discretion if using almond butter)
- 1 clove garlic, crushed
- Pinch of Himalayan or Celtic sea salt
- 1 Tablespoon lemon juice
- 3 medjool dates, pitted or sweetener of choice
- 2 Tablespoons Irish moss gel (optional)
- 1/3 cup extra-virgin olive oil

Place all dressing ingredients except olive oil in a high-powered blender. Blend at medium speed while drizzling in the oil. Blend until creamy and smooth. If you prefer a thicker dressing, just add more pine nuts or some cashews. Chill for 4 hours.

To Serve:

Slowly pour 1/3 of the dressing on salad and toss well. Use as much of the dressing as suits your taste. Place a lettuce leaf on a salad plate or in a shallow bowl. I like to use butter lettuce as it curves perfectly for holding Waldorf salad. Place a large scoop of the salad into the leaf and garnish with grapes and chopped nuts.

# Diana's Excellent Spinach Dip

This recipe came to us from Diana Keener, Acupuncturist  
410 542-4088

*So simple to prepare, yet you'll stun your friends with how good it tastes.*

Sautee approximately 15 ounces of washed and chopped spinach together with 5 ounces of chopped mushrooms in a quarter cup of olive oil.

Add 1/2 tsp of dried tarragon and cook down so that there's very little water left. This is very important so that the texture is not too runny.

Squeeze the juice of a lemon and a pressed garlic clove into the mixture, add salt and pepper to taste.

Dump the whole thing into the blender, and blend until smooth.

Spread on crackers to serve.

Optional Flavors for the Spinach Dip:

Before blending, add some feta cheese. For a different kind of flavor, substitute smoked paprika for tarragon.

# Marina's Cantaloupe Salad

This recipe came to us from Marina Gan, Acupuncturist  
443-739-5100

*Marina says, "It's not much a recipe, but it really is delicious and tends to be a big hit! Especially at the height of the summer when melons are ripe and prolific."*

1) Dice melon

2) Add mint and honey to taste

3) ...Enjoy!

*A few nice words about cantaloupe:*

Because the flesh of the cantaloupe is often pastel-like in color, we sometimes forget how important cantaloupe can be as a fruit source of vitamin A. Just 1 cup of cantaloupe has 108.2% of the recommended daily dose of Vitamin A and 97.8% of your recommended daily dose of Vitamin C!

# Laura's Mom's Cocktail Party Spinach Balls

This recipe came to us from Laura Cortner, Admin Director of Ruscombe Mansion, and also the Producer of [www.21stCenturyRadio.com](http://www.21stCenturyRadio.com)  
410-367-7300

*A healthy version of the old cocktail party favorite.*

Makes 60-70 balls

- 2 10 oz. packages of frozen spinach\* cooked and drained very well
- \*yes, you can find organic frozen spinach even in the large chain supermarkets these days!
- 1 cup grated Parmesan cheese
- 6 eggs, beaten
- ¾ cup of butter, softened
- 2 cups packaged stuffing mix†

†to ensure organic ingredients, you'll want to make this yourself with

- 2 cups of organic bread cubes
- ¼ cup minced parsley
- 1 teaspoon dried sage or 1 tablespoon minced fresh
- 1 teaspoon dried thyme or 1 tablespoon minced fresh
- Salt and pepper to taste

Combine all ingredients, mixing well. Roll into balls size of walnuts.

Freeze.

Place on cookie sheets still frozen.

Bake at 350° for 10-20 minutes.

# Samantha's Chicken Florentine Artichoke Bake

Adapted from a recipe found in Better Homes and Gardens

This recipe came to us from Samantha Spyridakos

Shiatsu, Massage and Reiki

443-722-1896

*When shopping for meat, ask your grocer to implement the Global Animal Partnership Animal Welfare Rating Standards so you can make informed purchases. Consumers should demand to know: How was that animal raised and treated? What about added hormones and antibiotics? Was its growth artificially accelerated?*

Makes: 6 to 8 servings

Ingredients:

