

Roots & Shoots



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Neenah, WI 54956
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Hours:
M-F 9-7
Sat 9-4

www.TheRedRadish.com

Fresh Organic Juice is Finally Here!

I have always known drinking freshly juiced fruits and vegetables to be good for me. It wasn't until recently, though, that it finally all came together for me. Chrissy and I spent some time at the Boys & Girls Brigade Leadership Training Camp at Camp Onaway. We presented on different beverages; the good, the bad and the ugly. It was during this time that I really started reading about the benefits of juicing and why I should be doing it. So I pulled out a very inexpensive juicer that I had from a LONG time ago. I juiced some carrots and an apple. Needless to say it came out full of pulp and didn't go down very well. But at this point, I was really excited about juicers. I researched juicers and we came to a decision to carry the Omega 4000 juicer in the store. When our juicers came in and we tried one out, we were all sold. The juice didn't have a trace of pulp and it tasted out of this world!

So, back to the "Why juice?" question. Juicing fresh fruits and vegetables will contribute to our over-all health, enhance our physical performance, give us more energy during the day and help us to sleep better at night. When we eat fresh fruits and veggies, our bodies extract the juice it needs from the fiber. The fiber is then passed to your digestive system. By juicing, you bypass the digestive process and your body gets live nutrients in minutes. When you drink juiced fruits and vegetables immediately after juicing, 95% of the food value is contained and is instantly released into your bloodstream giving our bodies necessary vitamins and minerals.

It is better to juice vegetables than fruit. Vegetables are harder for our bodies to digest when eaten whole. It is better to eat fruits whole because our bodies break down fruits much easier. Fruits, such as apples, contain a digestive aid called pectin which helps to regulate the body. To absorb this, you need to eat the fruit whole. Plus it is much easier to eat a couple of apples a day than to eat a dozen carrots.

There are many health benefits to drinking fresh juice. Drinking fresh juice will:

- Flush your body of toxins, leaving you feeling refreshed, energized and relaxed.
- Make your skin glow, hair shine, breath fresh and help ward off cavities.
- Result in fewer colds & flu through out the year.

We know that juicing sounds like a lot of work. We have found, though, that the benefits far outweigh the effort put into it. And if owning a juicer and doing it all yourself doesn't sound like your cup of tea, stop into the store and pick up one at our new juice bar. Give it a try. You will find the juice not only tastes great, but will leave you feeling energized and ready for the rest of your day!

Produce is Growing...

And our cooler was just too small. We've upgraded to a much larger produce cooler to accommodate the abundant local harvest as well as our delivered produce. Thank you for your understanding while we made the transition, and enjoy picking the delicious sustainable and organic goodies from our new produce section.

Alternative Medicine Chest

Wheatgrass!!

A boost of energy is a small benefit compared to what wheatgrass juice has to offer. Wheatgrass is grown from red wheat berries and juiced at just 7-10 days of growth. Wheatgrass has the widest range of vitamins & minerals of most vegetables. It also has all the essential and several of the non-essential amino acids. In just one ounce, you will get the equivalent of nutrients found in over 2 pounds of fruits and vegetables. Wheatgrass is also a great source of Chlorophyll, which helps to build red blood cells, nourish the body and detoxify poisons.

Wheatgrass has many benefits. It fights inflammations, speeds healing, fights toxic build up, improves breakdown and absorption of nutrients, builds immune system, promotes weight loss and improves memory. There are also many, many more.

The Red Radish carries wheatgrass from Bayview Organics in Sturgeon Bay. Karen Orthorber grows the wheatgrass in 100% Organic earthworm castings which give the juice nutritional quality as well as a sweet flavor. She juices then freezes it immediately to preserve the nutrients.

If you are not a fan of drinking wheatgrass juice straight up, try mixing it with Pineapple or Blueberry Juice. It is also great added to a smoothie!

Naturopathic Doctor

The Red Radish is very excited to continue offering the services of Pamela Rabas.

Pam has a Masters in Natural Health and a Doctorate in Naturopathy. She is a licensed Naturopath and has been involved with natural remedies for over 8 years. A Naturopathic Doctor will not diagnose nor treat an illness, Pam will treat the whole person. She will do so by listening and assessing the physical, mental and emotional aspects of the individual.

Pam is available by appointment once or twice a month. If you are interested, please call ahead to sign up.

Where's the "Bison"?

