

# BONE BROTH

• HOW TO MAKE GUT HEALING BONE BROTH FROM PASTURED BONES •







# Meet your Farmers

BLAKE AND JULIA BELL

Maybe you've heard the buzz phrase "heal your gut with bone broth" or maybe you haven't. That's okay

I'm going to share with you the amazing healing benefits **bone broth** can have on your gut and I want you to know how to make it yourself! You'll **save money** and it's so much better than what you can buy in the store. This may be just the ticket for boosting your immune system, combating seasonal allergies, anxiety, depression, healing your leaky gut or counterbalancing a dose of antibiotics.

I'm Julia and I've been making bone broth for nearly years. It's one of my babies first foods, and our first go-to when we need a superfood. I know how important it is to nourish your family and give them the building blocks for health.

# 6 Tips For Flawless Broth

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## 1. SOURCING

You can use chicken, turkey, lamb or beef bones for your broth. Make sure that they were raised on pasture, free from antibiotics, vaccinations, pesticides. Save your chicken bones and leftover carcasses after you've cooked a whole bird. Check our farm store: we carry chicken backs, feet, necks, marrow bones and organs individually.

## 2. TAKE IT UP A NOTCH

Include chicken necks, feet and skin, pork feet, oxtail, neck bones or marrow bones. Loaded with extra collagen and gut healing gelatin.

## 3. LONG AND LOW

Cook your broth in a crockpot or on the stove top, just keep it low. An occasional glub-glub is ideal, if it reaches a roaring boil it's too high. I like to simmer mine for 24-48 hours. This also extracts minerals from the bones, one reason this is a superfood.

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## 4. A CUP A DAY

Include bone broth in your diet every day.

Drink it warm in the morning, use it as the base to soup stock, or cook your rice and beans in it rather than water. I even love to braise veggies in broth: carrots, zucchini, beets or butternut squash. Eat them as a side or puree them for baby food.

## 5. ADD VINEGAR

Soaking your bones in cold water and apple cider vinegar for 30 minutes before you start to cook them leaches the minerals out of the bones, making your broth even more nutritious.

## 6. ONION SKINS

Over the course of time in between your batches of broth save up your onion skins in a paper bag. Add these into your broth for a deep rich color. You can even save garlic skins and add them in for flavor too!

# Broth Recipe

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**makes 8 quarts**

## INGREDIENTS

6-8 lbs Nourished With Nature chicken backs, bones, necks, feet or any other combination of bones

1/4 cup apple cider vinegar

2 onions roughly chopped

4 celery stalks roughly chopped

1 Tbsp whole peppercorns

3 Tbsp Redmond or other Sea Salt

1/2 cup fresh or dried parsley

several sprigs fresh thyme

2 bay leaves

## INSTRUCTIONS

1. Place your bones in a large pot with vinegar and cover with cold water.

2. Let sit for 30 minutes

3. Bring water to a boil and reduce to simmer. Allow to cook for 24 hours.

4. Remove any foam that may rise to the top.

5. In the last 3-6 hours add veggies and spices.

6. Strain broth through a fine-mesh sieve and put into containers to freeze. Broth can also be pressure canned and stored for longer periods of time.





# We'd love to meet you!

NOURISHED WITH NATURE

(541) 409- 3719  
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If you're ready to start making your own *Bone Broth* at home, come visit our farm store! We have pastured chicken, beef, lamb and pork bones and super add-ins like chicken feet, necks, backs, or organ meat to make **soothing, nutrient-dense** Bone Broth!

## **Farm Store Hours:**

Saturdays: 10am-2pm

Or by appointment

34847 Bond Road, Lebanon OR 97355