



## Medicine Stories Podcast

Episode 39 with Kami McBride

Kitchen Herbalism: The Body Remembers

February 14, 2019

[0:00:00]

*(Excerpt from today's show by Kami McBride)*

***Kami:** And so, my goal is to get your pantry filled with herbal condiments that make every meal a little bit better, and truly, it's the best health care prevention around is what you've got in your kitchen and what you put on your food.*

*You know, an herbal lifestyle is good as a health care plan as anything we can do to support our health.*

*(Intro Music: acoustic guitar folk song "Wild Eyes" by Mariee Sioux)*

[0:00:26]

**Amber:** Hey friends! Welcome to the Medicine Stories podcast, where we are remembering what it is to be human upon the earth.

This is Episode 39, and I am Amber Magnolia Hill. And today we are talking again to Kami McBride, who was my guest on [Episode 20](#), and you all LOVED her just as much as I love her. It's really exciting having her back.

Kami's book, [The Herbal Kitchen](#), is having its tenth anniversary right now and is being reissued in a brand new format with more recipes, more photos, and so I asked her to come back and talk to me about Kitchen Herbalism.

I really love Kami's focus and what she taught me in my year-long apprenticeship with her in 2007 is on home herbalism. I feel like we have a tendency to really overcomplicate herbalism for people who are new. Just feeling called to learn more about working with plants, it can seem so overwhelming, and where do you even begin, and how are you going to know **everything?** Which, you're not, which Kami and I talked about in that first interview. Starting with the simple kitchen herbalism just makes so much sense, and I can't overemphasize the word "simple."

This is **easy**. This is preparing simple sprinkles, salts, vinegars, oils, honeys, ghees, etcetera, to just sp[rinkle on your cooking. And even if you're like me, you're not some epic cook, you're still

probably making rice every now and then that you can put these delicious and super nutritious kitchen magic concoctions onto, or you know, whatever it is you're eating, you can majorly up your nutrient intake, your medicine intake, by adding these condiments into your meals. you know, cutting way, way down on illnesses, any sort of infectious disease, cutting down on inflammation and really, really benefiting the digestive system, which is **everything**.

**Amber:** So, before I say more, let me tell you exactly what we talk about 'cause I think I'm going to repeat myself a lot if I don't.

- How simple kitchen herbalism is and how it bypasses the overwhelm that **so** many new herbalists feel (new herbalists AND experienced herbalists)
- How culture and health begin in the kitchen
- Empowering yourself to take care of everyday illnesses and ailments at home.

I wasn't exaggerating when I told Kami that I've been able to take care of every single illness my children have had at home for the last twelve years. That feels really good. I'm not anti-doctors. I'm not anti-modern medicine, but if there's something in my kitchen that can relieve the symptoms or help move the illness out of the body faster, help heal the injury, then I'm gonna do that. Now that I say that I'm remembering Kami taught us back in the day to put cayenne powder on a cut. It's a hemostat and stops bleeding, like yarrow, but if you're working in the kitchen, you might not have powdered yarrow or fresh yarrow around, but you probably have cayenne pepper. I've done that before and it works.

- So we talk about how Kami has set up her kitchen so that incorporating healing herbs into every meal just takes no thought
- The magic that happens when women gather to make food and medicine together (with our unique lineage of women standing behind us)
- How herbal sprinkles alone can change the whole food culture in a home

**Amber:** We talk about the fact that no one eats perfectly healthy at every meal. You know, you're gonna have take out. You're gonna have processed food. You're just gonna have crap sometimes (*Amber laughs*). I know I do! But adding these, again, herbal salts, vinegars, oils, honeys, etc. to each dish automatically and, like, dramatically boosts the nutritional- and flavor!- content

- Kitchen herbalism returns a vast diversity of missing micronutrients to the Standard American Diet

- Digestion is *literally the foundation of health*, and an herbally oriented kitchen supports the flow of blood, energy, and oxygen to your digestive track at every meal
- Evolving our medical care to the next level begins at home
- Pesto is as sacred as the elements and is incredible for fighting colds & flu (and has endless possibilities beyond basil, which we talk about, some of Kami's favorites)
- Reawakening our senses & activating ancestral taste and scent perception
- Why you need the bitter flavor in your life
- Alchemy Oil, Chai Honey, and mind-blowing Herbal Cordials
- The best herbal food gifts to give for every occasion
- And, what I'm thinking of as mega next level meal planning, just taking 15 minutes to ask yourself what's going on with you, the people you live with healthwise this week, what's going on in the environment outside, what season is it, is this going to be a really stressful week? Is the flu going around? And then planning your meals that week around the herbal condiments that you can use to boost everyone's health.

[0:06:28]

**Amber:** I just think it's such a brilliant idea. As I tell Kami, I kind of got into meal planning last year, thinking it was a waste of time (*Amber laughs*), you know, wasn't going to work out. But it's really been great for our family. We now only go to the grocery store once a week. We really, really try to stick to it and it's just made everything so much better, but kami's idea of incorporating this extra thought process of what's going on for us right now in your meal planning, I just think is **so** amazing. Like I said, I really admire her so much and would really like to be, you know, that person, that mom, who's doing that as well that week.

So, Kami's book, the brand new edition, is available now for pre-order. And, like, I don't like to be pushy about trying to sell things on this podcast, I almost **never** talk about **my** herbal medicines that I make, but you want this book. You want this book. I did a giveaway for this book when Kami was on Episode 20, and people were just commenting on how much they loved it. A lot of people went out and bought it when they didn't win the giveaway 'cause only three people could, especially after you hear this interview, I'm just, like, **positive** that you will know that this is worth your money and time to have these super simple recipes and recipe templates on your bookshelf at all times.

[0:08:02]

**Amber:** And as Kami talks about, pre-orders are super, duper important to the success of a book. And this book is already pretty successful. It's been in print for ten years, and they decided to give it a second run and boost some new life into it because they know it's going to continue to sell. But it can really help any author out, it can really help **any author** out if she can sell a ton of them in this

pre-order period. So, in order to entice you all to pre-order the book, she has made two awesome bonuses. If you have ever taken any of Kami's free or paid courses online, watched any of her videos, listened to her speak, you know that she is just a wealth of knowledge. Man, anything that I tune into her doing, I'm like, taking notes, learning so much.

My husband recently listened to her talk about, with a friend about planting elder trees and using elder medicine. And he was like, "Kami is **SO** amazing." And I was like, "I know!" that's what I'm saying. How lucky am I that Kami was my first herb teacher, and I am just so happy that she's putting stuff online now, and that I can share it with you.

So, the first bonus that you get if you pre-order The Herbal Kitchen is called "Pesto for Every Season." Umm. Pesto is the best-o, and I am just really stoked to get my hands on this book and read all of Kami's ridiculously, amazingly delicious recipes for pesto that she has created since the publication of the first edition of the book.

