

Thyme For Me/May

Aroma Therapies Spa/814-443-1217

ENZYMES— Part 3

This brings me to one of the simplest forms of raw enzymes—SPROUTS! These wonderful little marvels can play a very key role in the vitality of a healthy individual and also in the therapy to treat an ill patient. You may have heard of Alfalfa Sprouts, grown some or seen them in the grocery stores. These are excellent forms of nutrition as they supply you with incredible amounts of vitamins and minerals as well as live enzymes! These vitamins and mineral are in an easy to digest form. As i mentioned before what you digest is more important than what you eat.

One of the main reasons I like to use sprouts in my salads is to ensure chemical free eating. That is also why I grow all my own produce. Not only are pesticides used on fresh vegetables, but some of the restaurants that have salad bars where the lettuce sets out all day, treat the lettuce. The chemicals they use keep the lettuce from browning and keep the lettuce crisp. It is a little like lettuce embalming! I know this for a fact because I have asked the waitress/ waiter if their lettuce has been treated and I have always gotten a “YES”. At any rate it is not good for the digestion. Needless to say,

all the enzymes will be dead not to mention the reaction your body might have to the chemicals! Some of these sprays can keep lettuce looking garden fresh for 4 or 5 days!

Alfalfa is very important in all its forms. It has a mild flavor and can be eaten regularly without getting sick of the taste. Alfalfa plants are dried and used to treat stiffness, arthritis and rheumatism. The leaves of alfalfa contain iron and vitamin K, which are both essential to build blood and help with blood clotting. Alfalfa sprouts can not only be used in salads, but on sandwiches, in casseroles and also breads.

I love growing sprouts and encourage you to do the same. You can grow them in a jar, sprouting tray, sprouting bag or in soil. I prefer to grow mine in a jar and you can use a mason jar to do this but I purchased a sprouting jar from Amazon and it has a lid to drain the water off the sprouts. I had some growing one day when my granddaughter, Ava came to visit and after tasting them she ate them all. She has asked me since if I have any sprouts growing, so I purchased her — her own sprouting jar and seeds. I have sprouted Alfalfa, Mung Beans, Wheat and Clover.

Storing Seeds

This topic seems like it should be a no-brainer but did you ever store something in a jar or container and it got buggy? I've brought things home from the store that after a period of time had bugs in it (flour, bread crumbs seeds etc. can all get buggy).

Seeds should be stored in a dry, cool place away from direct sunlight. Glass containers have proven to be the most effective for me, as they keep out the bugs. You need metal lids that fit tight. Mason jars are great. Also a few bay leaves placed on the top of the seeds helps act as a natural insect repellent. When I store things for a long time, such as herbs and seeds, I take a draw string bag and fill it with rice. I then place this in the middle of the container and fill the container up. This handy little rice pouch absorbs any moisture that might remain in the jar that could spoil the batch. Here is a neat trick for longer storing. Stick a small candle on the top of the food to be stored. You can only have the jar filled about 3/4 full. Push the candle in so that the flame will be inside the jar. Light the candle and put on the lid. When the candle goes out, your jar is sealed in carbon dioxide!

You will need to use a metal lid, because a plastic lid will burn through before the candle goes out. This is a very effective storage technique, as meal worms, weevils, etc. cannot live without oxygen. You can try this experiment just by using an empty bottle. This carbon dioxide storage system is especially good when storing wheat flour, rice, oats etc., where the bags and boxes that you buy already have the pest eggs in them.



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