



NEWS You Can Use

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Seasonings for Summer - Container Grown Herbs

While many people wish to grow fresh herbs at home, not everyone has a yard or space for an outdoor herb garden. Growing culinary herbs in containers means having the fresh flavor of homegrown herbs year-round, as the growing season can be extended by moving plants indoors during the winter months. Container planting is convenient and can give your kitchen, patio, or balcony a big aesthetic boost.

Size - 8 to 10-inch pots are perfect for almost any herb. The size of a container can be used to limit the size of an herb. Plenty of herbs will expand to fill larger pots over time even though they don't actually need the space.¹

Three Great Choices – The following herbs are useful in the kitchen and easy to grow. Basil, an annual, matures quickly and dies with frost. Cut flowers to prolong your harvest. Chives, a perennial, can be harvested throughout the season and will usually return next year from roots. Parsley, a biennial, grows all

summer and into fall, coming back the second spring with a flowering stem that you can cut to extend leafy growth.²

Parsley - A cousin to carrots grows well in sun but can tolerate some shade. Flat and curly leaf types add a classic, fresh taste to all salads and soup recipes.²

Chives – They look like tiny scallions growing close together in a group, eight to ten inches tall. Dark green tubular leaves can be cut all summer, allowing new leaves to grow from the base of the plant. Chives' mild onion taste can enhance savory recipe.²

Basil - Sweet basil, the most common variety, grows large, tender, savory leaves quickly in warm weather to a bushy plant with several stems a foot or more tall. The flavor of basil perfectly complements summer-ripe tomatoes. ²

1- herbsathome.co/best-pot-for-herbs/

2-. davesgarden.com/guides/articles/view/3746/



Father's Day Quotes



Anyone can be a father, but it takes someone special to be a dad, and that's why I call you dad, because you are so special to me. You taught me the game and you taught me how to play it right.

— Wade Boggs

A father carries pictures where his money used to be.

— Steve Martin

My father didn't tell me how to live. He lived, and let me watch him do it.

— Clarence Budington Kelland

My mother gave me my drive, but my father gave me my dreams. Thanks to him, I could see a future.

— Liza Minnelli

My father gave me the greatest gift anyone could give another person, he believed in me.

— Jim Valvano

townandcountrymag.com/leisure/g10027429/fathers-day-quotes

Recipes to Improve Digestive Health and Overall Immunity

Ginger-Turmeric Carrot Soup

2 TBSP coconut oil
2-3 green onions, small
1-2 garlic cloves, minced
1-inch fresh ginger root, peeled & grated
1 ½ lbs young carrots, sliced
1 tsp fine sea salt
¼ tsp ground cinnamon
1-inch fresh turmeric root, peeled & grated
A pinch of red pepper flakes
Freshly ground black pepper
4 cups filtered water
¼ cup plain yogurt

Melt coconut oil in a saucepan on medium heat. Add green onions, garlic, ginger, and red pepper flakes. Simmer, gently stirring, about 1-2 minutes.

Add carrots, salt, cinnamon, and turmeric and cook for another 1-2 minutes.

Add water. Bring to a boil, then reduce heat to a simmer and cook for 20-25 minutes or until the carrots are soft.

Remove from heat and puree using either a hand blender or in batches using a high powered blender or food processor.

Serve hot or chilled, garnish with yogurt and a few parsley leaves.



Gut Health Smoothie (ONE SERVING)

½ cup kefir
½ banana
¼ avocado
1 cup greens - spinach or kale



Peel and slice the banana and avocado and then put all the ingredients in the blender.

Blend until smooth and serve immediately or after chilling for 10-20 minutes.²

1 - gourmandeinthekitchen.com/ginger-turmeric-spiced-carrot-soup-recipe

2 - yummlly.com/recipe/Gut-Health-Smoothie-2329333

Little Known Facts about Father's Day



The First Day Honoring Fathers - Father's Day was formally and officially declared as a national holiday in the United States in 1972, but the first event honoring fathers in the United States took place in 1908. On July 5 of that year, a church in West Virginia gathered to honor the deaths of 362 fathers who had died in a coal mining explosion the previous winter.

International Celebrations – People around the world in over 40 different countries celebrate fathers during the spring and summer months.

