

Nettles abound and the sun is shining...we're feeling happy and full of vitality

News from Neantóg!

Welcome to the second edition of my newsletter with news from Neantóg with the latest events and courses coming up and seasonal tips and recipes for your health and well being. I'll also include a recipe each month.

April was a fantastic month here at Neantóg, especially when I hosted our first raw food pot luck. So many people wanted to attend that we had a waiting list! On the day itself, 20 of us enjoyed a short talk and demo in the classroom in the morning with a shot of wheatgrass for energy before sharing an incredible lunch of living foods in the garden.

On the menu was healthy lettuce wraps with sunflower seed pate, wild garlic pesto and Neantóg's special mix of sprouted seeds and beans; spiralised 'spaghetti' strands of carrot and courgette with a thai satay sauce; kale and red cabbage salad with thyme and apple cider vinegar; raw curry of asparagus and mushroom; beetroot and ginger grated salad; raw sushi with parsnip 'rice'; spicy sprouted lentil 'chipolatas' and a dessert of avocado chocolate mousse.

Don't worry if you missed the day - Neantóg is offering three new workshops (with lunch!) in living foods this summer. See below!

Iodine Rich Foods

After the accident in Japan we are confronted again with the need to protect ourselves against radiation. As we have heard in the News there were low levels of radioactivity found in Ireland, Scotland and England.

Iodine alleviates Radiation Sickness (specifically the damage to the Thyroid) that occurs as a result of exposure to Radioactivity (Radioactive Iodine-131). The best form of Iodine for protecting against Radiation Sickness after exposure to excessive Radioactivity is Potassium Iodate.

One of the most prominent benefits of iodine is that it influences the functioning of the thyroid gland, thereby increasing the production of the

April Recipe: Ramson (Wild Garlic) Pesto



The green, shiny broad leaves are very similar to those of the Lily-of-the-Valley. The smooth, light green stem, with its head of white flowers, grows to a height of 30 cm. Ramsons grows only in shady and damp woods and can be found between March and May.

Its pungent garlic odour that has given it the name of Wild Garlic, is smelled long before the plants are sighted and prevents them from being mistaken for the Lily-of-the-Valley. Ramsons have similar medicinal properties to those of the Garlic, only greater. Bears, after hibernation, seek it out to cleanse their system.

- 2 mugs full of roughly chopped fresh young Ramson leaves
- 1/2 mug walnuts or pine nuts or nuts of your choice
- Olive oil to blend (add enough to obtain a smooth consistency)
- Lemon juice (1/2 - 1 lemon), salt, pepper to taste
- Sheep, goats or parmesan cheese (optional)

Put everything into a blender and process until smooth. Fill into clean glass jars and keep in fridge. Best fresh, but keeps about a week. Delicious on pasta, rice, with vegetables, on bread, in wraps, in hummus or as an addition to soups and stews. Enjoy!

Neantóg Living Food Programme announced!

I will host 3 living food sessions comprising a talk, demos, living food lunch and ending with a Q&A forum. To meet demand from those who can't take a whole day but want to learn more than we can fit in to a half day, the courses are tailored to a 10am to 3pm schedule.

Feel free to come to just one session that interests you, or select two

hormone. This increased production of thyroid hormone is directly proportional to the basic metabolic rate. It influences the heart rate, blood pressure, body weight and temperature and also helps in protein synthesis. To build up iodine in the body use these iodine rich foods:

| | | |
|---------------|----------------|-----------|
| Arame | Cheddar cheese | Cod |
| Dulse | Eggs | Fish oils |
| Fresh fish | Haddock | Hijike |
| Kelp | Kombu | Nori |
| Sea foods | Sea kelp | Sea salt |
| Other Seaweed | | Wakame |

April is a great month for nettles

Nettles are just amazing plants. They are a fantastic source of calcium, magnesium, potassium, silicon, boron and zinc. Rich in chromium, manganese, iron, copper and chlorophyll. Source of Vitamin B-complex, Vit C (ascorbates and bioflavonoids) and Vit D. They:

- nourish and support the immune system
- Ease and prevent sore joints
- Nourish supple skin and healthy hair
- Create strong, flexible bones
- Stabilize blood sugar, normalize weight
- Reduce fatigue and exhaustion

You can use them in so many ways. You can make a nettle water often combined with comfrey to feed your garden plants with. In spring time it is well known for its cleansing and nourishing properties and used to make nettle soup . Or you can add it to your juices, smoothies, or in herbal teas. If you steep young nettle leaves in hot or cold water over night you extract even more minerals and the result is a liquid much thicker and darker than a herbal tea. (Caution: Do not use flowering nettle for food.)

Green Tea protects the body's cells against damage caused by Radioactivity.

or even all three. There will be a small discount for those booking all three sessions together. The total price for each session is €55? €60? (or €x for all 3) and includes a delicious green smoothie drink to start the day, a shot of wheatgrass, an incredible gourmet raw food lunch, and a packet of Neantog living food sprouts to take home. You will also be able to purchase frozen wheatgrass juice and fresh cut wheatgrass to juice at home if you are interested.

Each course includes an overview of the benefits of a living food lifestyle, useful equipment tips, and offers recipes and tastings of the following (plus a full lunch):

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Sunday 3 July 2011

Delicious Wraps, Nutritious Crackers, & Delightful Dips

I

Sunday 7 August 2011

Racy Raw Breakfasts & Wicked Living Desserts

III

Sunday ??? September 2011

Stupendous Salads, Sprouts, Soups & Wonderous Wheatgrass

A Foot Bath with Herb Robert

Make infusion of herb and add to footbath to remove toxins, heavy metals and radiation from body. Recommended for people who are subject to many X-rays, work with computers, use mobile phones, microwave irradiation.

Recipe: Handful of chopped herb to 4-5 cups of boiling water, stir vigorously. Add cold water. Infuse feet for 15 minutes, relax, read... Good for aching feet!

BOOK NOW!

My Organic Centre Courses:
- 21 May: Cooking without Gluten, Dairy, Yeast and Sugar
- 11 June: Herbs for Life
- 18 June: Raw Food Unwrapped

Ring 071 98 54338 or email
hans@theorganiccentre.ie or visit
www.theorganiccentre.ie

DIARY DATE!

Missed the April raw food pot luck?
Or came to it and are now hooked?
The 1st of 3 new workshops on living foods is on Sunday 3 July at Neantóg

Contact Gaby on 071 91 66399
or email gaby@neantog.com

GABY'S MAY GARDEN TIPS

Sow your carrots using radish as a marking seed. Radish germinates much faster to mark the row !

Wait until the last frost passes before you sow your beans.

Raspberries and black berries love moist, rich soil. You can mulch with straw, cut grass or compost.