And then she has a video course called "The Turmeric Sessions", which busts turmeric myths, and in which Kami shares what she has learned about how to **not use** turmeric in over 30 years of working with people. As I've talked about before on this show, turmeric is, you know, one of those "hot" herbs. Everyone knows it. Everyone knows about turmeric, and everyone knows that it's anti-inflammatory, so take the capsules or whatever to deal with **all** your problems and your pain and issues. It is, like every other herb, more complex than that, as it always is. So I think it's **super** valuable that Kami decided to, like, cut through some of the misunderstandings around turmeric and to do it in video form.

So, the link to pre-order Kami's book will, of course, be in the show notes. I'll probably put it right in the intro there so it's super easy for you to find. And I hope you check it out! And, there is not a Patreon offering to go along with this because Kami's incredible book and those two free offers are **all you need**. But thank you so much to the Patreon subscribers. I'm going to come back at you with some awesome, awesome stuff in upcoming episodes.

So, thanks so much for listening! I just know you're going to love this interview! Please, please share with me, and, or Kami how it inspires you, and share photos of what you make, the food you make, or the herbs you're inclined to grow after this, you know. Let's bring health and empowerment around wellness back into the home, back into the kitchen. It is so needed and again, it is so, so simple.

Okay, so let's get into the interview now with Kami McBride.

*(Intro Music: acoustic guitar folk song "Wild Eyes" by Mariee Sioux)*

[0:11:44]

**Amber:** Okay, hi Kami! Welcome back.

**Kami:** Hey Amber! I'm so grateful to be spending this time with you.

**Amber:** As am I. And there has been **high** demand for your return on this show. *(Kami laughs)* So, there's going to be a lot of gratitude out there.

**Kami:** Aww, good!

**Amber:** So we talked about a lot last time, and I would encourage anybody listening to go back to that episode if you haven't heard it yet. I think it was number 20 with Kami. But today we're really going to focus on kitchen herbalism. And I **love** that you have this focus because, I think especially for newcomers onto to the plant path, it can seem really overwhelming, like, do I have to know all these herbs and how to use them and how to formulate and know which ailment to use what for? But herbalism is so much simpler than that. It **can** be so much simpler than that. And actually, we all work with herbs, more or less, if we're spending any time in the kitchen, every day in the kitchen, without even realizing the medicinal value of what we're doing.

**Kami:** That is so true. That is so true, and you are so right about onboarding into the herbal world. That is the biggest problem is that people are experiencing overwhelm and confusion. And, you know, I've been teaching herbal medicine for over 30 years now, and there's a lot of things that I could be focusing on, but I have chosen, for a while now, to focus on kitchen herbalism because it is, it is the easiest way in. Anyone can do it. We have to eat, and so, you're already doing something that you can just do the herbal add-on.

And it's, you know, it's just something -- culture begins in the kitchen. And so you're already in the kitchen. You're already feeding and nurturing your family. Especially when you have kids, when you're a mom, as you know (*Kami laughs*), we're busy. People are busy! And it's really hard to, you know, some people are cut out to do years of study, and that's awesome. But we need everybody on board. And kitchen herbalism is the way to really get into it without having to go through a whole, huge course or take it on as a master's degree, right? You don't have to go back to school? Especially when you have kids, what's expected of us to be able to take care of our children, to prevent them from getting illness. I mean, it's a tall order if you're not really already on the herbal train. It takes a lot of bandwidth to learn.

Kitchen herbalism just cuts through all of that. It cuts through the business and the overwhelm and it gets you started. It's something that you can get started with today, right away, and have a **massive** influence on the nutrition and care of yourself and the people around you.

[0:14:52]

**Amber:** Absolutely, it's so simple, and you can buy these herbs at the grocery store, but they're also some of the easiest to grow right in your kitchen window or right outside your door.

And, yeah, speaking of motherhood, when you said that it just made me think that I have been able to take care of **every single ailment for** twelve and half years now as a mother that my children have had at home. Because I was empowered because I did your apprenticeship when my oldest was a baby. And I learned the simplest things; these things that my grandmothers knew, that most generations before ours knew how to do. It's not rocket science (*Amber laughs*). It's really simple and delicious and nourishing and fun! It's enjoyable.

I remember you saying, Kami, that women are meant to gather together and make food and medicine for their loved ones. Man, I have found that to be so true. We love doing that. We love doing that. I think it really flows through our blood. We just need to get back into the kitchen with those herbs and start.

**Kami:** You know, what you just said made me think of something and I'm going to go ahead and just talk about it.

And that is, you know, this book has 250 recipes in it. (*Kami laughs*). I mean, who writes a book with 250 recipes, right?! (*Kami laughs*) But there's actually something surprisingly special about the recipes in The Herbal Kitchen that I don't think you're going to find in any recipe book. And, so, the thing is I didn't decide to write this book and then create the recipes. Because most books are actually created that way, you know. You go, "Oh now I've got a book deal. Now I've to curate the book and create the recipes and gather the recipes." Nope, that's not what happened here! (*Kami laughs*)

The Herbal Kitchen was written, my book, was written based on the recipes that were developed in my classes, so the recipes wrote the book. So here's what happened 15 years of teaching my year-long mentorship, the guidance was we gather together, we listen to the plants, and were inspired to make the healing medicines that people need. And you were part of that. You were part of that 15 year period. 500 women passed through my course during that period when these recipes for the Herbal Kitchen were being developed. And, you know, as you just said, there's just something **magical** that happens when we sit together, chopping the roots and sifting the seeds and mixing the herbs. We relax more, we laugh more. And then suddenly we go into that part of our brain that solves problems. Our minds let go and we stop trying to hold onto, "OH my gosh, what herb is good for this? What herb - dah dah dah dah dah..." And then what happens is that the body memory kicks in.

[0:17:49]

**Kami:** And this was such a surprise to me. I didn't learn this in herb school, and I just started noticing it over and over in class, the lineage, the heritage, the thousands of years of making medicine together in a group, the body remembers. The brain keeps saying, "What's this good for?" But then when the brain takes a break, and the body remembers, we just all of a sudden go, "Hey, let's try this!" And so the best recipes are made that way. And so, the recipes in the Herbal Kitchen were created out of this inspirational medicine making spark when you make medicine in a group that's focused on healing together. And it's nothing that I could have ever done on my own.

But we just kept coming up with great recipes, and there are actually WAY more than 250 recipes, but these are the recipes that people had the best success with and you know. So every single woman, including you, had their heart and hand in the refining and perfecting of these recipes that have this one goal, and that is to activate kitchen herbalism.

So that's, I don't know, I just feel like it's magical (*Kami laughs*).

