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reference guide for
everyday cooking.

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Nutritional values of cabbage, brussels sprouts and carrots:

Cabbage is one of superfoods, decreases the risk of diabetes, obesity, heart disease, and overall mortality. It can also help promote a healthy complexion, reduces inflammation, increased energy, and overall lower weight.

According to the USDA National Nutrient Database, cabbage contains: Protein, vitamin C, K B-6, magnesium, calcium, potassium, and thiamin. Cabbage contains the antioxidants choline, beta-carotene, lutein, and zeaxanthin as well as the flavonoids kaempferol, quercetin, and apigenin. Red cabbage tends to contain more of these compounds than green cabbage.

Brussels Sprouts - Cruciferous vegetables, such as Brussels sprouts, contain sulfur-containing compounds that provide their bitter taste. During consumption and digestion, these compounds break down into other active compounds that may prevent cancer from developing in some organs in animals. Brussels sprouts prevents cancer, cataracts, protects skin against sun damage and pollution, improves bone health and help managing diabetes,

Brussels sprouts are of protein, vitamin C, K, B-6, Folate & Potassium. Vitamin C reduces free radical damage and is instrumental for the production of collagen, which supports strength and elasticity of the skin, consequently reduces wrinkles and improves overall skin texture.

Carrots - antioxidants alpha and beta carotene give carrots their bright orange color. Beta carotene is converted into vitamin A during digestion. Carrots have variety of colors including purple, yellow, and red thanks to different compounds with antioxidant properties: purple carrots contain anthocyanin, yellow carrots contain lutein, and red carrots are rich in lycopene.

Carrots contain vitamin A, which improves your vision. Carrots may prevent cancer, help maintaining diabetes, digestive health, blood pressure and cardiovascular health and boost your immune system. Carrots contain vitamin K and small amounts of calcium and phosphorus. All of these contribute to bone health and may help prevent osteoporosis.

References: <https://www.medicalnewstoday.com>

TIME FOR HARVEST

In August our gardens blossoms with flowers. Variety of veggies and fruits are waiting to be picked. It is almost difficult choice to select them. They are warm and smell with sun. They have so much aroma and flavor. Nutritional values are priceless. I enjoy this time of the year making salads and dressings from my own grown ingredients. The best of all summer salads recipes is that you can do anything from anything. Every veggie can be substituted with something you like. All my salads are improvised. I never stick to the recipe. I always make the salad from what I have. Go bananas and be creative.

The healing comes from nature
and not from the physician.

Therefore the
physician



Must start from nature
with an open mind

~ Paracelsus ~

Veggies of the Month: Cabbage, Carrot, Brussels sprouts

According to “Daily Bizarre and Unique Calendar Holidays - August 2021”, first week of August is National Simplify your Life Week. Let’s make it easy at least in the kitchen.

CABBAGE SALAD: Slice half of fresh cabbage very thin (use mandolin slicer). Chopped 2 green apples in ¼ inch cubes. Chopped ½ cup of cilantro, 3 minced garlic cloves, juice from one lemon, salt and pepper. Mix everything. Garnish with cubed avocado.

ZUCCHINI SPAGHETTI with carrot and carrot’s green pesto. Slice zucchini in julian cut, shred one carrot, garnish with carrot pesto made from the carrot greens (see the recipe on my website)

BRUSSELS SPROUTS SALAD: shred 1 pound brussels sprouts on mandolin slicer, shred two carrot, 2 minced cloves of garlic, ¼ cup chopped walnuts (you can substitute with sunflower seeds, pumpkin seeds etc.), 1/2 cup thin sliced red cabbage, dry cranberries salt, pepper. Mix everything.

DRESSING: 1tbl spoon honey or agave sirup, salt, pepper, 1tbl spoon lemon juice, 1tbl spoon apple cider vinegar, 1 teaspoon of chopped oregano, 1teaspoon of thyme, 1 tablespoon of dried cranberries and avocado oil or any oil you like. Depends on your taste you can add or reduce ingredients. Mix everything and pour over salad.



BRUSSELS SPROUTS SALAD



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



BRUSSELS SPROUTS SALAD DRESSING

<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:

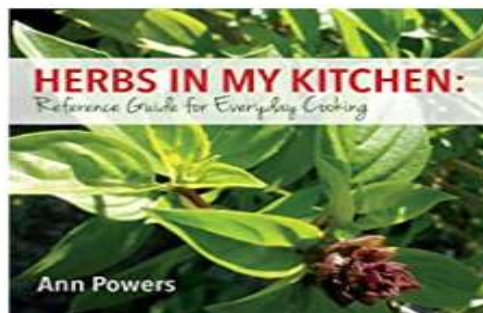
We are all guilty of making them on December 31st. Promises and pledges to be good, healthy, sleep better and exercise but on January 1st we already forgot about them.

"[Herbs in My Kitchen](#)" 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?](#) 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/>

