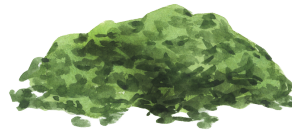


Colleen's Acorn Crackers

BY COLLEEN DONAHOE



2 CUPS ACORN
SOURDOUGH STARTER
(HALF ACORN/HALF
WHEAT)



DRIED HERBS
TO TASTE



PEPPER, BLACK
AND/OR RED, TO TASTE



1/4 CUP EVERYTHING BAGEL
SEASONING OR FORAGED SEED MIX



1/2 TEASPOON SALT
OR KELP POWDER



2-3 TABLESPOONS
MELTED BUTTER

Colleen's acorn crackers provide crunchy, nutty, seedy, salty goodness that nourishes even the deepest hunger. Top with fresh goat cheese and chickweed tips or your favorite healthy snack pairings..

YIELD: 2 baking sheets of crackers

SHELF LIFE: Break into shapes and store in airtight containers.

TIPS: It's fun to play with the seasonings! I like oregano and everything bagel seasoning. You can also add Parmesan cheese, flax seeds, chia seeds, and hemp seeds.

You can learn how to process acorns into flour on the Persimmon Herb School Instagram feed: [Part 1](#), [Part 2](#).

1. Begin with a normal sourdough starter. Feed it half acorn flour and half wheat flour and an equal part water.
2. Let it sit for 6-8 hours until it's doubled in size. You can use a rubber band to mark the height of the starter in your container.
3. Mix the rest of the ingredients thoroughly.
4. Spread mixture in a thin layer onto 2 baking sheets lined with parchment paper, silicone baking sheets, or grease.
5. Bake for 50 minutes at 325F or until crisp.



HERBS
with ROSALEE

Greg Monzel



Greg Monzel is a student of nature with a gift for nourishing deep connections between people and plants. He first experienced the medicinal power of plants as a teenager when he successfully treated his chronic strep-throat with raw pineapple. He has been a practicing herbal educator, medicine maker, and grower since 2008. Greg and his wife Colleen co-founded Persimmon Herb School in 2015 to hold plant centered space and build a healing community.

You can find more from Greg and Colleen at their website, PersimmonHerbSchool.com.

You can also find Greg and Colleen on [Instagram](#), [Facebook](#), and [TikTok](#).

