

Roots & Shoots



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Hours:
M-F 9-7
Sat 9-4

www.TheRedRadish.com

Hello all you wonderful members of our naturally great community! It's been a while since our last newsletter, and I'm excited to introduce the reason why. Jolly little Caiden was born on June 12th, and he is amazing. While Ejaye was taking care of her new baby and his big brother this summer, I was busy with my spunky one year old and his siblings. Now that school is back in session, we cannot delay this writing any longer – we have too much to share with you!

Sea-Water Super Food

Soils rich in minerals and organic life yield foods full of nourishment. Years of rainfall washing soil elements out to sea concerned Dr. Murray, who in 1936 began his life long research in sea energy agriculture. His years of study, carried on today by Don Jansen and many others, are improving the nutrition of our food.

Sea water is comprised of over 80 elements in perfect balance and proportion, aerobic bacteria and thousands of enzymes. The minerals in sea water are in a liquid crystalloid state, which allow them to pass through vegetable and animal membranes. Research has shown a significant increase in taste and nutritional content of produce, and superior vigor, pest and disease resistance in plants grown with sea water. It makes sense to recycle these nutrients back to the land.

We are thrilled to offer produce and wheatgrass grown with Ocean Gold sea water. Keune Authentic Foods of Seymour, WI grows outstanding produce using Ocean Gold and sustainable farming methods. Their produce is in great demand, and we offer it as often as we can. Kevin Keune and Becky Rickel of Makes Scents provide us with our intensely nutritious Ocean Gold wheatgrass and wheatgrass juice, as well as tender baby sunflower greens. Visit www.growgreens.com or stop in to learn more about the benefits of these super foods. Try them and you'll be super-hooked!

Did you know...

At the Red Radish you will find:

- NO hydrogenated oils (trans-fats),
- NO high fructose corn syrup,
- NO artificial preservatives and
- NO dyes (such as red 40 or yellow #5).

We choose our products carefully – it is important to us to provide you with the most nutritious food possible.



A lternative Medicine Chest

What's a Goji Berry?

Reprinted from growgreens.com

In valleys of Tibet and Mongolia there is a special berry that the locals use and cherish so much that they honor it in special celebrations that last two weeks each year. It is well documented that many people in those areas live free of common diseases for well over a hundred years.

Modern chemical analysis and clinical studies find the Tibetan Goji berry to protect liver function, replenish vital essences, improve visual acuity, lower blood pressure and cholesterol, strengthen muscles and bones, burn fat, bring energy to the heart and works as an aid to treat diabetes and impotence. It contains a high concentration of the branched chain amino acid L-Leucine among 18 amino acids, 21 trace minerals, linoleic acid, thiamine, riboflavin, betaine, more beta carotene than carrots and 500 times more vitamin c by weight than oranges. It's loaded with Vitamins B1, B2, B6 and vitamin E. It has been found effective in increasing white blood cells, protecting the liver and relieving hypertension.

Given all of it's health benefits, you'll be pleasantly surprised at the taste. I am happily munching a handful a day – even my kids enjoy them. Stop in for a sample and you'll be hooked too!

On the Look out for T rans Fats!

Mass market companies have finally caught on that the public is interested in a healthy lifestyle. They are now making products that have 0 trans fat. But is this really true? I recently picked up one of these products to see just how they changed it. To my surprise, there in the ingredient list was partially hydrogenated oils. So, how are companies able to put 0 trans fat on the label when, in fact, the product still contained partially hydrogenated oils? After a little research, I found that a product could contain up to .5 grams of trans fat per serving and still be labeled 0 trans fat. I do not want to put trans fat in my body or in the bodies of my family. It is important to me to buy food that is truly free of trans fat. I am very frustrated when a company's bottom line is not the health of its consumers, but shelf life and cost of ingredients. Through this, I learned a very important lesson: Don't judge a product by its label, always read the ingredient list.

Is Your Coffee Fair T rade?

Fair Trade helps family farmers in developing countries to gain direct access to international markets, and helps to cultivate the business so it can compete in the global marketplace. The Fair Trade Certified label guarantees that farmers and workers receive a fair price for their product. The Fair Trade price means farmers can feed their families and their children can go to school instead of working in the fields. This leads to higher family living standards, better working conditions, thriving communities, more sustainable farming practices, and increased environmental awareness and responsibility.

It is wonderful to buy goods knowing that those making them haven't been taken advantage of. Growers are able to trade their goods in parts of the world they never thought they could reach. Fair trade companies get the sales needed to support and assist the world's poorest people. And you get quality products at good prices with the assurance that your dollars didn't go to those who continue to oppress, abuse and exploit those most in need of aid.

