

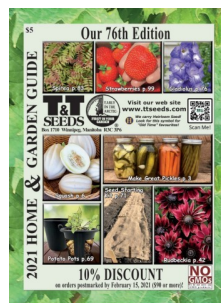
Healthy4life.ca Newsletter - February 2021

Holistic nutrition includes body, mind and spirit. Articles will address each area.

Canadian
Seed
Catalogues



STOKES



Time To Order Seeds and Bare Root Plants/Trees

The seed catalogues came in December and after weeks of thumbing through and dreaming of the garden to come, it is time to submit your online orders for seeds and plant material. Some companies are already posting minimum 30 day delays on orders. As with last year, more people than ever are trying to grow some of their own food. Last spring many companies ran out of seeds and plants and closed their online orders. Stores were sold out early. I am happy I already have all my seed for this year.

If you have not already place your order, I urge you to do it immediately to avoid disappointment. It is already time to start some of the slow germinating and long season plants indoors. Consider soil blocks, recycled pots (washed and disinfected) and organic containers made from newspaper, coconut coir or peat.

Many people were not able to get the seeds they needed last year. Look carefully as many species and varieties are NOT available this year, for example, Manchurian apricot seedlings, native comfrey and Canadian elderberry. Try to buy heritage varieties, non genetically modified, instead of hybrids as much as possible so that

you have the option of saving your own seeds that will be true to the species and variety. There are many good books on how to save your own seeds. Fleshy fruits like tomatoes use different methods than lettuce or bean seeds. It is still cold enough to take semi-softwood and hardwood cuttings of some trees and shrubs. It is an economical way to increase your plants. Garden or plant pot to table is flavour, freshness and nutrient density unequalled by store bought produce.



Vaccine Prayer

This is the first in a series of online prayer sessions for 2021. It will be a half hour zoom meeting on Sunday February 21st at 2 pm EST. The format for each of these sessions will be opening prayer, the topic and specific prayer about it, cleansing and closing prayer. This is a free session.

[Click here to register.](#)

Nutrition and Lupus ebooks free in February be your own valentine

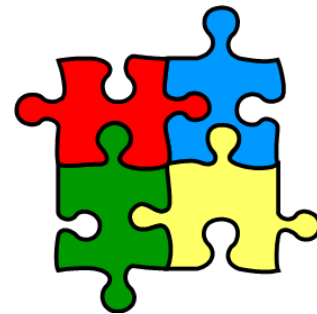
Book 1 The Basics

Book 2 Movement

Book 3 Relaxation Plus!

Book 4 Your Treatment and Support Teams

Book 5 Spiritual Health



Many past newsletters are available at 2020 & 2021, 2018 & 2019 and 2017.

**Be healthy 4 llfe,
Cathy Ferren RHN**

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