

Thyme For Me/March

Aroma Therapies Spa/814-443-1217



If you are looking to break free of the mundane and explore your true passion, kick start your journey with this unique blend. The energizing scents of dōTERRA Passion®, White Fir, and Cinnamon Bark will add spice to your life and help you pursue your passions and take new risks. The world is waiting! **10% off on Passion, Fir and Cinnamon during the month of March.**

AN ALTERNATIVE WAY OF THINKING!!

Thoughts From Kathy

In light of all we've been through in 2020 and none of us know what 2021 has to offer, I think it only fitting to give this 'Alternative Way Of Thinking' some serious thought...

Tonification therapy is made up of herbs as well as foods. Since acute diseases take energy from the body, it is important to take the time to build the body back up. This essential therapy is not often practiced or emphasized today. After a cold, injury, etc., the body still needs time to recover. It needs special care and nutrients to rebuild cells. Many people keep pushing themselves as soon as the immediate pain or symptom is gone. Well, this creates a chronic low level energy drain on the system. The body is striving to recover and never quite gets there.

You will find that the tonic herbs are full of minerals and important nutrients that are generally lacking in the normal main-stream diet. Tonic herbs can and should be taken over long periods of time. They do not have any contra-indications. The only time you would not take tonic herbs is when you have a high fever and the body needs to eliminate the infection or when there is a lack of energy from constipation or inner congestion. These conditions require the body to dispel the toxins before balancing and rebuilding with the tonic herbs.

Tonification herbs are much needed when there is a low resistance to disease, to help improve the functions of the internal organs after injury, after acute illness, and during chronic illness. This helps the body rebuild energy that has been depleted by such illnesses as depression, any chronic diseases and also is valuable to help build the body after childbirth.

Tonification therapy is simply the therapy used to permanently increase the strength of the body and organs. The tonic herbs generally give vitality and nutrients to a run down, poorly nourished system. This is an extremely important therapy, as much of the illness is caused by depleting of the energy systems of the body. These herbs help to produce normal tone and vitality to the tissues. They sharpen the appetite, promote better waste elimination, aid in digestion, soothe the stomach and will gradually build up strength and stamina.

If you feel you are in a weakened condition, try tonic herbs such as Confrey, Nettles, Chickweed and Alfalfa. As you improve, add Ginseng to strengthen the entire body. Live enzymes from sprouts is an invaluable tonification therapy for the body. Wheat grass, barley green etc., as well as all raw organic fruits and vegetables.

I hope and pray that this information might be helpful to your health as well as your loved ones.

Italian Summer Skewers With a Rosemary Balsamic Reduction

Servings:6-7

1 cup balsamic vinegar
1/4 cup brown sugar
1-3 drops of Rosemary essential oil
1 large cantaloupe, cut into 1-inch cubes
1 lb. thinly sliced good-quality salami
40 small mozzarella balls

1. Mix balsamic vinegar with brown sugar in a saucepan over medium heat, stirring constantly until sugar has dissolved.
2. Bring to a boil, reduce heat to low, and simmer until glaze is reduced by half; about 20 minutes.
3. Let cool and add desired amount of Rosemary essential oil.
4. Onto small cocktail skewers, thread prosciutto, mozzarella, and melon cubes. Place on a serving platter and drizzle with balsamic reduction and serve immediately.

Tips: Thyme essential oil also works nicely in this recipe.



2021 CSA (Community Supported Agriculture) is getting underway with a lot of the cold weather crops already started in the greenhouse. This is our 9th year offering the CSA.

The Ranch at Weatherby is family owned and operated. We grow a wide variety of produce using only heirloom seeds. If you are interested in signing up for a share of our harvest, you may contact us (814-443-1217).

The Ranch at Weatherby is GAP (Good Agricultural Practice) Certified, which means Ernie & I go to class each year to keep up-to-date on any changes that the PA Dept. of Agriculture has made, particularly with safety standards. We only use Non-GMO seeds and no herbicides or pesticides.

It is very important for us to know where our food is coming from! We live in an era where record amounts of pesticides are being sprayed as more crops are being genetically engineered to withstand an even wider assortment of chemicals.

- We look forward to hearing from you.

-

- From Our House To Yours



-

- Ernie & Kathy

Raw Rainbow Salad with Fresh Tomato-Basil Dressing

Servings:8

2 plum tomatoes
2 large cloves garlic, minced
2 tbs. champagne vinegar
½ cup extra-virgin olive oil
1-3 drops Basil essential oil
Salt and freshly ground pepper, to taste
Pinch of sugar (optional, to cut acidity of tomatoes)
4 zucchini
4 summer squash
8 radishes, very thinly sliced
4 shallots, very thinly sliced
2 cups cherry tomatoes, halved
1½ cups shaved parmesan
1 cup sunflower seeds

Using a mini food processor, puree the tomato; you should have about 1/2 cup. In a small bowl, whisk together tomato puree, minced garlic, champagne vinegar, olive oil, and Basil essential oil. Season to taste with salt and pepper. Add sugar to taste if desired.

Trim ends from zucchini and summer squashes. Using a spiralizer fitted with the small shredder blade, cut the zucchini and squash into spaghetti-like spiral strands, using kitchen shears to cut the curls every 3 or 4 rotations.

Transfer zucchini and squashes to a large bowl. Add radishes, shallots and cherry tomatoes. Add the vinaigrette to taste and toss to evenly distribute. Top with parmesan shavings and sunflower seeds and serve immediately.

Cucumber Avocado Open-faced Sandwiches

Servings:7

1 loaf thinly sliced artisan multigrain bread
1-2 avocados
1 wedge semi-soft cheese with herbs, room temperature
1 cucumber
1 small package microgreens
1 drop Thyme essential oil
Salt and pepper, to taste

Slice cucumber, pat to dry. Set aside. Lay out bread slices. Mash avocados, adding 1 drop of Thyme essential oil plus salt and pepper to taste.

Spread bread slices with cheese, then avocado mixture. Place cucumber slices on top and sprinkle with more salt and pepper. Add a flourish of microgreens and serve immediately.