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## TOMATO SOUP:

### Ingredients:

Tomatoes to make 2 cups of juice  
3 medium carrots  
3 stalk celery  
Red bell pepper  
Pinch of hot pepper flakes  
Tsp basil  
Tsp thyme  
Tsp oregano  
2 cups water  
Coconut cream  
Salt, pepper

### Instructions:

Put water, veggies, hot pepper flakes, salt and pepper (to taste) in the pot and cook for about 10 minutes.  
Add tomato sauce, basil oregano and thyme bring to boil and simmer for about 10 minutes. Turn off the heat. Blend everything into smooth cream. Add a bit of coconut cream. Serve with rice, noodles or avocado. Garnish with fresh basil.



## END OF THE SUMMER

At this time of the year our gardens are full of fruits and veggies. Judging by shortage of mason jars in the stores, a lot of home gardeners are preserving their harvest for winter months. Let's fill in our pantries with pickles, juices and tomato sauces. Preserving food for winter months can be fun for the entire family. Let's go to the garden and pick all goodies that we patiently harvest throughout the Summer.

Knowledge is knowing that a  
tomato is a fruit.

Wisdom is not putting it in a  
fruit salad.

- Miles Kingdon



# Fruit of the Month: Tomatoes

**TOMATOES** are delicious for salads, soups, sauces, and appetizers. We can still enjoy them during the winter months. I use tomato sauce for soups, spaghetti sauce and anything that tomato sauce is one of the ingredients.

## **EASY BREEZY TOMATO SAUCE FOR WINTER:**

Wash all tomatoes you will be using.

Blend them all and strain them to separate puree from seeds (throw away seeds).

I put 2 cups of puree in ziploc bags and place them in freezer.



## **Shells stuffed with spinach and feta cheese in tomato sauce**

### **Ingredients:**

- ½ Package of jumbo pasta shells (gluten free if needed)
- 2 cups of tomato sauce
- 2 eggs (optional)
- 16 oz Large package of fresh spinach (you can use frozen)
- ½ cup feta cheese
- 2 tsp oregano (1 tbsp for filling 1 for sauce. You can add more or less)
- 5 cloves garlic
- Salt, pepper

### **Instructions:**

Boil water and cook shells just make them soft, strain them. Rinse spinach with hot water. Strain it with excess of water and juice. Combine spinach, eggs (optional), feta cheese, salt pepper, oregano and 3 cloves of garlic (minced) and stuff shells. Place them in the pan.

Blend tomato sauce with pepper, salt, oregano and 2 cloves of garlic (you can use more or less).

Pour over shells. Bake in the oven at 400F for about 40 minutes.

<https://herbsinmykitchenbook.com/recipes/>



*"The secret of happiness is variety,  
but the secret of variety, like the  
secret of all spices,  
is knowing when to use it." —*

Daniel Gilbert

### **RESOLUTION'S SOLUTION:**

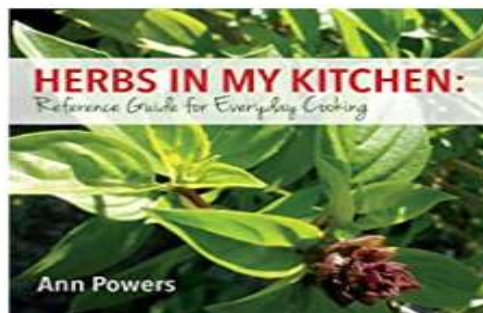
We are all guilty of making them on December 31<sup>st</sup>. Promises and pledges to be good, healthy, sleep better and exercise but on January 1<sup>st</sup> we already forgot about them.

"[Herbs in My Kitchen](https://herbsinmykitchenbook.com)" will guide you how to prepare your meal in hundreds of different ways using natural aromatic spices and herbs and keep up with the resolutions. Also, it will give you interesting facts about popular herbs and spices.

**[How and when to use herbs and spices?](https://herbsinmykitchenbook.com)** You are just click away to get answers to your questions. Click on the link below.

Bon Appetit!!!

<https://herbsinmykitchenbook.com/order/>



## **JOINTS PAIN RELIEF**

Rheumatoid Arthritis causes a lot of pain, swelling, stiffness, and loss of physical function in hands, wrists, shoulders, knees, and feet.

Taking rheumatoid arthritis medication can cause even more serious side effects including: edema (swelling of the feet) heartburn, upset stomach, stomach ulcers, possibly increased risk of blood clots, heart attack, stroke cataracts, elevated blood fats and blood sugar levels, increased appetite and bone loss.

### **There is a solution: Joints Pain Relief!!!**

**100% Organic and Natural!!!** This unique blend of organic oils and botanical extracts provides almost immediate relief from aches, pain and leads to increased flexibility and mobility of joints and tendons. Most importantly, **NO side effects.**

Apply a drop or two multiple times throughout the day. Use the drops as many times as you use hand lotion. For external use only.

<https://herbsinmykitchenbook.com/joint-pain-relief/>