- 8 ounces dried bow tie pasta
- 1 small onion, chopped
- 1 tablespoon butter
- 2 eggs
- 1 ¼ cups milk
- 1 teaspoon dried Italian seasoning
- 1/4 - ½ teaspoon crushed red pepper (optional)
- 2 cups chopped cooked chicken\* (look for “pasture centered” organic meat)
- 2 cups shredded Monterey Jack cheese (8 oz.)
- 1 14 ounce can artichoke hearts, drained and quartered
- 1 10 ounce frozen chopped spinach, thawed and well drained
- ½ cup oil-packed dried tomatoes, drained and chopped
- ¼ cup grated Parmesan cheese
- ½ cup soft bread crumbs
- ½ teaspoon paprika
- 1 tablespoon butter, melted

Directions:

1. Preheat oven to 350 degrees F. Cook pasta according to package directions; drain. In medium skillet cook onion in 1 tablespoon butter over medium heat about 5 minutes or until tender, stirring occasionally. Remove from heat; set aside.

2. In bowl whisk together eggs, milk, seasoning, 1/2 tsp. salt, 1/4 tsp. black pepper, and crushed red pepper. Stir in chicken, Monterey Jack cheese, artichokes, spinach, tomatoes, half of the Parmesan, cooked pasta, and onion. Transfer to a 13x9x2-inch baking dish or 3-quart rectangular casserole.

3. Bake, covered, 20 minutes. In small bowl combine remaining Parmesan, bread crumbs, paprika, and melted butter. Sprinkle mixture over pasta. Bake, uncovered, 10 minutes more or until golden. Makes 6 to 8 servings.

# Barbara's Easy Mini Meatloaf

Adapted from a recipe handed down from Aunt Dee

This recipe came to us from Barbara Levitt

Medical Secretary for Tessy Brungardt and Drs. Grundmann and Hinderberger

410-367-6263

*Learn more about the Global Animal Partnership Animal Welfare Rating Standards at [www.globalanimalpartnership.org](http://www.globalanimalpartnership.org). By choosing to support higher welfare farmers and ranchers, we can collectively make a significant difference in the lives of billions of animals.*

Mix together:

- 1 lb ground beef or ground turkey
- 1/2 cup chopped onion
- 1 small clove garlic minced
- 1 egg
- 1/2 cup bread crumbs
- 1/4 cup Parmesan cheese
- 1/4 cup chopped parsley
- salt/pepper

Heat oven to 325 - 350 °

Form into 2 small loaves

Mix together 1 small can of tomato sauce, 1 teaspoon sugar, 1/4 cup of water

Pour over meat loaf

Sprinkle the top with oregano

Bake for about 45 minutes at 325-350 uncovered

Add lid or cover for last 1/2 hour of cooking

# Tessy's Wild Life Pilaf

This recipe came to us from Tessy Brungardt  
Certified Advanced Rolfer®, Rolf Movement Therapy Teacher  
410-367-4075

*True wild rice grains, high in protein, fiber, folic acid and B vitamins (and naturally gluten-free), are the non-cultivated seeds of the marsh grass indigenous to the Great Lakes in Wisconsin, Michigan, Minnesota and parts of Canada. For over a thousand years, Ojibwe (Anishinaabeg) and other Native American and Canadian tribes have been harvesting wild rice, or manoomin, using sticks, a canoe, and a pushing pole in the months of August and September. The grains are then dried and roasted, or "parched," often over wood fires. In a good year, they can harvest over 50,000 pounds, providing income and employment to native tribes in desperate need of both.*

## Ingredients:

- 8 oz uncooked wild rice
- 1 medium onion
- 2 sticks celery
- 8 oz mushrooms
- 1/2 cup chopped dried cherries
- 1/2 cup chopped cashews
- Salt

## Instructions:

Prepare rice according to the instructions on the package.  
While rice is cooking, sauté onion and celery until onions are translucent.  
Add mushrooms and sauté until tender.  
Stir in cherries and nuts.  
Salt to taste.  
Let it sit until rice is finished cooking.  
Mix the cooked rice and sautéed food together and serve.



