



Newsletter

No. 26

Cream Of The Crop Carrots!

As you follow this article you will agree that carrots are truly well named as “the cream of the crop”! There are so many benefits to eating this vegetable on a regular basis. These bright orange, white or yellow, roots are regarded as an alkaline food and they have a reasonably long life, if refrigerated and also freeze or dry well.

Carrot tops are also edible but use sparingly as they can be slightly bitter. They may be added to soups, casseroles and stews, while freshly chopped, raw carrots can be used as a drink. Carrots can be utilised as a salad or eaten cooked.

The Carotenoids in carrots, produce the yellow or orange colour and are helpful in preventing cancer. Cigarettes are sometimes called cancer sticks, so carrots can then be called anti-cancer sticks. The more fresh vegetables, including fruit that one eats, the less likely we are to develop cancer including lung cancer. Carrot Juice is used as a foundation food in cancer diets and eating raw carrots improves the growth of bones and teeth.

Another benefit of eating carrots regularly is that they contain 8 compounds which are known to lower blood pressure. A daily snack of 2 medium sized carrots have been known to lower cholesterol levels by 10 – 20%!

Carrot seed (*Queen Anne's Lace*) can be used as a morning after contraceptive as it has been confirmed that carrot seed has anti-implantation activity.

Infant diarrhoea can be treated by feeding the child cooked carrots. They soothe the digestive tract and control the diarrhoea while also providing nutrients that are lost during the attack.

Products which contain carrot oil have been used as an effective sunscreen. Carrots mashed in a blender can also be used as a face mask which should only be left on for 15 – 30 minutes, then washed off.

Recipes You Can Get Your Teeth Into.....

Zesty Roasted Baby Carrots

200g whole baby carrots
100g halved parsnips
30 ml cold pressed olive oil
6 pieces of orange zest
½ cup orange juice
Salt if needed

Preheat the oven to 200°C.

Place the whole baby carrots and halved parsnips in a roasting dish.

Coat with 30 ml cold pressed olive oil and add the pieces of orange zest. Let roast for 10 – 15 minutes. Drizzle ½ cup of orange juice over the carrots just before serving.

A little salt may be added if needed.

Candied Carotenoides *(The Green Pharmacy – James A. Duke)*

2 cups cooked pumpkin
2 cups finely chopped orange pieces
1 ½ cups pink grapefruit juice
1 cup chopped carrots
1 cup chopped sweet potatoes
2 teaspoons grated orange rind
Dash of salt
Dash of paprika
Dash of turmeric
1 tsp grated coconut.
Sweetener optional

Combine the pumpkin, oranges, grapefruit juice, carrots, sweet potatoes, orange rind, salt, paprika and turmeric in a large pot. Cover and cook for 20 minutes or until the vegetables are tender. Transfer the mixture to a blender in batches and puree. Return the mixture to the pot and heat. Only add the sweetener if needed. If the soup is too thin, let it simmer until it thickens. Serve with sprinkled coconut.

WE OFFER YOU

Our best service at all times. Please let us know what your needs are and we will try our utmost to source it.

Products Available in the shop:

Carrot Juice @ R44.50 per bottle
Ginger, Lemon Flavoured Candy @ R20.00 per pkt
Pineapple Fruit Crisps @ R14.00 per pkt
Chickpea Flour @ R20 per 500g
Soya Flour @ R18.00 per 500g
Quinoa @ R73.00 per 620g
Pearled Barley @ R28.00 per 620g

Pure Essential Oils:

Almond 100ml @ R33 ea
Grapeseed 100ml @ R26.00 ea
Hempseed 50ml @ R52.00 ea
Borage 50ml @ R55.00 ea
Grey Ceramic Vases @ R164.00 ea
White Ceramic Vases @ R285.00 ea
“Owl” Salt & Pepper pots @ R60.00 per set
“Birdie” Trinket Box @ R100.00 ea
“Leopard” Trinket Box @ R100.00 ea

Think About This.....

“A generous man forgets what he gives and remembers what he receives.”

An Old Proverb

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