

Health Digest

Practical Techniques for a Better Life

February 2023

Program

6:00 – 6:05	Welcome	Martina van der Velde
6:05 – 6:10	Bible Thought	Pastor Dan Mc Grath
6:10 – 6:50	Cooking Demonstration: Science of Ancient Grains	Chef Miguel Larcher
6:50 – 7:05	Simple Remedies Treatments for Colds – Part 2	Margit Toppenberg
7:05 – 7:20	Break (to get Food Samples)	
7:20 – 7:35	Gardening: Herb Garden	Miriam Schmidt & Ibis Aragonés
7:35 – 7:45	Get Up and Move	Jeanie Weaver
7:45 – 8:00	Health Teaser: Conquer Seasonal Depression	Margarett Nwankpah

Drawing for 3 prizes

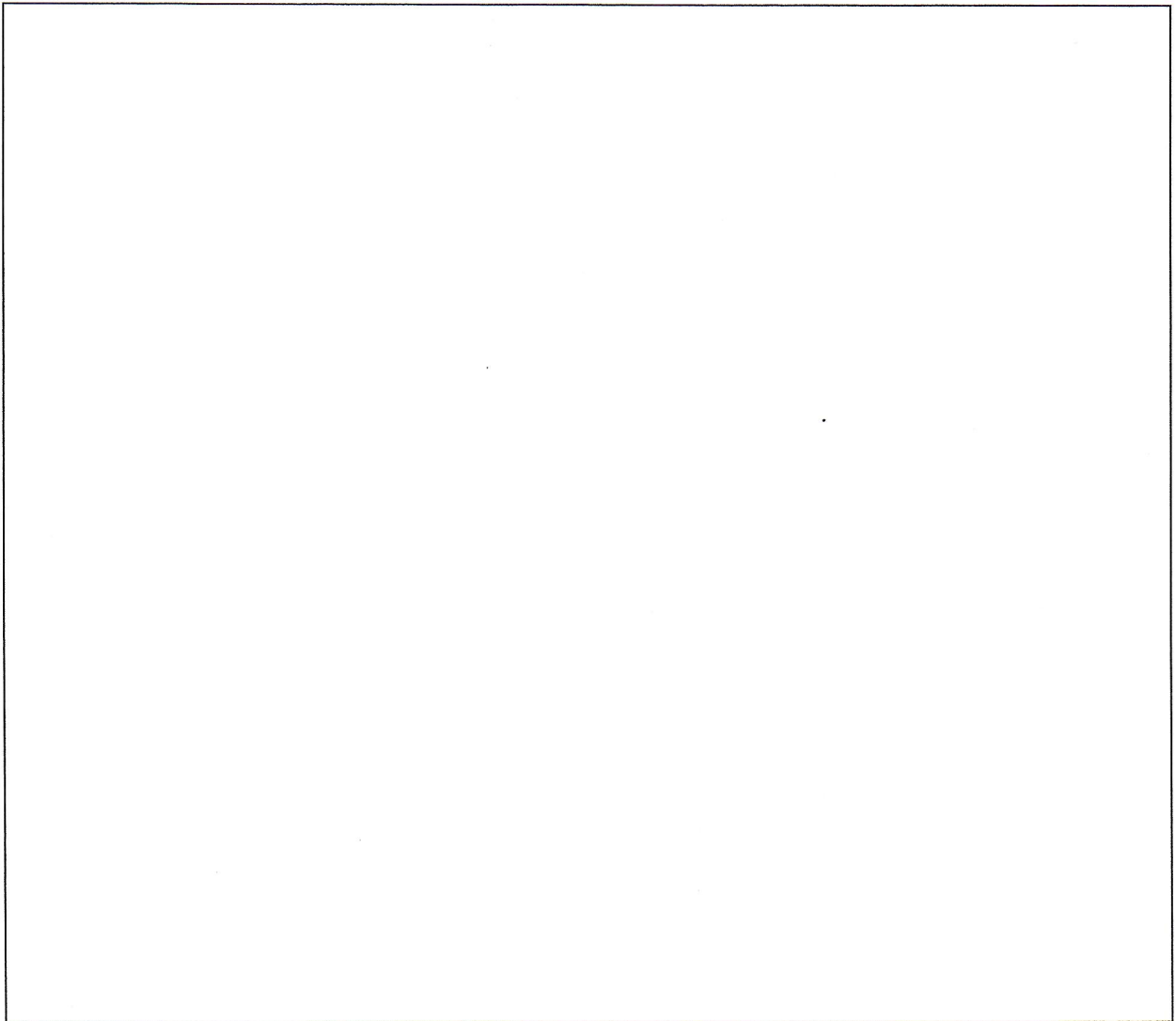
*Though this is a free event, donations are welcomed and appreciated to cover some cost.
Thank you!*