# Amy's Asian Noodle Salad

Adapted from a recipe from The Pioneer Woman

This recipe came to us from Amy Ford

Ruscombe's Webmaster and Graphic Designer available for Freelancing

443-622-6797

*This dressing is good over any kind of veggies and any kind of noodle or rice. It is also suitable to marinate chicken, pork, or seafood and reserve some as finishing sauce. The dressing will keep for up to three days before serving, without the parsley or cilantro or in it.*

Ingredients:

## SALAD INGREDIENTS:

- 1 package Udon Noodles, cooked, rinsed and cooled (alternate with rice or soba noodles if you want to stay wheat-free, or you could use rice or linguine noodles)
- 1/2 head Sliced Purple Cabbage, Or More To Taste
- 1 whole Red Bell Pepper, Sliced Thin
- 1 bag Bean Sprouts (also Called Mung Bean Sprouts)
- 3 whole Scallions, Sliced
- Sliced Crimini mushrooms
- Any of your favorite veggies sliced thinly or grated

## FOR THE DRESSING:

- 1 whole Lime, Juiced
- 8 Tablespoons Olive Oil
- 6 Tablespoons Braggs' Liquid Aminos
- 2 Tablespoons soy sauce
- 3 Tablespoons Sesame Oil
- 1 Tablespoon Brown Sugar
- 3 Tablespoons Fresh Ginger Chopped
- 2 cloves Garlic, Chopped
- Chopped Parsley (or Cilantro)

Preparation Instructions:

Mix salad ingredients together. Whisk dressing ingredients together and pour over salad. Mix with tongs or hands and serve on a platter.

# Ina's Crabby Avocadoes

Courtesy of Michael Blatnik

This recipe came to us via Ina Grundmann, M.D.

Homeopathy, Nutrition, Acupuncture

410-367-5622

*Avocadoes are a popular source of healthy oil that helps keep inflammation under control. The anti-inflammatory benefits of avocado fats are particularly well-documented with problems involving arthritis. As a monounsaturated fatty acid, it has also been shown to help lower our risk of heart disease.*

Ingredients :

- 4 large ripe organic avocadoes
- 1 fresh lemon
- 1 16 oz can crab claw meat (Lump meat not as flavorful and 2-3x more costly)
- 1 8 oz pkg organic fresh arugula or spinach (for bedding)
- 1 24 oz container fresh pineapple slices.
- 1/2 large red pepper
- 1/2 large yellow pepper

Split the avocados in half to remove the pit/seed (here's a tip from Michael: it's easiest to prepare to peel at this time by slicing thru the skin to 'quarter' and peel the skin after splitting and removing the pit.) At this point, remove the seed and cut each of the halves lengthwise to produce long quartered sections of the avocado. You can use your thumb and index finger to grip the edge of the skin on each quarter and peel it off, just as you would do with a banana skin.

1/2 the lemon to squeeze

dice both peppers into 1/8 in cubes or smaller

halve the pineapple so you have arcs.

On large tray lay your background bed of arugula or spinach for bedding the 8 halved avocados. The green bedding should extend on the plate well beyond the inner circle where you place the avocadoes. You can surround the outer ring with pineapple slices.

Arrange avocado halves in a circle or double circle or oval as fits your serving plate. Fill each with a mound of the crab meat - approx 2 oz per avocado. Squeeze fresh lemon over crab meat for slight preserving and freshening/brightening the flavor.

Have fun with the plate arrangement: add the diced peppers either separately, or sprinkled over pineapples, or filling center pineapple "cup". These vegetable combinations lend themselves perfectly for color and contrasts, patterned as you wish. Add any other little additions you choose like cherry tomatoes, kumquats, walnut halves etc.

Black cooked rice makes a striking side dish!!

# Helen's Sweet Potato and Apple Bake

This recipe came to us from Helen Baylin  
Ruscombe Mansion's Office Coordinator  
410-367-7300

*Perfect flavor combination for the fall. And sweet potatoes are one of the best vegetables you can eat. They're loaded with carotenoids, Vitamin C, potassium, and fiber.*

Ingredients:

- 3 large Sweet Potatoes – peeled and sliced – and then half sliced
- 3 – 4 Apples – peeled and sliced - and then quarter sliced

Mix together :

- 1 teaspoon each: Ginger, Cinnamon and Nutmeg (more of the one you like the best)
- ½ cup Orange Juice
- Butter
- Honey

Heat oven to 350 degrees.