**Amber:** It really is. And then I think too, of like, the lineage of women standing behind all those 500 women.

**Kami:** Aww.

**Amber:** This is a powerful book.

**Kami:** I LOVE that image. Oh my gosh! I just got chills.

**Amber:** I did, too! When you were speaking. (*Amber laughs*)

[0:19:25]

**Amber:** **And, you know**, you kind of, here in the intro I underlined this probably years ago. You wrote, “Many family home lineages in the Western world were lost in the last several generations. We were mesmerized by the novelty and scientifically-proven superiority of synthetic food and modern medicine. We cast our grandmother’s teas and herbal powders to the wind. I have often wondered how it must feel when her clan dismisses her ancient wisdom as an old wives’ tale. This loss of ancestral food and medicine literacy is nothing short of tragic.

**Kami:** Mhmm. That is so true. I feel that in my bones, what it must have been like to have had that knowledge and then everybody just, like, throwing it out the window. And then here we are.

(*Kami exhales*)

And it’s why we are -- it’s one the reason we have a medical system that we have, is because we’re susceptible and vulnerable and we lost our literacy and heritage.

**Amber:** And we’ve lost our health because we’ve been eating that way, been eating the processed foods. And not using our senses. You know how when you were talking about how these recipes were developed, I was thinking about what a sensual experience that is. And again, moving out of that certain mindset and into a more relaxed and open space where true learning happens, where true healing happens, and where we’re just alive and joyful.

Yeah.

[0:21:09]

**Kami:** Yeah, that’s the fuel for this. That where the herbal kitchen comes alive, right? I mean, really, it might seem like a stretch, that what the herbs you use in your kitchen can ultimately affect how medicine is practiced in this country, but I mean, it’s already happening.

It’s just about the critical mass of enough people being literate in holistic health and the value of using kitchen remedies that that’s what’s pushing the medical system to change. That’s why medical doctors are prescribing, now, ginger for chemotherapy side effects. It’s a bottom-up process, and we all have to get smarter, you know if we’re going to shift our antiquated medical system. Or what are we going to do? Follow the doctor’s advice and take Tylenol, right?

So this is really the big impetus for why I wrote this book, why I focused on the urgent herbal kitchen. Medicine is. Because my deepest desire is that everybody can start practicing medicine. Kitchen medicine! (*Kami laughs*) Herbal kitchen medicine. And it’s a movement, and the more we bring herbs in, you just don’t underestimate the power of getting those herbal sprinkles onto your table, because ten years ago it was a desert, and nobody had ever heard of elderberry syrup. Now it’s gaining traction and ten years from now making elderberry syrup is going to be kind of like making chicken noodle soup. And it’s a bottom-up process, and it happens, it starts in every kitchen with every meal, and anybody can do it .

(*Kami laughs*)

[0:22:56]

**Amber:** Oh, it's so exciting to think about there being a revolution, a true food revolution of people just cooking at home and knowing how to take care of common ailments with everyday plants and herbs. It's so simple. It's so funny that we talk about it as if it would be a revolution, but it would be because of where we've gotten in the culture.

And I have to admit that I am not much of a cook. I don't love being in the kitchen. I'm just always like, I'd rather be reading a book or writing something or podcasting! (*Amber laughs*) Like, I really admire people who just **love the** process of being in the kitchen. But everytime I pick up your book I am so inspired to make something. And these recipes are simple. They are so easy to understand and to use.

And I'm looking at a drink recipe right now. And I love when you have -- you have a little intro to most of these recipes. So this is for "Lemon Verbena Nectar." And first, I just want to read these ingredients to people, first, just to show how simple it is:

- A cup of lemon verbena tea -- one of my favorite herbs ever
- A tablespoon of ginger honey -- which you have that recipe on another page. Incredibly easy to make
- A cup of frozen blueberries and
- A handful of fresh lemon balm.

Couldn't be easier. Blend together.

So you have written, "My five-year-old son..." who's fourteen now?

**Kami:** Yeaahhh. (*Amber laughs*) I was counting out this book when he was a tiny... you know...

**Amber:** That's **CRAZY**, Kami! (*Amber laughs*)

**Kami:** I know! I'm telling you: it wrote me. I didn't write it. (*both laugh*)

**Amber:** But you wrote, "My five-year-old son created this recipe. He is definitely a smoothie kid. I have a lazy susan with several herbal honeys and herbal sprinkles sitting by the blender. He uses whatever tea I have leftover from the morning, a mix-and-match of honey and sprinkles, and his favorite fruit, blueberries. He calls all of the smoothies 'green drinks' even though this is one is blue."

[0:25:05]

**Amber:** So there's like, little tips like that, having "lazy susan with several herbal honeys and herbal sprinkles sitting by the blender." And I remember saying, I think, that you, too, have-- okay I want to ask you how your home kitchen is set up. I just imagine that there are bottles of homemade herbal things everywhere that you can just throw a dash here and there while you're creating food.

**Kami:** Yeah, so, I have a lazy susan on the table that has the herbal sprinkles. And, you know, I have to say, those simple little herbal sprinkles have, are the thing that I've gotten the number one most feedback from as, like, the key log for the family because they're on the table. The kids like to mix



the sprinkles. They like to play with them. They like to use them, and then pretty soon the neighbors doing it. It's pretty much, like, the easiest thing.

And, so, who would've thought that herbal sprinkles would've been the cultural influencer to have this, like, spread? But, it's just, again, I've heard from more people than any other modality -- I think there's fourteen recipes, fourteen chapters -- than any of the other techniques in any other chapters, the sprinkles are what all the moms and families say are like, "WOW! This really changed our kitchen culture."

And so, yeah, it's, so I have the sprinkles on the table. And then I have another kind of area next to where I'm cooking that I have, like, three herbal vinegars, three herbal oils, right? So that those herbals and vinegars can go into soups and salads, and stews and marinades, and you can sprinkle them on your quinoa. They just add -- you've got the flavor of and the medicinal value of the herb already infused into your herbal oil and vinegar and then it just goes on. It spreads throughout every meal, right?

[0:26:57]

**Kami:** And then I have a little rack where I have all of the spices that I use in my cooking. So it's not just everywhere because my husband, he's a little bit more, I don't know, he's a little bit neater than I am (*Kami laughs*). He doesn't want bottles all over the kitchen.

(*both laugh*)

So it's organized.

**Amber:** Oh that sounds awesome.

**Kami:** The goal is to get to your herbs in a way that they're easy to use. You know? So to get your herbal kitchen set up so that you're herbal ready. What I call herbal ready. You don't have to think about it, like, yeah a dash of vinegar? You're going to use oil anyway in pretty much every meal.

So you've got your sprinkles, your oils, your honeys, your ghee, so you're herbal- ready for any meal. Any meal that you, any food that you eat, even if it's not the home-cooked organic, best, from scratch local grown whatever, even if it's like takeout, right? Because we all don't eat perfect all the time, even if you're eating takeout or something that's a little bit, oh okay (*Kami laughs*), umm, you can add these condiments, these herbal condiments. It will up the nutrition. It will just make even the not-perfect food better.

