

BONE BROTH

When we lost our backyard cows and neighborhood butchers, we also lost a kitchen tradition that I think is essential for the long-term health of menopausal women—bone broth. Rich in minerals (especially easily absorbed calcium), cartilage, marrow, and gelatin (resulting in a thick, rich broth), bone broth just might be the answer to osteoporosis. I'll be sure to let you know in another 10 years because I sip a cup of bone broth every day or use it to make soups. Calcium supplements don't sit well with me, probably because I'm sensitive to anything concocted in a factory, hence, my strict adherence to the remedy our grandmothers employed to treat many an ailment—bone broth. And get this: homemade bone broth can reduce the likelihood of cellulite because cellulite is fat that lacks collagen support and women who have more collagen in their diet are less likely to develop it. So, it's not about just losing fat (we've all seen skinny people with cellulite), it's about getting back to a diet that supports the structure of your cells.

If your nearby co-op has a meat department, tell them you'd be happy to take home the bones they end up with, organic of course. My stockpot crockpot is an important part of my kitchen.

Place organic beef bones into crockpot; cover with water. Add 1 whole apple, 1 whole garlic head (unpeeled), 1 whole onion (unpeeled; eliminate if feeding bones to dogs—onions can be toxic to dogs), 1 T apple cider vinegar, and a handful of celery tops if you have them. Cook on high for 12 hours. Let cool. Using a slotted spoon, remove veggies, apple, and bones. Discard. Transfer broth to a large bowl, cover, and refrigerate until completely chilled. Using a perforated skimmer, remove the layer of fat on top and discard. Transfer remaining broth to airtight freezer containers.