Coat an oven safe casserole dish with non-stick.

Lay down one layer of sweet potatoes and apples.

Sprinkle with seasonings over each layer.

Dot with butter over each layer.

Should make 3 layers.

Pour Orange Juice over the last layer, and then drizzle honey over top.

Bake covered 45 minutes.

Test for doneness.

Uncover and bake 15 minutes longer to brown.

# Dixie's Tofu Old Bay

This recipe came to us from Dixie Mullineaux  
Acupuncture and Mindfulness Based Meditation  
410-484-8030

*Ruscombe's Co-op Café has long been graced with the delectable talents of Dixie Mullineaux's culinary creations. That said, Dixie gave us a caveat on this recipe: "I must say that recipes are almost impossible for me, so this is coming from off the top of my head. I advise taste testing and being creative as you go along, as I do."*

- 1 lb firm tofu, drained and crumbled
- 1/2 cup onion, minced
- 1 cup carrot shredded
- 1/2 cup celery, minced
- 1/4 cup green pepper, minced
- 1/4 cup red pepper, minced
- 1/2 cup bread crumbs
- 1/2-3/4 cup mayonnaise
- Old Bay seasoning to taste...start with a tablespoon, taste, then add more if you want.

Mix all of this together in a large bowl. Taste for mayonnaise, then Old Bay. May want some salt and pepper, too.

Spread in a casserole dish and bake at 350° for about half an hour. Serve warm as a dip or casserole. Serve cold on a sandwich with lettuce and tomato.

You can also form into patties and bake as burgers. You might want to add more bread crumbs and/or an egg to make it stick together better as patties.

# Leyan's Stewed Lentils and Tomatoes

Adapted from a recipe from The Barefoot Contessa

This recipe came to us from Leyan Darlington

Reiki Master, Craniosacral Therapy, Massage, Energy Work, Natural Eye Therapy

443-676-4302

*Ina Garten made huge pots of this at her restaurant, Barefoot Contessa. Great healthy and delicious source of fiber!*

Prep time: 20 mins | Total Time: 1 hrs 10 mins | Yield: 6-8

## Ingredients:

- 1 teaspoons extra virgin olive oil
- 2 cups large diced yellow onions (2 onions)
- 2 cups large diced carrots (3-4 carrots)
- 3 garlic cloves, minced (about 1 tbls.)
- 1 (28 ounce) cans plum tomatoes
- 1 cup French green lentils (7 ounces)
- 2 cups vegetable stock (or chicken stock)
- 2 teaspoons mild curry powder
- 2 teaspoons fresh thyme leaves, chopped
- 2 teaspoons kosher salt
- ¼ teaspoon fresh ground black pepper
- 1 tablespoon good quality red wine vinegar

## Directions:

1. Heat the oil in a large saucepan. Add the onions and carrots and cook over medium low heat for 8-10 minutes, until the onions start to brown. Stir occasionally with a wooden spoon. Add the garlic and cook 1 more minute. Be careful not to burn the garlic.
2. Meanwhile, place the canned tomatoes, including the juice, in the bowl of a food processor and pulse several times until the tomatoes are coarsely chopped. Rinse and pick over the lentils to make sure there are no stones.
3. Add the tomatoes, lentils, broth, curry powder, thyme, salt, and pepper to the pan. Raise the heat to bring to a boil, then lower heat and simmer covered for about 40 minutes, until the lentils are tender. Check occasionally to be sure the liquid is still simmering.
4. Remove from the heat and allow the lentils to sit covered for another 10 minutes. Add the vinegar. Season to taste and serve hot.