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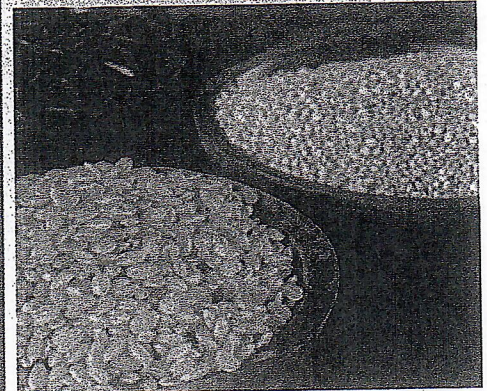
Notes

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GREAT GRAINS

Whole grains have been a central element of the human diet since early civilization. They're an excellent source of nutrition, as they contain essential enzymes, iron, dietary fiber, vitamin E, and B-complex vitamins. Because the body absorbs grains slowly, they provide sustained and high-quality energy.

SECONDARY FOODS | WHOLE FOODS



With grains, as with any food, you'll want to experiment and find what works for you. One cup of dry grains yields 2-4 servings. Here are basic directions:

DIRECTIONS

- 1 Measure the grain, check for bugs or unwanted material, and rinse in cold water using a fine mesh strainer.
- 2 Optional: Soak grains for one to eight hours to soften, increase digestibility, and eliminate phytic acid. Drain grains and discard the soaking water.
- 3 Add grains to recommended amount of water and bring to a boil.
- 4 A pinch of sea salt may be added to grains to help the cooking process, with the exception of kamut, amaranth, and spelt (salt interferes with their cooking time).
- 5 Reduce heat, cover, and simmer for the suggested amount of time, without stirring during the cooking process.
- 6 Chew well and enjoy every bite!

COMMON GRAINS			
1 CUP DRY GRAIN	WATER	COOKING TIME	CONTAINS GLUTEN?
Brown rice	2 cups	45-60 minutes	no
Buckwheat (aka kasha)	1 cup	20-30 minutes	no
Oats (whole oats)	3 cups	45-60 minutes	questionable due to content, contact, or contamination
Oatmeal (rolled oats)	2 cups	45-60 minutes	questionable due to content, contact, or contamination

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ALTERNATIVE GRAINS			
1 CUP GRAINS	WATER	COOKING TIME	CONTAINS GLUTEN?
Amaranth	3 cups	30 minutes	no
Barley (pearled)	2-3 cups	60 minutes	yes
Barley (hulled)	2-3 cups	90 minutes	yes
Bulgur (cracked wheat)	2 cups	20 minutes	yes
Cornmeal (aka polenta)	3 cups	20 minutes	no
Couscous	1 cup	5 minutes	yes
Kamut	3 cups	90 minutes	yes
Millet	2 cups	30 minutes	no
Quinoa	2 cups	15-20 minutes	no
Rye berries	3 cups	2 hours	yes
Spelt	3 cups	2 hours	yes
Wheat berries	3 cups	60 minutes	yes
Wild rice	4 cups	60 minutes	no

All liquid measures and times are approximate. Cooking length depends on how strong the heat is. It's a good idea, especially for beginners, to lift the lid and check the water level halfway through cooking and again toward the end, making sure there's still enough water to not scorch the grains. Remember, don't stir. Taste the grains to see if they're fully cooked. The texture of grains can be changed by boiling the water before adding the grains. This will keep the grains separated and prevent a mushy consistency. Cooked grains keep very well.

Russian Penicillin

1 grapefruit, peeled
1 orange, peeled
2 lemons, peeled

3 garlic cloves
½ large onion
pinch of cayenne pepper

3 drops peppermint oil
(optional)

Mix all well in blender (add a little water if clogged)

Take one spoonful at a time (up to 1 cup for adults and ½ cups for children per day)

Onion Honey Cough Syrup

2 – 3 onions
4 – 6 T Honey

Peel onion and cut in half, then slice. Layer onions in pot, and pour honey over them. Let mixture sit for 6-10 hours. Pour liquid into a glass.

Take one spoonful of liquid 2-3 times a day

Sprouting: How to sprout at home

How to sprout at home

If growing sprouts at home, it's important to follow good hygiene practices. The sprouting process can be broken down into six stages:

Step 1. Find a suitable place in your home

A light and airy spot is best, but not in direct sunlight. Sprouting works best somewhere cool and with consistent light levels, such as a north facing window sill or worktop out of the sun. A place with good air circulation is key, choose somewhere with good air flow and don't be tempted to put your sprouting container in a cupboard.

Step 2. Get your equipment ready

It is important that any equipment you use to grow sprouts is thoroughly cleaned from the beginning in hot soapy water. Always remember to wash your hands before handling the equipment, seeds or sprouts too.

