



## GROW YOUR OWN SALAD



**Spring** is a great time to grow a salad because the cooler weather keeps greens fresh and crisp. The heat of summer often causes the plants to bolt and the greens to taste bitter. Prepare to plant with ample compost or composted manure. Keep soil consistently moist but not soggy and mulch to hold moisture in.

Be careful not to plant tiny seeds too deep, when they are small it can be difficult for them to germinate.

Keep soil moist and do not over fertilize. Make sure that the soil does not get too hard and compacted. Loosen the soil around seedlings with a fork. Fertilize with organic products but avoid fresh manure because it can carry Ecoli which can be life threatening to children and the elderly.

Greens can be shaded with a cloth if the sun becomes too hot, or grow young greens in amongst taller plants or behind poles beans or peas. Sow seeds successively every 2 weeks throughout the summer for a continuous supply. Wash well and eat right away for full nutrient value.



## Top 10 Reasons to do Zumba



1. Burn hundreds of calories
2. Fit fun into a busy schedule
3. Reduce stress, clear your mind
4. Burn fat, maintain healthy weight
5. Build endurance and coordination
6. Increase circulation and flexibility
7. Strengthen your heart and lungs
8. Tone muscles
9. Practice dancing, gain confidence on the floor
10. Explore your creative side, express yourself through movement

### Comox Community Centre Registration for Summer Programs

Contract Programs  
May 4 & 5  
All Programs  
May 6

## Anti Inflammatory Eating

Chronic inflammation is the bodies at-tempt to heal itself due to the effects of illness, refined foods or environmental toxins. Foods that can aggravate inflammation are refined white flour, sugar, alcohol, coffee, red meat and processed foods.

Fortunately there are foods that can help to reduce chronic inflammation if consumed regularly.

The list of super foods to reduce the bodies state of rapid aging due to inflammation are berries, red grapes, onions, garlic, broccoli, apples, carrots, squash, peppers, tomatoes, spinach, kale, cold water fish, walnuts, almonds, olive oil and tumeric. Healthy eating doesn't have to change all at once, adding one or two new choices every few days will help.

To contribute ideas to the Wellness Newsletter  
please contact Sue Tompkins  
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### Recipe

## Lettuce Rolls

6 clean large Romain lettuce leaves

1 cup pea shoots

1 large avacado

3 carrots grated long

2 greens onions sliced lengthwise and then chopped into 1 inch pieces

1 cup cashews (soaked overnight)

2 tbsp olive oil

1 small clove garlic

1/4 cup water

1 tbsp tamari

dash cayenne

1 tsp apple cider vinegar

Lay out leaves on counter, divide avacado slices amongst 6 leaves.

Add carrot, pea shoots and onions. Blend 1 cup cashews, garlic, water, tamari and cayenne. Drizzle olive oil into blender slowly at the end. Spoon cashew mix onto vegetables then pull up each end of the lettuce leaves and stick to cashew mix, now roll leaves around to create a log shape. Rolls can be tied with long green onions or even clean garden twine or string.



Cauliflower is an excellent source of Vitamin C.



Broccoli protects you from cancer.



Yams help maintain your night vision!



Artichokes are a great source of fiber.



## Breathing for Health

Shallow breathing is a habit for many of us who live busy lives. It's easy to forget the importance of bringing air into our lungs. When we just do chest breathing our bodies don't get enough oxygen to pump the lymphatic system. Blood flow carries nutrients and ample amounts of oxygen into the capillaries, while a healthy lymphatic system carries away destructive toxins. Proper breathing is the moderator of this exchange.

Deep breathing reduces stress and anxiety bringing a state of calmness to the nervous system. Next time you find yourself in a difficult situation take 3 long deep breathes before reacting. The soothing effects can soften the bodies fight or flight response. Deep breathing should be a health priority like healthy eating and exercise.

## SPRING CLEANING

It's that time again to clean out the cob webs and sweep up the mess! Clean is a term that can have many different meanings. A clean home at one time meant scrubbed disinfected and tidy. Today 'clean' can mean free of toxins and harsh chemicals. Clean and shiny may look great, but that sparkle may put the health of our children and pets at risk. Baking soda, vinegar and good old elbow grease will clean your home with no lingering carcinogens. Think 'clean' cleaning not 'toxic' cleaning!



## BODY IMAGE

The average female model is 5ft 11ins tall and weighs 117 lbs and yet the average women is 5ft 4inches tall and weighs 140 lbs. It is no wonder that females feel a deep sense of dissatisfaction and frustration by these false expectations.

Images of 'The Perfect Women' are displayed in magazines, tv, internet, clothing stores, grocery stores and even on the city bus.

If you aren't sure when body image becomes a problem, the list below may help.

- if you avoid social situations, workplaces or relationships because of the way you look
- if you believe you can only feel confident or be happy by changing the way you look
- if you believe that the way you look is preventing you from taking part in certain activities
- If you worry excessively about your appearance

A few steps you can take to have a better body image are:

- Think of all the things your body can do for you, such as walking, dreaming, running, dancing, laughing, breathing
- See yourself as the whole person, try not to focus on individual body parts
- Choose positive friends, people who help you to feel good about yourself
- Remember that you get to choose your attitude each day, see yourself as beautiful, and then give yourself a hug
- Don't compare yourself to others, embrace your own unique image

Be kind to yourself, you deserve it.

## Grow Your Own Eggplants

Try growing eggplants along with tomatoes and peppers this summer! Eggplants don't like to be cold so do not plant outside early. Plant with tomato cages for support and protect plants from strong winds.

Recipe

### Baba Ganoush

2 or 3 egg plants

3 tbsp olive oil

1/3 cup tahini

3 cloves crushed garlic

juice of 2 lemons

salt and pepper to taste

Pre heat oven to 450 degrees, roast an oiled egg plant for about 20 minutes until lightly charred on skin. Peel the cooled egg plant, chop and add to food processor. Add the remaining ingredients and blend until slightly coarse. Serve with vegetables or pita bread.



## Bike to Work

MAY 25 - 31, 2015

Get on your bike



Bike to Work

Register at  
[www.biketowork.ca/comox-valley](http://www.biketowork.ca/comox-valley)

## BIKE TO WORK WEEK

May 25-31, 2015

It's time once again to organise your team and get riding. Each team needs a leader to register online and motivate the team.

Log the amount of kilometers per rider and per team. If health and a clean environment aren't enough motivation then prize draws and fun stations may help!

Register at

[www.biketowork.ca/comox-valley](http://www.biketowork.ca/comox-valley)