The coffee and chocolate at The Red Radish is fair trade. So are the gifts we carry from A Greater Gift, and most of our teas. I switched to fair trade after learning about the harm we bring to the people of the third world countries who are struggling to cope with the effects of globalization. I felt ashamed of our country's ignorance when I read about the farmer's increasing debts and child laborers. I can make a difference, and so can you. Please make sure your coffee, chocolate, and tea is fair trade.

Visit www.transfairusa.org to learn more.

New Products!

Just Coffee (fresh roasted in Madison)	Goji Berries
Eastern Essence Asian dinner mixes	Raw Cacao Nibs
Pangea Organic Soaps	Rising Moon Pesto
Nature's Kiss Soap and Bath Products	Organic Valley Buttermilk
Thursday Plantation Tea Tree Products	Kettle Cheddar Beer and Spicy Thai Chips
Traditional Medicinal Tea for Kids	Garden of Eatin Sea Salt And Greek Pita Chips
Traditional Medicinal Herbal Syrups	Herbasway Teas
Ezekiel 4:9 Pasta	Mighty Bites Kid's Cereal
Tropical Traditions Coconut Oil	Naturtint Hair Color
Organic Creamery Cheeses	Historical Remedies Homeopathic Mints
Kinnikinnick Cookies and Mixes	Earth Friendly Oxo Brite
Applegate Turkey Bacon and Chicken Apple Sausages	Bio-Kleen Bac Out
Julie's Blackberry Chocolate Covered Ice Cream Bars	Sambazon Acai Juice
Amy's Mediterranean Pizza	Alpsnack Bars
Magnet Therapy Bracelets	Dagoba Chocolates
Sunspire Dark Chocolate Covered Almonds, Blueberries, Coffee Beans & Cranberries	Nature's Plus Spirutein Wheatgrass Juicers

What is Aromassage?

Aromassage is a massage that incorporates essential oils into the session. The pure essential oils are added to a carrier oil and massaged into the area of the body or the body system that is the focus of the treatment. Some conditions that can be eased by aromassage are; colds and flu, bronchitis, headaches, PMS/menopausal complaints, muscle tension, poor circulation, sinus issues and more.

Cindy Knigge, a licensed massage therapist, has been practicing massage therapy for over 10 years and has been using high quality pure essential oils in her work for the past 8 years. Cindy loves being able to custom-fit the combination of oils to suit the needs of her clients. Massage has been shown to be beneficial to mental health, immune system function, stress and pain control. Essential oils can help to clear toxins from the body, open lungs and sinuses, fight infection, reduce stress and improve over-all well being. Combining the two enhances the healing power of both.

Call or stop by The Red Radish to make an appointment for your personal, customized aromassage. Gift Certificates are also available.

Book Review

Vegetarian Cooking for Everyone
By Deborah Madison

I am not a vegetarian, but I am trying to eat more veggies. Aren't we all?! This cookbook is 1,400 recipes of casual comfort cooking. The ingredients are not unusual, and the meals feel special. It's full of useful tips and suggestions for complimentary dishes. Deborah shares her cooking enjoyment with you in your kitchen – she's teaching me to be a great cook. Tomorrow night I'm making Winter Portobello Stew over a Spinach Gratin, doesn't that sound delicious!

Enjoy this book for 25% off through November.



Christmas already!?!

Here are some ideas for that special someone.



Gift of Cooking

Cookbook & Lil's Pottery
Cookbook & French Rolling Pin
Rolling Pin & Handcrafted Bread Board
Pancake Mix with pure maple syrup



Gift of Good Taste

Baskets of Organic Fruit, Nuts, and Snacks
Colleen's Homemade flavored Vinegars
Zio Meal Mix Baskets
Gift Certificate to The Red Radish

Gift of Relaxation

Massage or Reflexology Gift Certificate

Massager with Massage Oils

Aura Cacia Bath Products



Gift of Tea & Coffee

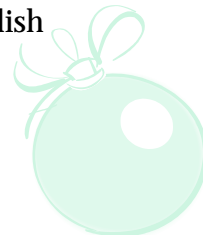
Tea Sampler with a Mug
Tea with River Valley Honey Bee
Coffee, Mug and Chocolate Bar
Chai Tea and Mug
French Press for Coffee or Tea

Gift of Handmade Soap

Lori's Handmade Soap
Pangea Organic Soap
Nature's Kiss Soap & Lotions

Gift of Scents

Shoyeido Incense Gift Packs
e.c.o. Soy Pillars and Votive candles
Essential Oils with Diffuser
Trillium Perfumes



T hanksgiving T urkey

Farmer Mike from Gifts from the Good Earth farm will be delivering his turkeys to us on Friday November 18th from 4:00-6:00. Please call or visit to reserve your organic, free-range, very tasty turkey today.

For those who enjoy a vegetarian Thanksgiving, look for the Tofurky feasts in our freezer.

