

Green Earth carries a variety of natural sunscreens and bug repellents!

Our informal herb discussion/study group is forming and still has room for a few more members. Call the store for more information.

In observance of Memorial Day, Green Earth will be closed on Monday, May 31.

## Ginger's benefits reach beyond the table

Ginger has remained one of the most highly valued spices in the world for centuries, and for good reason. Not only it is uniquely flavorful, but it has a multitude of healing qualities. It has been used therapeutically for centuries by cultures in many parts of the world for ailments as diverse as nausea and toothache to respiratory complaints and bleeding disorders. The Western world has caught on more recently to the virtues of ginger and is not only verifying many of the traditional uses, but is also adding to the list.

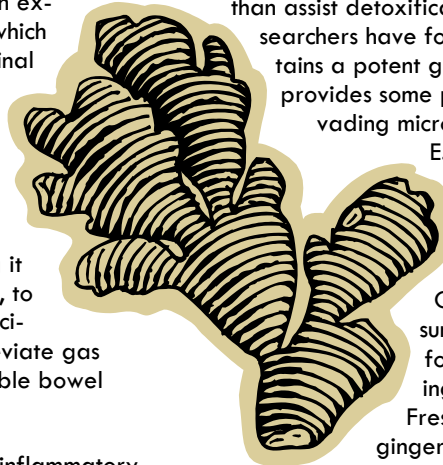
Historically, ginger has a long tradition of use in alleviating symptoms of gastrointestinal distress. Ginger is regarded as an excellent carminative (a substance which promotes the elimination of intestinal gas) and as an intestinal spasmolytic (a substance which relaxes and soothes the intestinal tract). Modern scientific research has verified ginger's ability to prevent the symptoms of motion sickness (one major study showing it to be far superior to Dramamine), to reduce nausea and vomiting associated with pregnancy, to help alleviate gas and bloating and to control irritable bowel syndrome.

Ginger contains very potent anti-inflammatory compounds called gingerols. These substances are believed to be behind the pain relief and increased mobility many osteoarthritis and rheumatoid arthritis sufferers experience when they consume ginger regularly.

Besides these anti-inflammatory actions, ginger also has been shown to have antioxidant and even anti-tumor effects on cells. These three qualities combined make this spice a new addition to the list of anti-cancer possibilities. Researchers from the University of Minnesota have had promising results in preliminary studies using ginger as a preventative for colorectal cancer, and researchers from the University of Michigan have shown ginger to induce cell death in ovarian cancer cells.

Ginger also has an interesting role to play in immune function. The heat of this plant produces healthy sweating, which may do more than assist detoxification. German researchers have found that sweat contains a potent germ-fighting agent that provides some protection against invading microorganisms, including *E. coli*; *Staphylococcus aureus*; and fungi, including *Candida albicans*.

Ginger may be consumed in many different forms, all of them offering therapeutic benefit. Fresh ginger, powdered ginger (capsules are an option), ginger tea, tincture of ginger, crystallized or pickled ginger and even ginger candies all are options for consuming this tasty spice that offers a wealth of health benefits.



## Check out these great new items at Green Earth

- New organic bulk herbs by Mountain Rose Herbs and Frontier Herbs, in 2 and 4 oz. quantities, including:
  - Ashwagandha
  - Hawthorn berries
  - Vitex berry powder
  - Dulce flakes
  - Witch hazel bark
  - Cinnamon sticks
  - Roasted chicory root
  - Rosemary leaves
  - Ground turmeric root
  - Cardamom seed
  - St. John's wort
  - And more...
- Natural sunscreens and insect repellents
- Kallari 85% dark chocolate
- Many new NOW food items
- Devita skincare products
- Neck wraps, eye masks, sinus pillows, eye pillows
- Raw, local honey by Bee-Pure (West Bend, WI)
- Many new teas by Yogi, Traditional Medicinals, Numi (Look for flowering teas and glass teapots!), Stash (including matcha powder), Two Leaves and a Bud, Pukka, Good Earth, Chanakara, Kukicha "twig" tea and more.
- Organic sprouting seeds, including:
  - Mung beans
  - Stir-fry mix
  - Lentils
  - Protein blend
  - Alfalfa seeds
  - Broccoli seeds
- Sprout Garden sprouter (3-tiered sprouting system)
- Organic sprouted spelt and wheat flours are kept in back in the freezer. These flours make delicious baked items from breads and cookies to pancakes and pizza.



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To receive Green Earth Notes by email, jot your email address on this page and drop it off at Green Earth along with address label.

It's time for Green Earth's



# 20/20 Coupon Sale



Between Monday, May 3, and Saturday, May 29, present this coupon for 20% off of any purchase totaling more than \$20.

Coupon must be presented at time of purchase, and may not be used with any other discount or coupon.

*(Food items aren't included in this sale.)*

Green Earth

6771 University Avenue, Middleton, WI 53562

608-831-2845

## ***Spring vegetable pizza with sprouted flour crust***

### **Crust:**

- 1 1/8 c. water
- 1 1/2 t. sea salt
- 3 c. sprouted flour, either wheat or spelt
- 1 1/2 t. honey or maple syrup
- If desired, 2 T. dried herbs, such as basil, rosemary, oregano or thyme
- 3 T. olive oil
- 1 1/2 t. yeast

### **Suggested toppings:**

- 1 c. pizza sauce
- Garlic to taste, chopped
- Scallions or small handful chives, chopped
- Sun-dried tomatoes, reconstituted
- 2 c. spinach, cooked and chopped (Stinging nettle tops are a delicious substitute!)
- Black olives, sliced
- Fresh herbs, as available

- Fresh asparagus, chopped and lightly steamed
- Mushrooms, sliced
- 1 c. yogurt cheese, goat cheese or other favorite cheese
- Paprika and/or sea salt (or Himalayan salt) to sprinkle on top

### **Preparation:**

Preheat oven to 500 degrees. Place crust ingredients in a large bowl and mix well. Remove from bowl and knead into a ball. Coat the bowl with olive oil, place dough back in bowl and turn once to coat with oil. Cover bowl with clean dish towel and let stand for 30 minutes or until dough doubles in size. Roll dough out to desired size, placed on greased baking pan and add desired toppings. Bake 8-12 minutes. Makes one 15-inch thick crust or two thin-crust pizzas.