



Newsletter

No. 25

A Historical Remedy Onions

Onions are a pungent bulb covered with many concentric coverings which may be white, yellow or red in colour. They vary in shape and size from globe, spindle to top-shaped and are versatile as a food which can be used raw, cooked or dried.

Scallions – young, green onions which can be used in soups, stews or combined in salad dressings.

Spring onions - long, white, with smooth stems and extended dark green leaves are mainly eaten in tossed salad or as a side dish.

Shallots – a small bulbous root with bluish-green stems used as flavouring.

Onion Powder – salt is added to dried onions and used as flavouring in foods. Excessive use may result in laxative effects.

Onion Flakes – dehydrated onions with added salt is used as flavouring in soups and stews. In this form, onions contain a higher concentrated source of the irritants which are found in fresh onions which can affect the gastrointestinal tract.

Flavonoids are a large group of chemicals widely distributed in plants. Also known as vitamin P, they are known to protect against oxidation plant compounds such as vitamin C an anti-cancer vitamin. Onions that have coloured skins are exceptionally high in flavonoids. Onions contain 90% water and very few calories.

Medicinal Uses:

Anti-asthmatic agents – Some onion products have been found to help asthma, in that certain substances work to inhibit bronchial obstruction. Allergens can trigger obstruction of the airways and onion extract reduces this obstruction. *Biochemical Pharmacology, Dorsch W., Wagner H.*

Onion oil is known to stimulate growth. Liver, kidney and muscle weight, DNA and RNA contents of these organs increased significantly in laboratory animals fed fractions from onions. *Onion as a Growth Stimulating Material for Rats, Koremura N., Hasegawa T.*

Onions are one of the best sources of quercetin, a compound that has been found to help prevent in the formation of cataracts especially in diabetics. Leaving the skin on the onion during cooking will help to allow more quercetin to make its way into the food.

The pain with regard to burns can be alleviated due to the fact that quercetin retards the inflammatory effect.

Antiviral chemicals can be found in onions. Steep raw onion slices overnight in honey. Take a few teaspoons of this mixture the next day as a cough syrup to alleviate your cold.

Insect bites and stings contain enzymes that break down chemical substances known as prostaglandins, that the body releases in response to pain. Using onions as a remedy can be used internally or externally. Cut up the onion finely and place on one half of a piece of clean cloth. Fold the cloth over to cover the onions and place over the affected area. Cover with a piece of cling wrap and then a bandage. Leave this poultice on for 8 hours then remove. Repeat until relief from the irritation is felt.

The quercetin in onions is also known to bring relief to those suffering from Varicose veins by reducing capillary fragility. Once again cooking onions with the skin on as mentioned above, will be beneficial.

Onions can definitely be added to your diet to help reduce high cholesterol and high blood pressure in 60% of people with moderate hypertension.

This plant is also known for preventing excessive clotting and also act as a mild disinfectant. It has also been used to remove parasites in the digestive tract.

The Green Pharmacy, James A. Duke

Onions a favourite seasoning and dish of many cooks, we now know to be more than a seasoning. They are filled with protective nutrients and some therapeutic potentials. However

“Let your moderation be known to all men” (*Phil 4:5*) is applicable to this plant. **Excessive** consumption of either onions or garlic (especially raw) has been known to have damaging results.

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

Onion Pie

2 cloves garlic (minced)
1 ¼ tsp thyme
1 Tbsp olive oil
4 c finely sliced onions
¼ tsp salt
½ cup cashew pieces
¾ cup water
2 Tbsp onion powder
¼ tsp garlic powder
1 ¼ cup water
1 ½ tsp dried parsley
2 Tbsp Maizena
Pie Crust of your choice

Briefely sauté the first three ingredients. Add the onions and salt and simmer for 40 mins., till cooked but not browned. Blend the next 5 ingredients on high till creamy. Stop the blender and add the 1½ cups water, dried parsley and maizena. Blend for 5 seconds. Pour the mixture into a bowl and add the onions and juice. Mix well. Pour into unbaked pie crust and bake at 180°C for 30 minutes.

Onion Rolls

2 tsp active dry yeast
¼ cup warm water
5 cups whole wheat flour
½ cup chopped onion
1 Tbsp onion powder
½ Tbsp barley malt
½ Tbsp salt
¾ cup pitted dates
¼ cup hot water
¾ cup water

Dissolve yeast in ¼ cup water. Mix the next 5 ingredients together in a large bowl. Blend dates in hot water until smooth and then add them with the yeast mixture to the dry ingredients. Mix well and add the ¾ cup water and knead until a soft dough is formed. Add more water or flour as is necessary. Let rise for +/- 20 minutes in a warm place. Form into small rolls and bake on an oiled and floured, baking sheet for 180°C for 30 minutes.

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Think About This.....

*Gratitude can transform common days into thanksgivings, turn routine jobs into joy,
And change ordinary opportunities into blessings. " - William Arthur Ward*

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