



All They Really Need: Trusting the Wisdom of Nature to Raise Resilient Kids

BONE BROTH

Nutrient-rich bone broth adds flavour to soups, stews and grains without the processing or packaging of commercial products. It is an excellent source of minerals, and the protein from the bone marrow supports immune function and digestive health.

Directions

1. Collect bones, peels, and ends of veggies in a bag or other container in your freezer until you have enough to fill a pot.
2. Use a slow cooker to reduce energy and heat loss, but stove top works, too.
3. Place the contents of the container in the pot; add any herbs that you love (dry or fresh).
4. Add 2 T. of vinegar of any kind (the vinegar helps to leach the minerals from the bones).
5. Add water to cover (fill the pot right up; use the biggest one you've got!).
6. Let simmer for 12 to 24 hours; if in a slow cooker, there's no concern about it running dry; if on the stove top, make SURE that the ingredients are always fully covered with water.
7. After 12 to 24 hours, strain the liquid into clean mason jars and seal immediately; let cool on the counter until sealed; we recommend storing in the fridge anyway just to be sure.
8. You can also pour the strained broth into ice cube trays and store them in the freezer.
9. Solids can be composted (pick any edible meat off the bones and add to soup).
10. Use broth any time a recipe calls for broth or water (e.g., making rice, stew), or drink straight for a nutritious hot beverage.