

# SPRING LIFESTYLE GUIDE

Living in accordance with the seasons

## WHAT TO EAT

To eat in accordance with the energies of spring, we need to eat foods that support the free and upward movement of qi, support the liver (which is the yin organ associated with Spring), and eliminate wind. Try beetroot, buckwheat, celery, cabbage, carrot, cherries, fennel, green tea, legumes, mint, peas, rice, shitake mushrooms, spinach, spring onions, sprouted foods, sunflower seeds and sweet potato to keep your liver in good shape. Herbs and spices such as a little garlic and ginger, as well as bay leaf, black pepper, caraway, dill, oregano and rosemary are also great for Spring.



## LIFESTYLE

- Keep your coffee to one to two cups a day and minimise your alcohol consumption to nourish your liver and gallbladder during Spring. Also limit fatty and deep fried foods.
- Excessive stress, anger, frustration also weaken the liver so its a good time to meditate, be mindful and reduce stress.
- The liver loves it when the ki (qi) flows smoothly, so gentle exercise is also beneficial.
- Get 7-8 hours of sleep a night. This supports the liver to hold the blood during sleep and regenerate it.



## BEST COOKING METHODS



Try cooking using higher temperatures for shorter periods; lightly steaming or quickly stir-frying with minimal oil, are perfect cooking methods for this time of year. Avoid cold and raw foods to keep your spleen and digestion strong.

## MISO, ASPARAGUS AND BROAD BEAN SOUP

### INGREDIENTS

- 2 asparagus spears, woody stems broken off and sliced into 2.5 cm lengths
- 1 cup dashi stock (you can make your own or buy as instant sachets)
- 1.5 tablespoons miso mixed with mirin to make a smooth paste
- 1/2 cup cooked brown rice (add more or less depending on your hunger)
- 10 small fresh broad beans (from 2-3 pods)
- 1/4 teaspoon grated ginger
- 4 x 4 cm piece of tofu or tempeh, lightly fried and cut into cubes
- 6 thin slices of a small cucumber, sliced in half
- 4 snow peas, sliced lengthwise

### METHOD

- Add all ingredients except the miso and mirin mixture into a small saucepan. Bring to the boil and lightly simmer for 1 minute. Add some of the stock from the soup to the miso to thin paste. Take the soup off the heat, add the miso and serve. Add topping of your choice, e.g. fresh sprouts, black pepper, sesame, nori seaweed and some finely shredded spring onions.
- Serves two. Enjoy!