And so, my goal is to get your pantry filled with herbal condiments that make every meal a little bit better, and truly, it's, you know, it's the best health care prevention around is what you have in your kitchen and what you put on your food. And herbal lifestyle, I don't know, it's as good of a proactive, it's as good of a health care plan as anything, really, that we can do to support our health. You know?

**Amber:** Absolutely.

[0:28:46]

**Amber:** Umm, I think about, too, how one of the big issues facing people today and healthwise is that we don't get enough variety of micronutrients in our diets. Especially for people eating the standard American diet, mostly they're consuming corn, a lot of potatoes, a lot of wheat, the same foods processed over and over again into things that taste differently because they're flavored differently. And so, what we're missing are all these little micronutrients and those tend to have all the antioxidants and a lot of those nutrients that we need so much. And it can also feel overwhelming for those who have been eating the standard American diet to suddenly start bringing in, like, a **huge** variety of vegetables and they might not know how to cook them all and it seems like not even worth starting.

So this is just such a good way to bring in a vast diversity of different micronutrients, chemical constituents, and medicinal components into what you're eating every single day.

**Kami:** Yeah, you're right. You're right. It adds a little diversity that you don't even have to think about, and it helps with digestion at every single meal. All these herbs and spices help with digestion, and it really just ups the nutritional value of whatever you're eating and that whole diversity thing that you're talking about is so true.

[0:30:17]

**Amber:** And then having digestion supported is so fundamental, also? You know, if you're not digesting your food well, you're not as vital and as healthy as you could be. So most of these herbs and spices would fit under the category of carminatives, which, we talked about in my recent interview with Anya Robinson.

And so, carminatives taste good and they help to digest the food. I remember, this just came to me, you saying that sage helps you digest fat. And so you said always sprinkle powdered sage into your popcorn. Always infuse it into the butter beforehand if you want, and that will help you digest all the butter when you eat the popcorn.

**Kami:** Mhmm. So I have a couple of little sayings: "A carminative with every meal." So I'm always like, "Where's the carminative? Carminative at every meal!" My husband's been taking over the cooking a little bit more, and I'm like, "Carminative in every meal!" (*both laugh*) And he's like, "OH! I've got the carminative!"

So you can just say, "Carminative at every meal. Where's the carminative?" (*Amber laughs*)

And we also say, "Digest it right. Spice it nice. Digest it right." So I'm not talking about hot spices. The Herbal Kitchen is really steeped in the value of carminatives and how carminatives help to increase the flow of blood, energy, and oxygen to your digestive tract at every meal. And the thing is that digesting your food is hard work. It takes a lot of energy.

Your kitchen spices are not just there for flavor. They are the bridge to optimum nutrition. And if you're not using carminatives and herbs and spices in your food you are not digesting your food as well. Again, all those herbs and spices that are in your kitchen cabinet, sure, they help with flavor, yeah, you know. But that's not why they're there.

[0:32:14]

**Kami:** They're there because they help you to digest your food, and without them, it just takes a lot more work. It takes more energy.

And what it shakes out to be is that at the end of the day you spent your energy on digestion and not, you know, doing your podcast. *(Kami laughs)* So, "Carminative at every meal."

So health is not just about cooking healthy food. It's about preparing meals that are **laden** with herbs and spices. They're, umm, and that's what is really, you know, that's the value of kitchen medicine. It's, like, you turn life into you and the herbs are there to help you.

We turn the plants and animals transform sunlight into themselves and then we take it and the gift of them and turn them into ourselves. I mean, think about it. *(Kami laughs)*

But the herbs, they really help us. that's the value of culinary herbal medicine. That at every single meal you are being helped to create yourself, to recreate yourself. And you're not doing that at every meal, you're not getting the nutritional value from whatever food you're eating.

**Amber:** It makes me think, too, you know, if all that energy is going into digesting your food, that's getting taken away from your brain. Like, that is brain power being lost at every meal. You know? We've all experienced that. That is a very instinctive situation that's going on.

For me, that's not something I want. I really want to be fully focused and fully empowered in my own mind at all times. Focusing on that health is such an easy way to do that.

**Kami:** Yeah, we've all had that experience of not eating the right thing or eating too much at a feast and just like, "oh my gosh I want to take a nap."

And also, when it comes to healing, helping with digestion is one of the best things we can do. That's why every tradition in the world talks about eating lightly when you're not feeling well or when you're dealing with an illness.

Because to free up the digestive energy, then your body has the capacity to heal, to go to the brain, to creating hormones, to wherever you need it right? So if we know that freeing up digestion is the best thing for healing, why not do it every day?

**Amber:** Yeah.

**Kami:** Why not support your digestion every single day and not just when we're not feeling well?

**Amber:** Yes. YES.

[0:34:59]

**Amber:** Something I really love about this book is that -- like, I'm looking at the chapter on herbal salts and sprinkles right now, because we were just talking about that -- but I know you do (I think you do this in most chapters) you have a great intro, first of all. I really encourage people to read all of the words in the book and not just the recipes 'cause they're so much wisdom in all of them.

But then you give, at the beginning of the chapter after the intro, just sort of a basic outline of just in general, “This is how to put together herbal sprinkles and salts. This is a basic pesto recipe.” And then, once people have that down (which, again, they are so incredibly simple), then they can get into playing and adding different ingredients and experimenting more. So that, to me, is so valuable: just to have this framework of “This is in general how you’re going to make an herbal salt, an herbal sprinkle, an herbal pesto, an herbal ghee, an herbal honey.” And then, “Let’s move into playing with it, narrowing down by the flavor profile you want, or which ailment you’re hoping to address.” You have anti-inflammatory ghee in here. An after-dinner seed chew, which is carminatives, right?

So I like how you give that foundation at the beginning of each chapter and then go into details and specifics.

**Kami:** Yeah, I mean. You’re right. The bases are all there, and then there’s a lifetime of so many different recipes. But really, the goal is not to follow the recipes. Umm. It’s, like, my book is just **full** of scribbles of like, “Oh I added this, this time.” or “Oh, I tried this.” Or “People didn’t like this.” or “I need a new book.”

*(Kami laughs)*

You’re putting this out there. You’re putting this palette out there, and then your family and your kids and your community, you know, there’s a scent and texture and flavor-scape that’s just out there. And you’re creating this environment that it normalizes it. It’s like, “Oh. This is normal. This is what we do.”

And so then, they can choose the scent-scape that they like, or they’re like, “Oh, I like this texture.” And then they get to paint a painting, and they figure out what it is that they like. So then when you start doing that, and you start having a carminative at every meal, or you go traveling (or, really, when you travel you should carry three seed chew with you. Take it **WITH** you) *(Kami laughs)*, and then you don’t do it for a while, **you will notice**.

