

Change of Season Soup

Use equal parts of the following herbs. You can make it all up in one batch, although Chinese herbal shops usually sell the herbs in one-day packages for convenience, and will give you specific instructions on use.

Astragalus root (Huang Qi)

Astragalus is a root that helps to strengthen protective defenses, strengthen qi energy, nourish the spleen, and tonify the blood and lungs.

Codonopsis pilosula root (Dang Shen)

This herb will help to tonify and strengthen "qi" energy. It helps to build blood and nourish body fluids.

Lychii/wolf berries (Gou Qi Zi)

Lycii berries help to strengthen the liver and the kidneys.

Dioscorea/wild yam (Shan Yao)

Dioscorea is a herb that tonifies and balances the lungs and the kidneys.

You can buy all of these ingredients in Toronto's China Town. I would recommend the herb stores "Sun Ming Hong" (412 Dundas St W and generally better priced) or "Great China Herbs" (405 Dundas St W) – both on Dundas just east of Spadina.

Boil each packet in ~1 L water, bring down to simmer and cook for a minimum of 45 minutes, or until it reduces to a volume for one large cup. Drink one large cup daily during change of season, for 5-7 days (or as recommended by your health practitioner). Add honey to taste if needed.

You can also use this as a base for a hearty chicken soup made with a whole chicken and immune-enhancing shiitake mushrooms, onions, carrots, potatoes, pumpkin, squash, beets, and other local harvest vegetables, which help to tonify the lungs and enhance the immune system.