Step 3. Soaking

The seeds need to be soaked in water for up to 12 hours first to re-hydrate the seeds and encourage the start of the germination process. First, place the seeds in a bowl or jar. Then, fill with water: use around 2-3 times the amount of water to seeds. Keep them in a dark place at room temperature for 8-12 hours.

Step 4. Rinsing

Once you've soaked your seeds and started the germination process, the next stage is to rinse and drain them until they start sprouting. Use cool water to rinse and do this 2-3 times a day. It is important that you rinse your sprouts frequently to help avoid bacteria build-up. You can find more information above, depending on the type of equipment you are using. Growing sprouts should be kept at around 20°C as the temperature needs to be high enough to encourage germination, but not too high to cause bacteria or mould to grow.

Step 5. Maintaining airflow

After rinsing your seeds, you need to keep them moist to encourage growth, but also to not have them too wet. Keep the seeds relatively spread out to provide good airflow. If you are using a glass jar, try to use one that is long and fairly wide and avoid a small jar where all the seeds are cramped together. When draining, be sure to shake or tap your container to remove as much excess water as possible.

Step 6. Harvesting and storing

Home-grown sprouts such as aduki beans and lentils will be ready to eat in around three days, when a small shoot is just visible. Sprouts such as alfalfa or radish are generally harvested when about 3cm long and will be ready to eat in around six days.

To harvest, give the sprouts a final rinse and drain thoroughly. Sprouts should not be stored wet. One of the most effective way to remove excess moisture is to put the sprouts in a muslin or tea towel. Then, put them in a salad spinner, or pat them dry with kitchen towel, before transferring them to the fridge in a container.



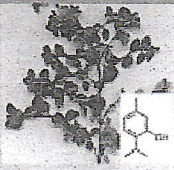
Home-grown sprouts that are ready to eat will last up to five days if kept under the right conditions. Shop-bought sprouts will already have spent time in transit and storage, so will only keep in the fridge for about two days.

The Food Standards Agency recommends that your fridge is kept between 3°C and 5°C to minimise food spoilage. If your sprouts start to discolour and look brown, they have started to go off and should be discarded. If your sprouts develop a sour smell or a sweaty appearance, do not use them. Always thoroughly sterilise your sprouting equipment before starting a new batch.

Helpful Websites:

<https://draxe.com/nutrition/top-herbs-spices-healing/#101> Herbs and Spices for Healing the Body

<https://seedtime.us>

HERB	IMAGE	THERAPEUTIC USES	DELIVERY METHODS	PRECAUTIONS
CHAMOMILE		Digestive aid Skin irritations	Tea (steep leaves) Topical creams Capsules	Those allergic to ragweed could be allergic to chamomile.
FENNEL		Digestive aid Coughs and Colds	Tea (steep seeds) Seed consumption	Reduce to only food consumption in pregnancy
GARLIC		Diarrhea Coughs and Colds	Raw consumption Capsules	Large quantities of raw garlic (>4/day) could reduce clotting. Decrease consumption before surgery.
LEMON BALM*		Digestive aid Fever blisters Stress	Tea Ointments Extracts	Avoid consumption of essential oils
PARSLEY*		Diuretic Anti Inflammatory	Raw consumption Extracts Tea	May react with sunlight to cause skin rash. Limit consumption in pregnancy and for those
PEPPERMINT*		Indigestion Tension headaches Colds and coughs Skin irritation	Tea Topical Capsules Lozenges	Not advised for children under 2 or for those with GERD or a hiatal hernia.
ROSEMARY*		Muscle and joint pain Memory boost Skin irritations Hair health	Extracts Creams Tea Capsules	Ingested essential oil of rosemary can be toxic. Use only under medical guidance. Some people experience sun rashes after use of concentrated essential oils.
SAGE*		Sore throat Coughs and colds Digestive aid	Tea Extracts	Avoid consumption of large amounts.
THYME*		Coughs Colds and flu	Tea Capsules Extracts	Avoid consumption of essential oils. Infusions are safe, but may cause stomach aches in some people.

Zone 6 Planting Schedule

Start Seeds Indoors			Plant Seed/Transplant							Harvest	
JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
						Beans					
			Beets				Beets				
		Broccoli					Broccoli				
						Brussel Sprouts					
						Cabbage					
			Carrots				Carrots				
		Cauliflower									
						Corn					
						Cucumber					
		Kale						Kale			
		Lettuce						Lettuce			
						Onions					
			Peas					Peas			
						Peppers					
			Spinach					Spinach			
						Squash					
						Tomato					



100% Non-GMO Seed



One Day Shipping



100% Satisfaction Guarantee



Family Owned + Operated