You will **absolutely** notice the shift in your energy. Like, you’re a little bit more tired. When you don’t get that digestive, carminative help that you get when your herbal pantry and herbal kitchen is set up and ready. When people start getting it they notice when it’s not there.

**[0:37:56]**

**Amber:** Wow. I’m going to give some examples. You have “Love your Liver Sprinkle.” You say, “Sprinkle this nourishing mixture into smoothies and salad dressings.” And then “Orange Spice Sprinkles,” so this is one where it’s more focused on the flavor. “This sprinkle is delicious in homemade apple sauce, or add it to pureed fruit when making fruit leather in a dehydrator.”

So that’s another thing, too. It’s like everytime I’m looking at a recipe, I’m like, “Oh, I could make that,” or “Oh, that’s easy.” “Oh, we never make that.” It’s just super inspiring.

**Kami:** Yeah, and it’s, you know, it’s so wonderful to think about how this is so simple at every meal, and then what happens in your kitchen it’s what is the foundation. I mean, cultures and health begin in the kitchen. And this is one of the quickest ways in.

I mean, there's lots of health tips right now, right? (*Kami laughs*)

**Amber:** Mhmm. Overwhelming.

**Kami:** There this and this and this and this it's like, oh my gosh, you know? But this is something that, right away, you can start living more in line with the health goals that you're wanting to create. Because it's just very simple. It's at every meal. You can get set up with a very short amount of time so that it can just happen at every meal and you don't have to think about it.

And then, when you, again, like I was talking about, this is what transforms our culture. It's like, you know when people would come to herb classes 20 years ago, they would say, "Well, can I get a job doing this? Is there a degree in this?" And it's like, no. There's no board. There's no licensing. There's no certificate. There's no nothing. But yet, everybody kept doing it.

[0:39:41]

**Kami:** There is a cultural transformation happening in the kitchens that's pushing for us to evolve to the next level with our medical care. People like you, visionary leaders and influencers, your visionary medicine making that you do, that is -- you are, you have helped your entire community be able to take that next step. And then that next step it crosses all levels. It's like, each meal I feel better. Like, it's one of the easiest ways for your kids or the young ones to learn because they don't even know they're being indoctrinated, you know? (*Kami laughs*)

**Amber:** Right.

**Kami:** It's like, "Oh! It's an herbal sprinkle!" But it's one of the best ways to get them on board learning and they don't even know they're learning. And then it spreads just like a good recipe. Don't you always want to know? And then it spreads like that and then eventually we reach a critical mass. And it's when we get to that critical mass and then BOOM. The culture evolves to the next step, and again, visionary influencer, you're an amazing medicine maker. You had the vision to just start doing this and providing this for your community. And now it forges changes.

So it's like this is the fire. This is the big why. This is why I wrote this book. It's truly holistic. It affects every level of what we're trying to evolve into. To be healthier ourselves, the community and the culture.

So I'm a little bit passionate about it, (*both laugh*) as you can tell!

**Amber:** I love it. I love what you said about...

**Kami:** -- I'm tired of not seeing people around me not having holistic integrated medical care when they're getting sick. What we do in the kitchen is *changing that*.

**Amber:** I think the preventative aspect of that cannot be overstated. If you're just getting, like, oregano, rosemary, cumin, so many of these simple herbs into your body every day, you're so much less likely to even come down with the cold, the flu, because these are all highly antimicrobial plants.

**Kami:** Yeah, so the prevention is undeniable. You've got all these antimicrobial herbs that are in your oil, in your ghee, on the table, and you are getting -- it's the best. I mean, it's incredible prevention. You don't even know what colds you're going to prevent yourself.

And I've had so many moms and families tell me that once they really got these basics in their herbal kitchen that wow. What happened to the cold that happened every year? The round of colds? They're just gone, right? Because getting this level of digestive support and antimicrobial support at every meal.

[0:42:47]

**Amber:** And then, going back to the digestive support, too, with autoimmune issues being the new plague upon the earth, if we can keep the gut healthy from the get-go, how much of that could be prevented?

**Kami:** Yeah. We're dealing with the results of 40s medicine, antibiotics, and we've all been on meds so we all need gut healing. Pretty much everybody needs gut healing. That's why it's the big topic right now because we are all dealing with gut inflammation. And even if we do eat perfect and we've never been on any drugs which my son -- by the way, fourteen years old, never been on antibiotics. I am, like, I'm putting a medal on my shirt right now -- But, it doesn't matter, you know? He's still getting the glyphosphates, he's still getting the pesticides and the chemicals that are just swimming all around us. Our guts are being affected. And so to have this gut support plate in place in your kitchen, it's why we're reclaiming this art, this home art.

You and all the kitchen herbalists we're building this bridge for all of us to put this back in place again.

[0:44:11]

**Amber:** Yeah, going back to talking about kids. And my oldest is twelve and it's hard to get her to eat good food at this point. She was pretty easy when she was younger, but especially because she spends half her time with her dad, and they eat differently it's just hard to get her to eat like I used to be able to get her to.

So this is just a simple way like you're saying, to get those little nutrients into her.

**Kami:** Yeah, you can find that a sprinkle that she wants to make and that she likes and she can make herself.

**Amber:** Yes. Yeah. And she loves baking. She's a huge baker, so I think some of these ideas that are more sweet ideas will be fun for her to play with.

**Kami:** The sprinkles are great for baking. You can make all these -- I have all these -- you can make baking sprinkles that are just really really fun.

She's going to have to, yeah, at that age they're really gonna have to just pick it up themselves.

**Amber:** Yeah. Yeah.

Can we talk pesto? Because pesto is one of my joys in life (*Amber laughs*), and after I interviewed you last summer, I got your book down off my shelf and ended up diving deep into the pesto chapter, and I was so, so inspired. You wrote, "Pesto is more than a condiment in my kitchen. It is its own food group in my house. It holds a place as sacred as the elements. There is earth, water, fire, air, and pesto."

(*both laugh*)

**Kami:** It's true! It's so true.

**Amber:** And then you point out that "It's a highly medicinal food comprised of several servings of vegetables, loads of antioxidants, and a plethora of anti-microbial properties." And you talk about expanding beyond basil.

So, tell us about how you use pesto in your family?

**Kami:** Oh my gosh. Yeah, pesto. You know, I make a batch of it at the beginning of the week and it goes on everything. We use instead of mayonnaise on our bread. It's amazing on any kind of egg dish. You can -- especially if you have a leftover. You have that leftover quinoa dish or you have that leftover rice dish and you're like, "Ugh I'm kind of bored." (*Kami laughs*) But then you put the pesto in it, and you're like, "Oh okay. This is good!"

So it makes kind of boring things better and it just adds so much flavor, too. You can put a dollop in your soup and it can be the basis of your salad dressing. So you can take 3 tablespoons of pesto and olive oil and vinegar and then now you have, like, the **best** salad dressing ever, right?

