



www.RuthsHerbalRemedies.com

805.481.9205

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WHAT'S NEW

AT RUTH'S HERBAL REMEDIES?

- If you haven't had the chance, check out the new website designed by Pacha www.ruthsherbalremedies.com
- A new salve called Baby Belly Rub is out for babies and pregnant and lactating women. It is a softer version of the original salve so it can be used to massage pregnant bellies and baby's bottoms. Made from herbs grown in Ruth's garden together with organic carrier and essential oils.
- **Valentine's Day Sale:** All of Ruth's soy candles are on sale through March. We have lovely scents using 100% natural essential oils from Thailand. Luscious Lotus, Divine Kaffir Lime, Frangipani Fantasy, Patchouli Passion, Positively Pine and Fragrant Frankincense. Candles are on sale at The Secret Garden in SLO or directly from Ruth.

SPRING CLEANSING

Now is a good time to plan a cleanse for the end of February/early March. This helps the body to refresh and renew to prepare for allergy season and clean out toxins stored during winter. It is best to do a mild cleanse rather than a harsh fasting type. There are several recipes for cleansing teas for the liver and kidneys and respiratory and lymphatic systems available on my website. These teas should be taken for at least 3-5 days for a simple cleanse and 5-9 days for a more extensive one. A diet of fruits, vegetables, grains with a little fish and chicken and no processed foods should be undertaken during the cleansing period. Lisa Saslove, M.S., R.D. who specializes in Food Allergies is offering a Detoxification workshop coming up so you can call her at 805-305-0774 if you are interested. See this blog for more info: www.slodetox.blogspot.com

UPCOMING EVENTS

Ruth will have a booth at the following shows and events:

Salisbury Winery Girls' Night Out: 1st Thursday of every month, beginning again on February 12 from 6:30-8:30 pm through May. At the winery on Ontario Rd (frontage road) in Avila Beach. Great food, wine, and shopping! (Future dates are: March 12, April 9, & May 14) Register by phone 805-595-9463

The Garden's Kitchen Ladies Night Out: Friday, February 20 from 6-9 pm @ 710 Fiero Lane, Suite 23 (near the airport) in San Luis Obispo 805-801-3490/thegardenskitchen.com

Art in the Park: Resumes the 1st Sunday in May at the Dinosaur Caves Park in Shell Beach from 10 am- 4 pm

The Halcyon Faire: May 9 & 10 from 10-4 in the orchard next to the Halcyon Store. It's one of the best craft faires in the area so be sure to put it on your calendar.

Yogathon and Wellness Fair: May 16th from 12-6 at Mitchell Park in SLO. Free yoga & wellness mini seminars, healthy meals, live music, and lots of interesting vendors

Other upcoming shows to be announced on our website:

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EAT SEASONALLY!

Ayurvedic practitioners and ancient Chinese doctors have followed a diet of the seasons for thousands of years. The philosophy goes: eat what is harvested in the present season, align yourself with nature and keep your body healthy. Eating local crops in season has a variety of health benefits but also helps the local community, the economy, and the environment.

HERB OF THE YEAR: BAY LAUREL

Bay Laurel (*Laurus nobilis*) has been named 2009 International Herb of the Year for its multiplicity of culinary and medicinal uses. Bay Laurel was considered sacred by the Greeks and Romans, and laurel leaves and wreaths were adorned on temples and houses for protection. "Wearing one's laurels" comes from the Roman tradition of crowning a person with a laurel wreath as a great honor. This association continues today with the honors "Poet Laureate" and "Baccalaureate" bestowed on poets and graduates respectively.

Bay Laurel can be grown in a pot and then brought indoors during the winter to avoid frost and harsh winds. Picking bay in the wild is not recommended as there are many species that are poisonous. The California Bay Laurel has an aroma similar to *Laurus nobilis*, but it is quite bitter and cooking it can cause irritation. It is usually easier to purchase bay leaves at your local health food store. They are fresher than the supermarket and very inexpensive.

Although not a common medicinal herb, *Laurus nobilis* is a stimulant which helps

the digestive system breakdown heavier ingredients. It soothes the stomach and eases flatulence. It is used to fight colds, congestion, influenza and viruses because of its bactericidal and fungicidal properties. Bay essential oil is used externally for sprains and bruises.

Bay Laurel's culinary history is extensive. It has been a vital herb in Mediterranean cuisine for thousands of years. It is added to sauces, marinades, soups, and meat and seafood recipes. It has a pleasant, balsamic flavor so it combines well with both sweet and savory dishes. One of the most common ways to add bay's subtle spicy accent is to put it in a Bouquet Garni, a bundle of herbs tied to together and simmered in soups, stews, sauces and ragouts.

The traditional French Bouquet Garni (boh-kay-gar-nee) combines bay leaf, thyme, and parsley. The herbs can be fresh or dried and tied together with a string, placed in a muslin or cheesecloth bag, or in a special tea-like infuser and added to a dish at the beginning to allow the flavors to meld. The herbs are removed just before serving. Any combination of herbs can make a Bouquet Garni depending on your preference and the dish you are concocting. Other herbs often found in the bouquet are oregano, chervil, tarragon, dill, basil, rosemary, savory and peppercorns.

Other recipes for Bay Laurel can be found in the March edition of The Herb Companion magazine: www.herbcompanion.com

RUTH'S HERBAL REMEDIES CAN BE FOUND AT:

- The Secret Garden
(off the alley from Garden St. in SLO)
- Bambu Batu
(on Broad St. in SLO)
- The Halcyon Store
(on Halcyon Rd. in Arroyo Grande)
- Mission News and Local Treasures
(1030 Chorro St. across from the Mission in SLO)
- Grande Whole Foods Market
(1154 E. Grand Ave. Arroyo Grande)
- Sunshine Health Foods
(415 Morro Bay Blvd. Morro Bay)
- By contacting Ruth directly at 805.481.9205



DID YOU KNOW???

Say "NO" to soda! Soda, sweet iced tea, and fruit and energy drinks are liquid candy. They can pack 200 or more calories-thanks to 15 teaspoons of sugar-like sweetener, usually high fructose corn syrup. HFCS has been linked to obesity as well as erratic ups and downs in metabolism and mood. Some studies have indicated that HFCS may contain mercury and could be addictive. This additive is found in most soft drinks, iced teas and energy drinks sold on the market so it's wise to eliminate sodas from our diet for a healthier lifestyle.