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reference guide for everyday
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PARSLEY

-is a rich source of vitamin K. A tablespoon of fresh parsley provides more than 70% of the recommended daily intake.

-contains a great amount of vitamin A and antioxidants known as flavonoids.

-regulates urinary pH and reduce blood pressure, may help keep your kidneys healthy and lower your risk of kidney stones

-contains vitamin A, which helps protect the surface of the eye, as well as lutein and zeaxanthin, two antioxidants that help prevent age-related macular degeneration.

-may improve skin conditions, such as acne

has anti-inflammatory properties due to its antioxidants, including flavonoids, carotenoids, and vitamin C.

-may improve blood sugar and support heart, kidney, and bone health.

-is rich in folate, a B vitamin that protects your heart and may reduce your risk of heart disease.

-reduces blood sugar levels.



HELLO FALL!!!

It is time to clean the garden. Cut the parsley, oregano, basil. You can dry all your herbs and grain them later. You can freeze them or juice them. Use these goodies for smoothies, garnish juices and pesto.



Veggie of the Month: Parsley

Origin

Parsley has been known as an herb for a very long time. It originally grew wild near the Mediterranean. Ancient tombs and athletes were decorated with parsley wreaths. Parsley adds flavor and taste to a diverse range of foods, such as soups, stews, sauces, and salads. It contains antioxidants and vitamins B1, B2, niacin, A, and C. It contains twenty-four times more vitamin C than lettuce, and a hundred times more vitamin A than cabbage. It takes twelve pounds of fresh parsley to make one pound of dried parsley.

Usage

Eastern European Cuisines:

Root parsley is used as a snack or a vegetable in many soups, stews, meat, fish, omelets, legumes, salads, and casseroles.

Greek Cuisine:

Soups and stews.

Middle Eastern Cuisine:

Salads such as tabbouleh.

French Cuisine:

Parsley is part of bouquets garnis, used to flavor stocks, soups, and sauces.

As a garnish: On potato dishes (boiled or mashed potatoes), on rice dishes (risotto or pilaf), on fish, fried chicken, lamb, goose, and steaks, as well in meat or vegetable stews (such as goulash or chicken paprikash).

Make a pesto with pine nuts, olive oil, parmesan cheese, and fresh parsley.

Add to smoothies for a nutrient and flavor boost.



PARSLEY & CUCUMBER SMOOTHIE

Ingredients:

1 Cucumber

½ cup chopped parsley

½ lemon-juice

¾ glass of water or coconut water

Instructions:

Mix everything and drink it.



<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:

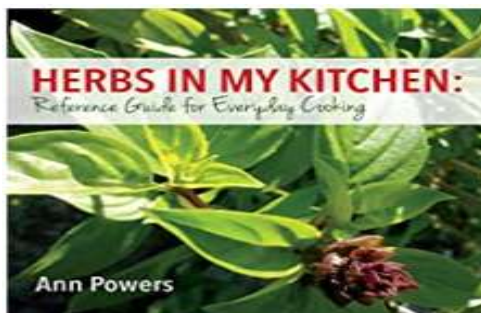
We are all guilty of making them on December 31st. Promises and pledges to be good, healthy, sleep better and exercise but on January 1st we already forgot about them.

"[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/>

