



From The Farm

To The Home...

May 2015

"But the fruit of the Spirit is Love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control." Galatians 5:22-23

The days are getting longer; daffodils and tulips are emerging and the apple trees are beginning to blossom. I love the color and the diversity. Not only do I enjoy seeing the wonderful colors of the earth, I love when I can grow the vegetables and fruits of color to line my plate! Consuming a variety of color in our diet fuels our body with the energy from the vitamins, minerals and the numerous nutrients they provide.

Phytonutrients

So what are phytonutrients? These are natural compounds in plants that are powerful defenders of our health. Phytonutrients protect against chronic diseases such as cancer, heart disease and diabetes. In the human body phytonutrients stimulate enzymes that help the body to get rid of toxins, improve cardiovascular health protect estrogen metabolism and rid the body of cancer cells. Phytonutrients are in numerous veggies and fruits covering the entire spectrum of the rainbow. Let's look at what the red foods have to offer.

The red foods in particular help to protect the heart, brain, liver and immune system.

There are many red foods including apples, strawberries pomegranates, red potatoes, radishes, sweet red pepper, rhubarb, goji berries, grapes, plums and beets to name a few. Pomegranates in particular contain ellagic which is important in getting rid of liver toxins. Watermelon and pink grapefruit are two great sources of Lycopene.

So the red foods are abundant in many phytonutrients the two most prominent being Lycopenes and Anthocyanins. Lycopenes help to protect against cancers such as breast, skin and prostate. The red foods highest in this are tomato and tomato based products, watermelon, pink grapefruit and guava. Cooking tomatoes result in the lycopenes becoming more available for the body to absorb. (This is the one exception where cooking releases more nutrients than the raw form.)

Anthocyanins are protective of the brain, immune system and also fight against cancer. They are found in such foods as raspberries, cherries, strawberries and cranberries. Also apples (with skin) beets, red onion cabbage and red beans.

To get more "reds" into your diet, consider the following:

1. Using marinara sauce instead of alfredo to your veggies and pasta.
2. Adding berries or dried cranberries to salads.
3. Make Mediterranean salad with red onions tomatoes garlic and feta cheese.
4. Make it your goal to try one new red food this month.

Coming up next month the green foods!



"We are born believing; A man bears beliefs as a tree bears apples."
Ralph Waldo Emerson

Pomegranate and Pear salad

3 cups red and green leaf lettuce, rinsed and torn
1 Bartlett pear
1/3 cup pomegranate seeds
1 Tablespoon vegetable oil
2 Tablespoon pomegranate juice
1 Tablespoon lemon juice
1 teaspoon dijon mustard
1/2 Tablespoon honey
Ground pepper to taste



Divide the lettuce between two bowls. Half and core the pear and cut into slices and place on the lettuce bowls. Sprinkle pomegranate seeds on top. Combine next six ingredients and bring to a boil and simmer until slightly thickened. Then drizzle over the lettuce bowls with fruit and serve warm.

update from the Schleicher Farm

Baby hens, meat chickens and turkeys have arrived. There are also 4 more runner baby ducks. This is to keep Pauline and Iggy company. (Our adult mother ducks).

Many plants growing throughout the house waiting for the finishing of the green house and warm weather to hopefully begin planting soon.

Functional Medicine thought:

Starting with color is the first basic step to make when eating healthy for everyone. Our food choices can lead to the cause of disease or the prevention of disease. What food choices will you make?

Homeopathic tip of the Month

Ferrum Phosphoricum

This is the homeopathic from Iron. Also known as the homeopathic to speed recovery used for congestion, rapid pulse and fevers. Great for fevers that are low grade less than 101 and for sinus congestion, pressure as well as fluid in the ear.

Bugs, Ticks, & Bites

Spring and summer is the time of year when ticks are more prevalent. Remember to protect yourself from these critters. When hiking or walking outdoors wear long sleeve clothing. Inspect yourself and other family members for any signs of ticks.

Use bug sprays containing peppermint, sweet orange and lavender which are all protective against ticks.

If you have any questions regarding this newsletter please contact Cherri Schleicher FNPC ANPC cholistifam@wi.rr.com or 414-640-6287. Visit www.csholisticfamily.com