Hidden Lake Farm is a terrific bison farm in Northern Wisconsin. Hidden Lakes' North American Bison are pasture-raised and delicious! Why try bison? Bison has fewer calories, less cholesterol and less fat than beef. Because of Bison's nature, they are naturally grown. They spend their lives grazing on grass with little time in a feedlot. Because of this, bison do not develop fat throughout their muscles. In addition they don't need hormones, artificial growth stimulants or antibiotics. As for flavor, bison is not gamy or wild in flavor. Bison meat is red and richer in color. Its texture is firmer because there is so little fat. When cooking bison, you will have to watch it carefully. Since bison has so little fat, it will cook much faster than beef. Try cooking it at a lower temperature and for less time. Visit our store on August 13th for our Great Grill Out and try a bison burger!

Solar Oven Society

The Solar Oven Society (SolarOvens.org) is a non-profit organization whose mission is to promote solar cooking to the American public and to people in developing countries for whom firewood and/or drinkable water are scarce.

The Red Radish has partnered with the S.O.S. to offer their wonderful S.O.S. Sport solar ovens through the store.

The S.O.S. Sport can cook almost anything and doesn't need constant tending or re-positioning. Simply put your food in the oven in the morning and it will be ready for lunch or dinner. The Sport uses the free and renewable sun to cook and does not heat up your kitchen on those sunny days!

Some of the things we have cooked up include: lasagna, banana bread, brownies and granola! Stop in to see the S.O.S. Sport in action, sample some of its work and order one of your own!

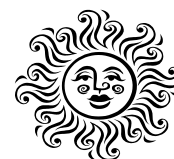
Bodywork at The Red Radish

The Red Radish offers a wide variety of relaxing and therapeutic bodywork.

Sharon Janty does Swedish massage, along with energy work, including Chakra balancing. She is trained in Soft Tissue which is helpful in reducing carpal tunnel pain, low back pain, neck and shoulder pain (which frequently affect migraines), knee pain and fibromyalgia. Sharon is available by appointment on Tuesdays and Thursdays.

Marian Galston is a Nationally and State Certified Massage Therapist. She works with Swedish relaxation massages and has had training in Geriatric Massage. Marian also will be taking appointments for Raindrop Technique. This treatment uses a combination of essential oils. The oils are "dropped" along the spine and dispersed on the back, followed by two applications of hot towels to "set" the oils. Raindrop Therapy was developed as a result of research indicating that many spinal misalignments are caused by muscle spasms and inflammation-producing bacteria and viruses. The session concludes with a back and leg massage.

Kate Trnka has also joined The Red Radish to do Reflexology and Reiki. Reflexology works on acupressure points in the hands and feet. These points correlate to the many reflexes within our bodies. Reflexology increases circulation, reduces tension and works on returning the body to its original state.



Harvest Program

Choosing organic foods and supporting conscientious companies benefits more than just our bodies. Our environment, community, and future benefits as well. We created the Harvest Program to show our gratitude to you for making this choice. Everyone is enrolled in this customer appreciation program, just be sure to give your name when checking out. Also, please make sure we have your e-mail address if you would like to be notified of your discount.

Here's how it works: each dollar spent earns you a point. Your points this month earn a discount on all purchases next month. (Points are averaged across four weeks.)

Seed: average 25 points/wk, receive 2% discount

Sprout: average 50 points/wk, receive 3% discount

Bloom: average 75 points/wk, receive 4% discount

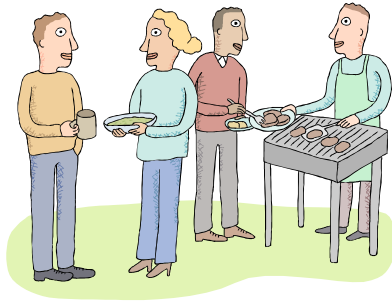
Golden Harvest: average 100 points/wk, receive 5% discount

Points are totaled from the first of the month to last day of the month. Discounts begin on the first of each month. If you have any questions, please give us a call or ask the next time you are in!



SUMMER COOKOUT!

Join us on **Friday August 13th** for
Food, Fun, and Shopping!



Great Grill Out : 11:30-1:00, and 5:00-6:30

Buffalo or veggie burger, vegetable kabobs, chips & dip,

cookies and fresh lemonade, all for only **\$2.00!**

Storewide Specials All Day!

The
RedRadish
Natural Foods



Hours:

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9-4 Saturday

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