



From The Farm

To The Home...

April 2015

“The son of man must be delivered into the hands of sinful men be crucified and on the third day be raised again.”
Luke 24:7

Spring is a time of new beginnings. Flowers begin to bloom. Grass is growing and a rainbow of colors surround us. I love the first spring rain and the smell of new blossoms that accent creation.

As the days get longer and warmer we emerge out of our homes and begin to reconnect with the earth. I love when the grass begins to grow and I can walk across my yard in bare feet and feel the warmth of the ground and slowly take a deep breath to appreciate the abundance of smells. With each passing of the season it reminds me how special time is and to be thankful for each moment and appreciate the gifts that it offers.

Psychologist Elisha Goldstein in her book “The Now Effect” states 7 Things that mindful individual’s do that can help us appreciate moments, time and the people around us.

1. Approach everyday things with curiosity.
2. Forgive their own mistakes big or small
3. Show gratitude for good moments and grace for bad ones
4. Practice compassion and nurture connections
5. Make peace with imperfection inside and out
6. Embrace vulnerability by trusting others and themselves
7. Accept and appreciate that things come and go.

Allergies

The start of spring brings to mind the topic of allergies. So what happens and what is the underlying cause of allergies? It begins with exposure. Even if you have been exposed to an allergen (foreign substance) many times without a problem suddenly your body sees it as an invader. When this happens your immune system kicks into action and triggers the activation of mast cells. These are cells located in the lungs, skin lining of the nose, and lining of the intestinal tract. These cells open and release a substance called histamine. An increase amount of histamine can lead to symptoms of runny nose and sneezing if the lining in our nose is affected or cough and wheezing when the lungs are affected. If the lining of our intestinal tract is affected it may lead to abdominal discomfort and food sensitivities. How many of you are aware of foods that are high in histamine and can contribute to worsening symptoms to those affected with allergies? Remember as I have mentioned previously our gut is our second brain and we need to keep it healthy to promote a healthy immune system. Gut health is important in the prevention and treatment of allergies.

Foods that are high in histamine include any foods that have undergone a fermentation process. These include aged cheese, kimchi, wine, yogurt, and sauerkraut. Also processed meats such as sausage, salami and deli meats. Chocolate is also high in histamine.

Remember when incorporating foods that heal you need to know first if a food is causing an allergy. Whether it may be a good food for healing of the gut or not, if you are sensitive to it, then it is not good for you. Typical foods that decrease inflammation and promote healing include beets, turmeric, ginger, and nuts such as almonds, peppers, onion, garlic, olive oil, berries such as raspberries cherries and certain vegetables such as cabbage. If concerned about allergies and possible food sensitivities, testing for leaky gut is beneficial. A simple food elimination diet is the least expensive and easiest way to determine which foods may be contributing to allergies.

Homeopathic Tip of the Month:

Allium Cepa

This is a homeopathic derived from onion.

It is beneficial with allergy symptoms consisting of watery itchy eyes, runny nose and sneezing.

*Update from the
Schleicher Farm*

Chickens and turkeys will be arriving this month. We do have a few more for sale for those interested.

Two more bee hives are arriving at the end of this month and if our current hive has survived the winter we will have a total of 3 hives.

So far seeds from tomatoes, onions peppers, celery and eggplant are growing. Broccoli, cauliflower and cabbage have recently been planted. The garlic we planted last fall is coming up!

Easy Chicken Salad

4 ounces diced chicken, baked or roasted
1 tomato
½ avocado diced
½ cup cilantro diced
¼ cup olive oil
½ teaspoon lemon zest
½ teaspoon ground cumin
1 teaspoon chili powder
1 cup organic mixed greens

Mix first 8 ingredients cover and chill for at least one hour. Then serve over bed of greens makes 1-2 servings.

*"The beautiful spring came, and when nature resumes her loveliness,
the human soul is apt to revive also."
Harriett Ann Jacobs."*