# Katie's Cauliflower Cheese Pie

Adapted from a recipe passed down in the family

This recipe came to us from Katie Blake

Massage, Pregnancy Massage and Birth Doula Services

410-925-1610

*Cauliflower is one of the cruciferous vegetables you should eat on a regular basis. The connection between cauliflower and cancer prevention comes from its ability to detox, boost antioxidants, and its anti-inflammatory properties.*

## Ingredients:

2 firmly packed cups grated raw potatoes	½ tsp salt
1 large egg, beaten	¼ cup grated onion
Olive oil	4 large eggs
½ cup milk	3 Tbl grated Parmesan cheese
¾ to 1 tsp salt	¼ tsp freshly ground pepper
3 Tbl butter	1 cup chopped onion
1 garlic clove, finely chopped	
1 medium head cauliflower, chopped into small florets	
2 Tbl freshly chopped parsley	½ tsp dried basil
¼ tsp dried thyme	1 ¾ cups grated Gruyere cheese
Paprika	

## Directions:

Preheat the oven to 400°F. Generously oil a 9-inch pie pan.

Place potatoes in a colander placed over a bowl. Toss with salt and set aside for 10 minutes. Squeeze out the excess moisture.

Combine the drained potatoes, 1 egg, Parmesan cheese, and grated onion in a medium bowl. Pat the potato mixture into the oiled pie pan, building up the sides of the crust with lightly floured fingers. Bake for 35 to 40 minutes, until golden brown, brushing the crust with olive oil after the first 20 minutes to crisp it.

Remove the crust from the oven and reduce the temperature to 350°. Meanwhile, beat together the 4 eggs, milk, ½ tsp salt, and pepper. Set aside.

Blanch cauliflower. Melt the butter in a large saucepan over medium heat. Add the cauliflower, chopped onion, garlic and ¼ tsp salt; cook, stirring frequently, until lightly browned, about 5 minutes. Add the parsley, basil and thyme; cook covered, for 10 minutes, stirring occasionally. Remove from the heat.

Layer the crust with ½ of the Gruyere cheese, then the cauliflower mixture, then the remaining cheese. Pour the egg mixture over the top and lightly dust with paprika.

Bake for 35 to 40 minutes, until done.

# Lucy's Avocado, Hearts of Palm, and Red Onion Salad with Coriander Vinaigrette

Adapted from a recipe from Epicurious.com  
This recipe came to us from Lucy Hagan  
Massage, Reflexology, Aromatherapy, Craniosacral  
443-226-0050

*Based on the cuisine of Central America and the Caribbean, this quick and easy salad is alkaline and delicious. In the West Indies, salads are rarely leafy; rather they are often based on avocado and onion. We added hearts of palm for an additional tropical touch.*

Serves 8

Ingredients:

For vinaigrette:

- 1 small garlic clove
- 1/4 cup fresh coriander
- 3 tablespoons fresh lemon juice
- 1/2 teaspoon sugar
- 1/4 teaspoon salt
- 1/2 cup olive oil

For salad:

- 14-ounce can hearts of palm, drained
- California firm-ripe avocados
- 1 small red onion, sliced thin
- Boston lettuce leaves (from about 2 heads)

Preparation:

Make vinaigrette: In a blender purée garlic and coriander with lemon juice, sugar, and salt. With motor running add oil in a stream, blending until dressing is emulsified.

Make salad: Cut hearts of palm and avocado into 3/4-inch cubes and in a large bowl with a rubber spatula gently toss with onion and vinaigrette until combined well.

Line 8 salad plates with lettuce leaves and mound avocado mixture on top.

# David's Andean Quinoa Salad

Adapted from a recipe from [southamericanfood.about.com](http://southamericanfood.about.com)

This recipe came to us from David Penney

Ruscombe Mansion's Property Steward, 410-367-7300

*Quinoa ("keen-wa") is a very nutritious grain that grows in the Andes mountains. This delicious, lively salad combines quinoa with black beans, corn, red onion, and bell peppers. The dressing is flavored with lime, cumin, and aji amarillo, a fruity yellow chile pepper from Peru. I like to use choclo (an Andean corn with large kernels and a nutty flavor) in this salad, but sweet yellow corn works just as well.*