So there's just so many places to use it. (*Kami laughs*)

[0:46:50]

**Amber:** And, again, I just want to say, you give the basic pesto recipe. I like how you have cups and grams, too. It's so hard when cookbooks give you the one that you aren't familiar with. (*Amber laughs*)

So you know, you have the olive oil, leafy greens, fresh savory herbs, nuts or seeds, garlic, and salt. But then you have all these variations listed underneath. I'll just list a few: edible flowers, sundried tomatoes, greek olives, capers, balsamic vinegar, fresh grated ginger, which we did and was so good, horseradish, jalapeno, so I could just open to this page when I'm ready to make my pesto and be like, "Oh I'm gonna do that one today... let's do this one." And then, of course, you get into all of your recipes like "Arugula Pumpkin Seed Pesto, Cilantro Pesto, Pesto Picante, Rosemary Pesto, Flower Pesto... oh my gosh. It's just so... I want it all.

(*Kami laughs*)

I want my basil to grow. Oh so yeah, so what -- and so you use beyond basil, like, arugula or a leafy green. So this is a way to get more leafy greens into your family.

**Kami:** Yeah, arugula, cilantro, parsley, those are some. I will also use a lettuce mix or spinach, and then sorrel is really nice in there. And you can put in sprouts, anything green. And then you can

always add an  $\frac{1}{8}$  cup of your dense, you don't put all, just like 2 or 3 tablespoons of sage, rosemary, thyme, the more dense herbs. The more aromatic herbs.

**Amber:** Flavor-dense herbs.

**Kami:** Yes, flavor-dense herbs. So you can throw your rosemary, your sage, your thyme. All of that can go in there too. Chives. I love chives in pesto. It just adds this whole dimension of spicy-pungent. I just love chives.

And oregano. ORegano is amazing in pesto. So you can always just make sure, you know, it's always basil, but there's all these other herbs you can add.

Ugh. I love pesto. (*both laugh*)

[0:49:14]

**Amber:** Yeah, I mean, going back to the senses, too, I think so many of us, growing up eating processed food, have kind of like a flat palette. It's hard to distinguish flavors, you know? And I think that -- I can imagine that the more you cook like this, the more this sensory wonderland opens up. (*Amber laughs*)

And I think that really is something that can connect us to our ancestors in remembering what it is to be human upon the earth and to be able to differentiate minutiae, minute changes in flavor and scent.

**Kami:** Yeah, that's good. And also knowing what you want.

So one of the things, you know, I was -- my dad was a diver, my grandparents and my dad they were divers, and they were fisher people and they were foragers and they were gardeners. And we ate a ton of SPAM, Velveeta, pop tarts, TV dinners (*Kami laughs*). You know what I mean?

We would go to the Rainbow Bread Outlet once a month. (*Amber laughs*) I'm not kidding you! There was an outlet where you could get hostess rainbow bread half-priced. So we would stock up on this crap. (*Kami laughs*)

So I had it all! I had a flavor for all of it, right? Oh my God. I'm still suffering from that (*both laugh*), still working out those Ho Hos, you know?

But since I started working with herbal medicine, at first it was like, "Bitter! Ugh. YUCK." But now if I don't have bitter, I crave it. My body craves it. I can feel it. My bowel movements aren't as good. It's like, "Oh, I have a bitter!" I can tell when I need to have more bitter flavor. Get that liver squirting, get that gallbladder squirting, and just digest my food better. So over time, you go, "Oh yeah, I **need** this flavor."

If you feel like you're in a rut, and you feel like your meals could use a little more something, or maybe you're not inspired to use every day in your food, that's the beauty in kitchen herbalism and having in your pantry all these condiments filled with herbs already. You only have to make them once every six months or once a year sometimes, and they're just, you know, you're ready to do all these things and support all these levels, from the very personal to planetary, really.



[0:51:55]

**Amber:** Umm, how do you incorporate the bitter flavor, and what does it do for your digestion and your liver?

**Kami:** Well, the bitter flavor, when you taste something bitter, when you taste that bitter flavor, the body, and you have it in your mouth, the saliva actually reads it and it sends the message to “Squirt,” (*Kami laughs*) to get things ready to digest, so you have all the cascade of digestive enzymes that are needed to digest your food. So that bitter flavor -- that’s why we have aperitifs and bitter greens before our meal -- is to prime the pump, prime the digestive tract, to have the support of all the digestive enzymes and things that we need to digest our food so that it’s happening so that it’s awake. And the bitter flavor increases the rate at which your gallbladder and liver secrete bile. And bile is what you need to digest fat.

So the fattier the meal, a little bit more bitter green before you eat a lot of fat.

**Amber:** And is bitter greens the main way that you use bitters?

**Kami:** Yeah, so bitters, you can get your dandelion, arugula has some bitter flavor, and also the apple cider vinegar, it does that also. It has that kind of bitter, pungent flavor. So a little bit of that vinegar in your salad dressing also has that same function.

[0:53:30]

**Amber:** I really love making a mugwort oxymel, so that’s where I -- Yeah, mugwort is bitter. I put that in the vinegar, and then I add a little bit of honey. So I want to ask you about this because...

**Kami:** -- You are such a good medicine maker! --

**Amber:** ... Aww, thanks, Kami! (*Amber laughs*)

... But I had another herbalist kind of come after me for having honey in my bitter, and I was like, “Well, it’s a really small amount of honey just to soften the vinegar with bitter in it.”

And my understanding is that as long as you taste the bitter it works in your body.

**Kami:** Yeah, you just want to taste that flavor. Look at some of the drinks. Look at all the bitter aperitifs that come from France. They’re not just, like, slamming the bitter. There’s all these other sweet and musty and woody flavors. You don’t **only** need bitter. As long as you can taste the bitter through that then yeah.

**Amber:** Okay, thank you for proving me right. (*Amber laughs*)

**Kami:** You know, we grab onto one concept and say, “That’s **the** way.” Anyway.

**Amber:** Yeah, and man. I do feel SO much better when I’m taking a little bit of that mugwort oxymel every day. I gotta get that back into my life.

So I'm really thinking, like, I get into my things that I'm doing, and then I fall out of them all the time. Especially right now with a two-year-old. 'Cause as soon as I step in the kitchen, she's like, "I want raisins! Agh!" You know? And like, I have no space to think about anything or do anything. Umm, but even in general I tend to be like that.

But this system that you have going in your own kitchen of just having it all around, having a ton of options and having it right there on the counter is such a smart way to make sure you're getting this stuff into your body every day.

**Kami:** yeah, it's a simple way, too, turning what you already have in your cabinet already. Again, when I wrote this book, my whole meditation on what was I going to write about is I wanted the easiest way in for the most people.

