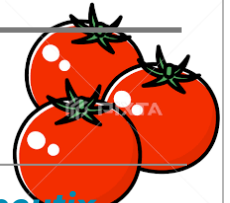
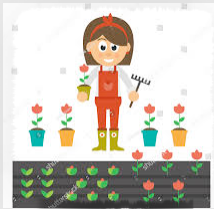


IT'S YOUR HEALTH



A Lifestyle For Better Health Newsletter from Lifestyle Therapeutix



Recipe for Better Health

Fresh Tomato Basil Pasta Sauce

Olive oil
 1 medium onion, finely diced
 4-6 cloves garlic, finely diced
 10-20 Roma/plum tomatoes, unpeeled OR peeled, and coarsely chopped
 1 large bunch fresh **basil**, chopped
 Salt, Pepper-Like Seasonings and Red Pepper Flakes to taste (optional)

Pour about 1/4 - 1/3 cup of olive oil in a large pan. Heat on medium heat and add onions and garlic. Simmer on low for about 5 minutes. Add tomatoes and about half of the basil. Simmer for 20-30 minutes while tomato sauce thickens. When thickened, add rest of basil and other optional seasonings.

Adjust to taste. Serve over whole-grain angel hair pasta.

Yield about 6 cups Variation: Add veggie sliced sausage.

Home Grown Goodness!

It's that time of year again!! You see the first blossoms of the Bradford Pear trees. You can smell the the Honeysuckle, and the Daisies are popping out the ground, signaling the time when planting for your spring garden begins.



A diet packed with fruits and vegetables is the best thing for the foundation of a healthy lifestyle, and you can get them in four forms: *fresh*, *frozen*, *canned* and *dried*. Fresh is always the best. Frozen is second best, with all the vitamins of fresh when frozen at the peak of it's growth. Canned with low sodium is third option. And, dried is a great fourth.

You can get the latter two options during any time of the year, but we'll be talking about the first and best option this time - **fresh from the garden**. Nothing can be better than walking out your door and plucking a fresh tomato from the vine, or gathering a bag full of collards to cook with all the vitamins, minerals and phytochemicals at their ultimate highest levels. Is that something you think you can do? Before you say *NO*, let's look at several ways you can make it happen more easily than you might think:

- Garden plot:** digging up a specified area of land in your back yard. This method is the most time consuming, must be done on a regular basis.
- Raised beds:** Usually 2x12's in a square or rectangle, with topsoil inside that eliminates the need for as much tilling.
- Compost/ground cover gardening:** (my method of choice) Covering the entire garden plot with layers of organic materials that block out weeds and maximize water retention and soil enrichment
- Planters or pots:** these containers can be placed anywhere. In fact my mother had them on the patio of her apartment, growing tomatoes, peppers and collard greens. 1

These are just a few of the many ways you can begin the process of growing your own food. Getting it fresh from the store is not even the same as picking it directly from the garden. The flavor is better, fresher and packed with what's best for your body.

Our very first garden was in the back yard of our next-door neighbor, who was too old to work her garden spot. She had all the tools and equipment necessary, and I was the manpower. She just requested that she get some of the produce since I was using her land





GARDENING TIP: Most wisdom around companion planting is anecdotal, but these are some of the tried and true partners for tomatoes: Basil. **Basil and tomatoes are soulmates on and off the plate.** This vibrant, aromatic herb repels insects, specifically flies and hornworms, and is believed to improve yield.

CUGH Cooking School is available on several Venues.

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- Lifestyle Therapeutix - YouTube
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Where Circulation Means Health!

and equipment. That was fine with me.

What began on that garden spot many years ago, has turned into a lifelong hobby of enjoyment.

But, there is more to gardening than just the carrots and peas that comes from it. Here are several other reasons to make gardening your adventure of choice:

1. **Spending time outside:** You have the opportunity of getting fresh air and sunlight that is so beneficial for you. Any reason to be outside is a good reason. 2
2. **Gardening is cost-effective:** It is a great way to put food on you table. Even buying produce "in season", is more costly than growing your own. A good example is a green pepper. One large pepper can be as much as \$1.25. one pepper plant cost \$3.25 that will produce 30-40 peppers. The "return on investment" is profound. 3
3. **Personal pride:** That pride goes with you being able to say that you are eating what you grew, is so very rewarding. Every year I get to push out my chest with pride for all the delicious items I bring in for my wife to turn into wonderful meals and preserving, which leads to the next benefit from growing your own...and that is...
4. **Preserving:** With the same example of the \$3.00 pepper plant taking to its extreme, we realize that eating peppers every day and not eat them up. What do you do with the extras? Can them, freeze them, dry them out, make salsa or pepper sauce.



Every fruit or vegetable growing in your garden can be preserved during the summer to be used during later months. When all is said and done, growing fruits and vegetables for you own consumption has more upsides than downsides. You get to choose what foods you plan to grow. You get to work outside where the air is fresh and clean. You get to have pride I what you have done and can even share the extra with your friend, neighbors and family.



Much of the overflow of our garden goes to our patients. They get bags of peppers, green, yellow squash and zucchini.

You can garden in so many different ways, both inside and out. With all these options going for you. Choose this year, if nothing else, to grow a miniature tomato plant on your deck or kitchen window. You'll be glad you did and so will your pocketbook.

And, remember, the changes you want to see in your life depend on the choices you make everyday. **It's YOUR Health, isn't it?!?!?**

1. <https://morningchores.com/gardening-methods/>
2. <https://physiofalmouthplus.co.uk/health-benefits-fresh-air/>
3. <https://www.investopedia.com/financial-edge/0312/the-true-cost-of-growing-a-garden.aspx>
4. <https://www.psychologytoday.com/us/blog/think-act-be/201906/10-mental-health-benefits-gardening>
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