Prep Time: 15 minutes

Cook Time: 30 minutes

Total Time: 45 minutes

## Ingredients:

- 1 1/2 cups uncooked quinoa
- 2 cups vegetable broth or water
- 1 cup cooked choclo or regular corn
- 1 cup chopped red onion
- 1 red or green bell pepper, diced
- 1 15 ounce can black beans, drained and rinsed
- 1/2 cup raisins (optional)
- 1/3 cup olive oil
- 1/3 cup freshly squeezed lime juice
- 2-3 teaspoons aji amarillo paste
- 1/2 teaspoon cumin
- 2 tablespoons vinegar
- 1 tablespoon sugar
- Salt and pepper to taste

## Preparation:

Place the quinoa in a pot with the vegetable broth or water and bring to a simmer.

Simmer quinoa for 10 minutes, then drain quinoa into a strainer or sieve. Place sieve or strainer basket over boiling water and steam quinoa, covered, for 10-15 minutes longer, until the grains are fluffy and dry.

Place quinoa in a bowl, and stir in chopped onions, peppers, beans, raisins and corn.

Whisk together the olive oil, aji amarillo paste, lime juice, cumin, sugar, and vinegar. Season with salt and pepper to taste. Pour dressing over quinoa and vegetables and toss well. Let salad marinate in refrigerator for 2-3 hours for best flavor.



# Sara's Tonic Miso Soup

This recipe came to us from Restorative herbals and nondual healing  
Sara Eisenberg, MS  
Clinical herbalist  
410-323-9815 - restorativeherbals@verizon.net

*Cook up a pot of this satisfying, flavorful, aromatic soup any time you feel under the weather, depleted, or facing immune challenge. Make a pot weekly during the winter; have some every day to maintain healthy immune function.*

Chop 3 large onions.

Simmer with a handful of Shiitake mushrooms in just enough virgin olive oil so they don't stick to the pot.

Add 4 cups water.

Add miso paste to your taste: light miso for delicate, less salty flavor, red miso for hearty and more salty.

Add Astragalus root, (available locally in Asian markets.)

Simmer 45 minutes.

Crush as many garlic cloves as you like and stir in.

Add handfuls of baby spinach just before serving, stir until wilted.

Remove Astragalus root before serving.

If the aroma and flavor aren't enough of a draw, consider the many medicinal values of the ingredients:

- Onion: used historically for asthma because of its antispasmodic activity in the bronchi; found in clinical studies to lower blood pressure, as well as lipids and blood sugar, and to prevent clot formation. Anti-tumor activity
- Olive oil: helps lower systemic inflammation that contributes to many, many disease states.
- Shiitake mushroom (*Lentinula edodes*) contains all eight essential amino acids, the building blocks of proteins, in a higher, more condensed proportion than soy beans, meat, milk or eggs; B vitamins, C. and D, and iron. Well-studied for supporting health of the immune system, and also blood vessel health (by blocking production of molecules needed for other material to bind to the vessel walls and clog them.)
- Miso: fermented soybean paste. Good source of zinc and other minerals, Vitamins B2 and B6, protein, and dietary fiber. Like other soy products, contains isoflavones valued for their protective activity against cancers of the reproductive tract.
- Astragalus: traditional Chinese use as a qi tonic, to increase the vital force, strengthen the lungs, and protect against infection. In modern herbalism, used as an immune tonic.
- Garlic: antimicrobial; heart-protective, raising "good" cholesterol (HDL), and lowering total cholesterol as well as blood pressure. Protection against colon cancer.
- Spinach: a nutrient-dense food. High in lutein, supporting healthy eyesight. Anti-inflammatory in the digestive tract. Anti-cancer activity.

# Jennifer's Dragon Salt

Adapted from a recipe from Crescent Dragonwagon's *The Passionate Vegetarian*

This recipe came to us from Jennifer Defensor

Administrator for yama studio, Yoga, Ayurveda, Meditation Arts

410-464-9000

*In September and October my family is busy drying or freezing garden herbs before the cold sets in. I like this recipe because it uses both basil and dill, which tend to be abundant in our garden. We like to sprinkle this mix on grilled asparagus, along with a drizzle of olive oil. We also use it on chicken, popcorn, grilled zucchini, and pasta.*

## INGREDIENTS:

- 1/3 cup coarse-grain sea salt
- 1/3 cup coarsely ground black pepper
- 1/4 cup ground red pepper
- 1/4 cup dried dill weed
- 2 tablespoons paprika
- 1 tablespoon dried basil
- 1 tablespoon celery seeds

## DIRECTIONS:

Combine all ingredients.