I saw the complication. I saw what was happening. And I was like, Okay. What is the easiest way in for most people because I'm ready for a shift in this culture and I want it to happen. And so, that's the intention that the herbal kitchen was born out of. You just take whatever you've got on your spice rack, the oil, the vinegar, the honey, the whatever you've got, and you make these condiments so that they're on your table, so your kids use them, so they're ready to be put in those cookies that they want to bake, you know?

You're herbal-ready. You can just start. It just happens. Even if you're tired. Even if the kids are... I've been there. I know what it's like. I know what it's like to go at 3:00 in the afternoon, "Oh my God. I have to come up with a meal now? A healthy meal? Ugh."

So you start with, wow, I've got this vinegar and oil. At least a salad dressing is going to be super healthy.

*(Kami laughs)*

**[0:56:56]**

**Amber:** One of my go-to dinners when we're so tired or have very little time -- it's so simple. I love it -- is just a little bit of white rice and runny eggs on top and maybe greens or cheese depending on what we have. But that, like, basically every recipe would enhance that super simple meal.

**Kami:** Oh yeah! You could sprinkle on top of that! Drizzle that with some culinary, could put a little alchemy oil on that. So there's a few recipes in the book that I've gotten SO much feedback, like, "Oh my GOD, that's the best!"

So you mix up some of that alchemy oil that's in the herbal oil section. And yeah, it just takes it to whole 'nother level.

**Amber:** Yum. What other recipes are superstars?

**Kami:** Superstars - definitely the Chai Honey is a superstar. There's a lot of honeys that are superstar.

And the Alchemy Oil is, I think I've gotten between that and the Chai Honey, the most feedback from. But also the lemonades, like the Lemon Verbena Lemonade and the Herbal Lemonade, that's

also one of those keylogs that can transform a party, a birthday party, a school gathering, you know? It has the potential of really reaching a lot of people and having a big impact because you're changing what people drink.

You get rid of that ice chest of whatever after the soccer game, and you bring some herbal lemonade, and now you've got 30 people going, "Wow. What's that?"

**Amber:** Okay, yeah, I'm going to make this Chai Honey once we hang up.

[0:58:32]

**Amber:** I have made your Cinnamon Ginger Honey consistently for the last twelve years and absolutely love it. It's just something that my family likes in the ginger honey.

Okay, so I want to talk about cordials, too, because I know there's this whole revival of cocktails and stuff nowadays. But, in general, I think we can say this is a somewhat forgotten category of nourishment and deliciousness, and I want to read a little about what you wrote.

You say, "Learn how to make herbal cordials and you will always have the most interesting parties. People stop asking you to bring food to the potluck and request that you bring drinks instead and make several cordials each season, so there's always one around when we're invited to a gathering."

I love that!

We had a Thanksgiving Party years and years ago, and my partner made this amazing meal, amazing turkey. He was this phenomenal cook. Everyone was dying over the food, and I had made a cordial based on what I learned from you, and I don't even remember what. God, I wish I had written down the recipe!

People: write down your experiments.

And I brought it out afterwards, and people were, like, DYING over it. And that felt so good to me, as someone who had really no kitchen skills at all at that time and was, like, "I'm just the one that stands here while he makes the amazing food," to have people be like, "This is AMAZING!"

It's hard to mess up a cordial, I would think. You know?

**Kami:** Yeah. Yeah, you can, you know, the thing about cordials, you don't even have to drink a lot. Cordial glasses are, like, half an ounce, and you have that little sip, and it's a special occasion, and it's herbal, and it's, you know. You can make seasonal cordials with whatever fruit you have access to. There's so many variations, and what I do often is I make seasonal, like, I'll make a "Summer Harvest Cordial" or I'll make a "Winter Holiday/Winter Solstice Cordial."

Many times I've made cordials for special occasions like when people are getting married. I'll make a cordial for their wedding that a lot, everybody gets this cordial. It was made **just** for that occasion, and that has been really, that's been an amazing experience.

**Amber:** Wow. Here at the beginning, you break it down that there are just four ingredients in a cordial. There is:

- Drinking alcohol of choice
- Fresh or dried herbs
- Fresh or dried fruit
- And a sweetener

And so, there again, there's our foundational recipe, and you can build off of that.

**Kami:** Yeah, you can take that so many different ways. Yep.

**Amber:** Yum. Summer Berry Cordial, Christmas Cordial, Sunshine Cordial, Chamomile Cordial, oh my goodness.

**Kami:** Rose cardamom cordial...

[1:01:32]

**Amber:** Okay. I'm so glad we're having this conversation. *(both laugh)*

And the part of the book we haven't talked about yet, you have a Materia Medica for fifty medicinal cooking kitchen herbs. SO you break down common name, botanical name, parts used, gardening tips, properties, uses and projects (things you can put these in in the kitchen).

So this was super valuable. I mean, people write -- this could be a whole book in and of itself. This beginning chapter. And it's just ... I often come to this when I want, "Wait, what is thyme doing for me again? What's thyme all about?"

Gosh. Thyme has so many yummy properties.

**Kami:** Yeah.

**Amber:** Yeah, go ahead. I'm zoning on your time. Writings here.

**Kami:** It's not a big long extensive Materia Medica, it's just a quick snapshot, like here's three things. This was meant to be reference, and here's how you get started, and then here's how you can take, here's what you can add on to experiment. And so, the Materia Medica of fifty herbs, common herbs, and spices, it's really, again, you don't have to read a whole chapter or fifty pages. It's a quick snapshot of what you can get out this.

**Amber:** Yeah, and so this was talking about "Thyme improves all problems associated with the lungs and throat. Thyme is full of minerals and trace minerals including iron. Thyme is a great culinary herb that can be added to many savory foods.

I love thyme so much. I think I must have learned this from you. I've made a thyme honey, like, once a year in the winter time. And oh, it's so good. So yummy. And we use it whenever there's, yeah, a respiratory problem in the family.

**Kami:** Yeah, thyme honey's good. *(Kami laughs)*

[1:03:47]

**Amber:** What's your favorite herb, Kami? Which of these do you really tend to use a lot?

**Kami:** Which herbs?

**Amber:** Yes! In your kitchen.

**Kami:** Well, all these 50 right here! (*both laugh*)

Oh I'm sorry, I just cannot answer that question...

**Amber:** I know.

**Kami:** That's like, you know, so what I do at the beginning of the week, I have some organization time on Sunday, and I just kind of take a few moments, and go, "Okay, what's happening with me?" Oh okay, I've been writing a lot, so I need help with circulation and keep things moving..." and "Okay, what's happening with my son? Oh, he's been overheated."

So I just look at the people I live with and I take a snapshot, and then I create from there, you know. I'll set up some tea blends or I'll pull some things out and be like, this is what will be good for the week. So, again, so it's not 3:00 every afternoon and you're going, God, what do I need to do. Just taking even 15 minutes of organization time. The choices are endless, I mean, how many supplements do you have sitting on your shelf that you never take, right?

