

Healthy4life.ca Newsletter - March 2019

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



Green Smoothie For St. Patrick's Day

Your March 17th drink can be a nutritious green smoothie.

- Juice of 1/2 grapefruit
- Juice of 1/2 orange
- 1/2 cup sauerkraut
- 1 cup spinach
- 1/4 avocado, peeled and pitted
- 1 kiwi, peeled
- 2 tsp chia
- 2 tsp maple syrup

Place all the ingredients into a blender and blend. Serve.

Vitamin B5 Pantothenic Acid #4 in a series on B vitamins.

Pantothenic acid is essential for growth, reproduction, normal physiologic functions and over 100 metabolic functions. It is required by all cells in the body.

B5 deficiency is rare, usually from starvation. Symptoms can include fatigue, headache and nausea. Pantothenic acid helps build red blood cells and in making bile. It is a potent memory booster helping make the neurotransmitter acetylcholine.

B5 works together with vitamins B1, B12 and C.

Most plants and animals have some B5. Foods that contain B5 include liver and other organ meats, pork, saltwater fish, soybeans, brewer's yeast, eggs, lentils, dried legumes, sweet potatoes, wheat germ, avocado, peas, brown rice and corn.

The Veggie/Herb/Small Fruit Plot

Now is the time to finalize the seeds and bare root plant orders. Keep your crop rotation in mind to help with disease resistance, pest control and your soil health.

Place your online and phone orders if you have not done it already to avoid being disappointed.



Your soil has a microbiome just like you do. It needs organic matter, beneficial bacteria, insects and fungi to make the soil nutrients available for your plants to absorb. Work in your compost and other soil amendments. Let the soil rest until planting time in your area. My hardy things get planted in April and frost sensitive seeds and plants the end of May.

Interesting articles on the soil microbiome

[Smithsonian Magazine](#)

[NC State](#)

For those who live in Zone 6b like I do, late March is planting time for asparagus transplants, bare root raspberries and strawberries, rhubarb divisions, onion sets and seeds of peas, romaine, leaf lettuce, spinach, beets, carrots, marigolds and other cold tolerant varieties. Enjoy your spring dig into the cool soil. My other potted herb and veggie garden is in zone 4 so it will have to wait until May.

“Chicken” or “Vegetable” Bouillon Powder - Low Sodium, Gluten Free

Ingredients:

1 cup or 250 ml nutritional yeast flakes

2 tbsp or 30 ml onion powder

2 tbsp or 30 ml dried parsley

1 tbsp or 15 ml dried lovage

1 tsp or 5 ml garlic powder

1 tsp or 5 ml celery seed

1 tsp or 5 ml thyme

1 tsp or 5 ml dried marjoram

1 tsp or 5 ml dried rosemary

1 tsp or 5 ml regular or smoked paprika
1/2 tsp or 2.5 ml dried basil

Mix together in a grain mill, coffee mill, blender or food processor and pulse until well blended. Store in an air tight, glass jar for up to 6 months. I use a pint or 500 ml canning jar.

To reconstitute: add 1 tbsp or 30 ml bouillon powder to 1 cup or 250 ml of hot water.

Variations: Change up the flavour - add one of the following: 1 tbsp or 30 ml dried carrots, 1 tsp or 5 ml dried sage leaves (or 1/2 tsp 2.5 ml ground sage), 1 tsp or 5 ml dried oregano. Play with the flavours to create your own unique blend.

Nutrition and Inflammation

Tuesday March 19, 2019 from 7 to 8 pm EST - Free Webinar

Find out what you can do for your inflammation through your food choices.

You must register in advance for this workshop:

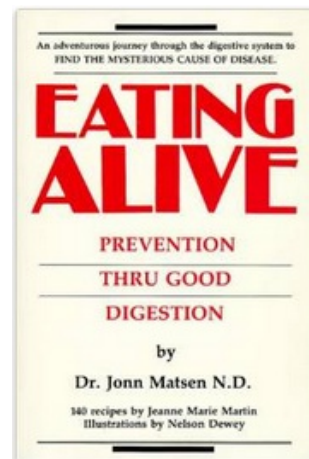
<https://zoom.us/meeting/register/780c6e13f48b7919cde7dc3c8da9331e>

After registering, you will receive a confirmation email containing information about joining the meeting.

Nutrition Book Club

In June, we will read and review Eating Alive Prevention Thru Good Digestion by Dr. John Matsen ND, ISBN 978-0969358602 Check your local library. It is available paperback, ebook and as an audio book.

Email me at cathyferrenrhn@gmail.com to register for this free program with Join Nutrition Book Club in the subject line and I will sent you the question sheet and the Zoom meeting link.



Do you have Lupus and Co-existing Fibromyalgia?

Join Lupus Ontario's webinar Lupus and Co-existing Fibromyalgia on Tuesday April 16, 2019 from 7 to 8 pm EST - Free Webinar

You must register in advance for this workshop:

<https://zoom.us/meeting/register/407ad9c39655d91ad746f627e8486654>

After registering, you will receive a confirmation email containing information about joining the meeting.

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

©2019 Ferren Consulting | PO Box 580 Ridgetown ON N0P 2C0 www.healthy4life.ca

[Web Version](#)

[Subscribe](#)

[Forward](#)

[Unsubscribe](#)

Powered by
GoDaddy Email Marketing®