Store in an airtight container.

Makes 1.5 cups

# Denarah's Pumpkin Protein Bombs

This recipe came to us from Denarah Ferron  
Reiki, Massage, Quantum Touch  
443-510-3701

*The amazing health benefits of Flax seeds are far greater when consumed freshly ground. Denarah's tip is to purchase a small coffee grinder and designate it specifically for grinding of your seeds and nuts. You can also find ground flax at health food stores.*

- 6 scoops Vanilla Protein powder
- 1 cup freshly ground flax (or almond flour)
- 3/4 cup peanut butter
- 1/2 cup pumpkin (canned or baked)
- 3 Tbsp honey/ agave/ or equivalent stevia
- 1 Tbsp vanilla extract
- 1 Tsp cinnamon
- 1/2 Tsp nutmeg

Stir all ingredients together, and add more ground flax or protein powder if it is too wet, more peanut butter if not sticky enough.

Roll into balls and eat! Carry a few in your purse on days you'll need some extra protein. Keep any leftovers in the fridge.

Options for flavors and even more amazing health benefits:

Change the flavor by removing the pumpkin and spices, and adding cocoa powder, chopped nuts, chai seeds, whole flax, goji berries, bee pollen, or other super foods to taste. Green powders hide well and add extra nutrients!

# Blessed Love Truffles

Adapted from a recipe from Anne Frances  
This recipe came to us from Betsey Gilbert  
Massage, Craniosacral, Pure Light Blessings and Healing  
410-321-5906

*Celebrate the Devas of Cacao! And spread love by rolling your special blessings into each truffle.*

In a Food Processor, add together:

- $\frac{3}{4}$  Cup Dried Organic Coconut
- $\frac{1}{2}$  c Raw Cacao Powder
- $\frac{1}{4}$  c Raisins
- 2 T Raw Agave
- 1 T Raw Coconut Oil
- $\frac{1}{3}$  c Raw Walnuts
- a pinch of Celtic Sea Salt

To get a smoother mixture add more of the liquid, agave and oil as you process the ingredients together.

Spoon out and roll into balls (while saying or holding your Blessing).

Roll each ball in extra dried coconut, or raw cacao powder, or raw cacao nibs to finish with a crunchy coating.  
Store any remainder in the refrigerator if you haven't eaten them all immediately!

# Tessy's Chocolate Coma Cookies

Adapted from a recipe found in Diane Mott Davidson's murder mystery cookbook series

This recipe came to us from Tessy Brungardt

Certified Advanced Rolfer®, Rolf Movement Therapy Teacher

410-367-4075

*These cookies are a beloved favorite among the patrons at the Ruscombe Co-op Café, that is, whenever our Ruscombe practitioners leave enough behind to share!*

Makes about 4 dozen cookies

Ingredients:

- 1 c blanched slivered almonds
- 4 oz bittersweet chocolate (Godiva Dark or Lindt recommended)
- 1 c dried tart cherries
- 12 oz semisweet chocolate chips (1 regular-size bag)
- 2 c rolled oats
- 2 c all purpose flour
- 1 tsp baking powder
- 1 tsp baking soda
- ½ tsp salt
- ½ lb (2 sticks) unsalted butter, softened
- 1 c packed dark brown sugar
- 1 c granulated sugar
- 2 eggs
- 1 ½ tsp vanilla extract

Preheat the oven to 350°F. Butter two cookie sheets. In a nonstick pan, toast the almonds over medium-low heat, stirring constantly, for about 5 to 10 minutes, until they have just begun to turn brown and emit a nutty aroma. Turn out onto a plate to cool. Chop the chocolate bars into small chunks, no larger than large chocolate chips, and set aside.