So you have to kind of, at each week or each couple of weeks, go, okay, what are the three or five or seven herbs that we're going to do for this week or the next couple of weeks. And pull 'em out and put them on the shelf. So that's what I do.

**Amber:** That's so so brilliant, Kami. I just admire you so much. I went to a really amazing family meal planning course that a friend did a couple of months ago and we've really implemented it. But to add the level of what you're talking about into that meal planning moment of "What's going on with us? What might we need this week?"

I'm thinking especially of when we get into the end of summer here in California, and it's so dry, and it's so hot, and the wildfire threat is everywhere and there might smoke in the air. That, for me, I'm always like, "Agh! What do I do? I didn't plan for this." I know I could be supporting my body and my families bodies nutritionally better for what's going on, but I didn't plan for it. And now I'm like, what do I do? So I'm absolutely going to start doing that. Thank you so much.

**Kami:** Yeah, so, you know, it's like what's happening with us, what the season is, what's yeah, it's part of that. It just takes a little bit of planning so you don't have to make the decision every day. That's where we fall down. I just can't think about that every day.

**Amber:** Yeah. Yeah, exactly. Especially when you're a super busy person, as we all are. Just a little bit of planning can make such a big difference.

[1:06:34]

**Amber:** Okay, so this is -- you're re-releasing this book. It's got a new cover and everything

Tell us about your life with this book, and what's happening with this re-release, and what you are offering for presales.

**Kami:** Yeah, so the publisher contacted me and said, "YOu know, most books go out of print after ten years, but for some reason, your book is doing really well. IT's the ten year anniversary, let's re-release it."

So I wrote a new chapter. There's new, there's even MORE than 250 recipes now, a new foreword, a new cover. There's color on the inside now, and I'm really, I'm actually really proud of it. And I think the upgrade is just gonna be really nice.

And so, even if you have the old Herbal Kitchen, the new one is, it's just going to be so pretty. And there's going to be new recipes. So it's -- what I -- the thing is, we're in the pre-order period, so the book isn't even out yet. So the pre-order period, it's funny, is so important for people, for the support, and the message and the longevity of the book for people to pre-order. And what happens is that bookstores do not pick up your book if the pre-orders are not good. So we are in pre-order phase right now, which means you pay for the book and then you don't get it for another month or two or five weeks.

But what I've done is I've created a really good bonus package to encourage people to pre-order The Herbal Kitchen. And so, one of the things that you, when you pre-order The Herbal Kitchen, just only during this period, only this pre-order period, I've created an entire other e-book on herbal pesto, called *Pesto for All Seasons*. And I have fourteen, I think fourteen, new pesto recipes that I've created since the book. So the pesto is just going to get even better, Amber!

*(both laugh)*

**Amber:** I'm so glad I asked about it.

**Kami:** And then the other bonus that I've created is called The Turmeric Sessions because right now, turmeric is kind of the most, the herb that I get the most questions about. So I've created a whole video course on turmeric. I think there are twelve video lessons in there, where I walk you through all of my favorite recipes for using turmeric, but also, I talk about how to use turmeric.

[1:08:53]

**Kami:** Turmeric has contraindications. It's not for everybody all the time. And I have seen lots of people make themselves kind of sick taking turmeric in the wrong way. And so, I talk about that in this. I answer all the turmeric questions that I've gotten in the last five years in this video course so people can feel really comfortable with turmeric. So that bonus is, I mean, that bonus is worth more than the book. It's really kind of a no-brainer.

So you're going to get the *Pesto for All Seasons*, you're going to get the *Turmeric Sessions*. I'm doing a whole other workshop on Kitchen Medicine that you get access to. And then, when you said earlier, "Hey guys, capture your recipe." Well, that's... I've seen that. So what I've done is I've created all these recipe cards that fit into the herbal kitchen so that you can keep track of what you do so there's just a lot of gifts that I've created to say thank you for anybody who helps me during this pre-order period which is really, it kind of makes or breaks your book and your ability to

get out there, and the ability of the message that I'm trying to bring with bringing this book into the world.

**Amber:** Well that all sounds so amazing and I can't wait to read, watch, listen, and intake all of your kitchen wisdom. So I'll have a link, of course, in the show notes to take people to your website where they can pre-order and access all of those bonuses.

**Kami:** Thank you. Thank you.

**Amber:** Yeah, thank YOU so much Kami! This has been absolutely wonderful. I'm so inspired to get in the kitchen, which is very rare for me. *(Kami laughs)*

**Kami:** Yeah, and so that's the point. It's not just about having recipes, it's about having... it's about being inspired. It's about having strength and inspiration that really has us be able to carry on and nourish ourselves and our families. So yeah. I just think there's a powerful cultural shifting ability of kitchen medicine, of herbal kitchen medicine in everyone's herbal kitchen. So I'm just very grateful to be on this path and be talking to you right now about this.

**Amber:** Well, you're... I can't say enough about how much I value your teachings and just who you are and what you have brought into my life and the lives of my listeners. So thank you so much, Kami.

**Kami:** Aww, Amber. Thank you. I'm so grateful.

*(Exit Music: acoustic guitar folk song "Wild Eyes" by Mariee Sioux)*

**[1:11:39]**

**Amber:** Thank you for taking these Medicine Stories in. I hope they inspire you to keep walking the mythic path of your own unfolding self. I love sharing information and will always put any relevant links in the show notes. You can find my blog, handmade herbal medicines, and past podcast episodes, and a lot more at [MythicMedicine.love](http://MythicMedicine.love).

While you're there, I invite you to click the purple banner to take my quiz "[Which Healing Herb is your Plant Familiar?](#)" It's a fun and lighthearted quiz, but the results are really in depth and designed to bring you into closer alignment with the medicine you are in need of.

If you love this show, please consider supporting my work at [Patreon.com/MedicineStories](https://Patreon.com/MedicineStories). There's some killer rewards there: exclusive content, access to online courses, free, beautiful, downloadable e-books, coupon codes, giveaways, and just amazing gifts provided by past guests of the podcasts. All of that stuff is at the two dollar a month level.

For a little more, you can access my herbal e-book or my small online course, and that's all there as a thank you, a HUGE thank you from me and from my guests for listening, for supporting this work. I love figuring out what I can gift to people on Patreon. It's so fun. And I love that Patreon makes it so that you can contribute for such a small amount each month.

I'm a crazy busy and overwhelmed mom and adding this project into my life has been a questionable move for sure, but I love doing it, and I love the feedback I get from you all. And I just

pray that Patreon allows me the financial wiggle room to keep on doing it while giving back to everyone who is listening.

If you're unable to do that, or if you'd like to support further, I would love it if you would subscribe on iTunes or wherever you get your podcasts. And if you would review the podcasts on iTunes, too, it really helps getting it into other ears. It means so much to me when I read those reviews. It's, like, the highlight of my week when I check them and see new ones.

People are amazing. You guys are wonderful. Thank you so much.