Thailand's Father's Day – Father's Day is celebrated in Thailand on the same day of the king's birthday. The celebrations in Thailand include fireworks and paying respect to the parents through careful rituals. Freeing captive animals is a particularly unusual hallmark of this holiday in Thailand!

thedailymeal.com/holidays/fathers-day-fun-facts-gallery/slide-3

Immunity Boosting Amino Acids

As shops and restaurants start to open back up, many people are still concerned about their health and well-being and how to get on with their lives.

One way to strengthen the immune system is ensuring you have enough amino acids in your diet. These building blocks of proteins have long been associated with immune system functions. ¹

Nobel Laureate Linus Pauling theorized that Lysine, when taken with Vitamin C, produces collagen, elastin, and other reinforcement molecules, thus strengthening and stabilizing the arterial walls. Amino acids like GABA and L-Tryptophan can help heal receptors in the brain over-stressed by anxiety. Taking these two amino acids at bedtime improve sleep. ^{1,2}

Amino acids regulate the activation of T lymphocytes, B lymphocytes, macrophages, and natural killer cells in the body. They also affect gene expression and proliferation of lymphocytes, production of antibodies, and other aspects of the immune system. Supplementing with specific amino acids enhances the overall performance of the immune system to reduce illness. Many people are

deficient in one or more amino acids, so the body makes do with whatever it has and builds immune system components that simply don't function as well as they should. Taking a good amino acid supplement gives the body the opportunity to create a strong immune defense against all types of infection. ¹



According to research, arginine, cysteine, and glutamine have a great impact on the immune system and many available supplements contain arginine, glutamine, and cysteine along with other amino acids to promote balanced nutrition. The use of amino acids can help your body deal more effectively with stress and they have even been used to overcome addictions! These nutrients hold a lot of promise for improving general health while preventing infectious disease like coronavirus. ¹

1 - ncbi.nlm.nih.gov/pubmed/17403271

2 - asociacionaibb.com/linus-pauling-protocol/

It Happened In June



June 1, 1926 –

Marilyn Monroe, born Norma Jean Mortenson, was born in Los Angeles. Most famous for her roles in films like *Gentlemen Prefer Blondes* (1953) and *The Seven Year Itch* (1955), Monroe tragically died in 1961 from an overdose of sleeping pills at her home.

June 12, 1898 –

After years of colonial rule, the Philippines declare independence from Spain and start their journey as an independent nation. The island nation was occupied by American forces and remained that way until after World War II.

June 16, 1963 –

Valentina Tereshkova becomes the first woman in space. Aboard a Soviet spacecraft, the Vostok 6, Tereshkova made history as she manually controlled the craft before bringing the Vostok 6 back down to Earth 71 hours later.

historyplace.com/specials/calendar/June.htm

Coping with Coronavirus Anxiety: Moving on With Life After Lockdown

As stores open and the rhythm of the world gets back to normal, we all may have some lingering worries that need to be addressed. Below are some tips for coping with Coronavirus Anxiety:

Understand what makes you anxious. For most people, anxieties about coronavirus have to do with uncertainty. Our lives before coronavirus were relatively predictable. You probably had a routine that you followed every day. But after the pandemic began and the lockdowns started, that routine was certainly disrupted. Consciously developing a new routine for your life can help you feel more in control and therefore less anxious.¹

Focus on what you can control. There are many things outside of your control, but also many things that are within your control. This is always true! Focus on those things.¹

Stay aware of global and local events, but take time away from the news. Obsessing about the news can lead to more rather than less confusion. If you have high levels of anxiety, consider reading only community news rather than reading or listening to global news programs.

The fact is, community news is much more relevant to your life than global events most of the time. Overwhelmed? Step away from the news and ask someone you trust to keep you informed in the meantime. Chances are, you won't miss anything, but you'll feel happier and less worried.

Plan ahead, if you can. You may not know whether you'll get your job back after the COVID-19 situation ends, but most people can still plan at least one day in advance for certain activities in their lives. Come up with a schedule of events for yourself to keep your day organized and help you feel a sense of control over things.¹

1 - helpguide.org/articles/anxiety/coronavirus-anxiety.htm