In a large bowl, combine the cherries, chocolate chips and oats, and set aside. Sift together the flour, baking powder, baking soda, and salt, and set aside.

In a large mixing bowl, beat the butter until creamy. Add sugars and beat until light and fluffy, about 4 minutes. Add the eggs and vanilla. Beat the mixture until well combined, about a minute. Add the dry ingredients to the mixture and beat at a low speed until well combined, less than a minute. Add chocolate chips, chopped chocolate, cherries, and nuts. Using a sturdy wooden spoon, mix well by hand, until all the ingredients are thoroughly incorporated. Using a 1 tablespoon scoop, measure out cookies onto sheets, leaving two inches between cookies (about a dozen per sheet).

Bake 12 – 14 minutes, or until the cookies have set and are slightly flattened and light brown. Cool on sheets 2 minutes, and then transfer to racks to cool completely.

# Rental Spaces Available

The fully renovated Community Hall is now open for new programs for mind/body/spirit medicine at Ruscombe. New bamboo flooring is the star of this gorgeous renovation at our Center. We are interested in locating providers in various movement and meditation professions such as: Yoga, Feldenkrais, Qi Gong, Tai Chi, Laban, Alexander etc. and other mindfulness practices.

The Ruscombe Mansion has several comfortable conference rooms with seating from 10 to 50 and spacious rooms for movement classes or workshops. Attached kitchens, audio visual equipment for additional rental fees, and free parking. Daily and hourly rates available.

Ruscombe is conveniently located near Interstate 83, several fine hotels, natural markets and grocery stores. Reservations, down payment and security deposit required.

Please contact Helen in the Central Office if you are interested: 410-367-7300.



“I love the gardens at Ruscombe. I find them very beautiful. I am a gardener and so I’m always noticing gardens. Also, my practitioner has sometimes done treatments outside, and that’s been very beautiful. I feel very connected to nature, and this is a really beautiful place. The big windows, it’s just a very peaceful, welcoming energy, even just walking in the front door of the main building. I’ll read what’s on the bulletin boards. I just like to think about future possibilities, I find that very comforting. There seems to always be something else you can try, to dig deeper and find peace, to live the life you want to live. I really love the trees that are around Ruscombe.”

- Ruscombe Client



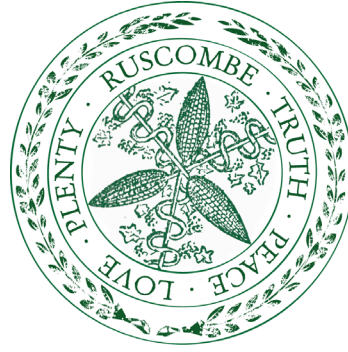
### COMMON REASONS PEOPLE SEEK WELLNESS AT RUSCOMBE:

- allergies
- asthma
- cancer
- family relationships
- gastrointestinal disorders
- colds
- musculoskeletal conditions
- preventive health
- sleeping problems
- support groups
- anxiety or depression
- back, neck, head, or joint aches
- chronic conditions
- constipation
- fibromyalgia
- injuries
- pain relief
- seasonal illnesses
- stress management
- wellness balancing



# Ruscombe Health

Truth, Peace, Love and  
Plenty for All



The name Ruscombe is taken from William Penn's final estate in England, and our seal is one used by Penn in 1699. Both were adopted in the late 1960s when Ruscombe was home to a peaceful living commune called Savitria and the AUM Esoteric Study Center, the first state-approved school of metaphysics in the country.



## Ours is a Mission of Healing:

At the Ruscombe Mansion we address the unique needs of each individual by focusing on the whole person, not simply the physical symptom of disease.

Dozens of certified, licensed holistic professionals in private practice provide an integrative approach to health care. It is a unique healing oasis where clients appreciate feeling listened to, and where practitioners naturally gain from each others' experiences.

## History:

The Ruscombe Mansion Community Health Center is located on the grounds of the original home of the Tyson family, one of Baltimore's early Quakers. "Ruscombe" is named after the estate of William Penn in Berkshire, England. The current Mansion building was completed in 1901 and the Hill House added in 1940. Both have been renovated for modern comfort while retaining their charm.