



447 S. Commercial Street  
Neenah, WI 54956  
(920) 720-3281  
[www.TheRedRadish.com](http://www.TheRedRadish.com)

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

# Roots & Shoots

## Essential Fatty Acids (EFAs)

Essential Fatty Acids (EFAs) are necessary for good health. Many of us are not getting enough EFAs, and our staff is often asked to explain ALA, EPA, DHA and GLA, and fish oil vs. flax oil. We hope this information helps you decide if you need more EFAs and if so, the best source for them.

### Why do we need them?

EFAs cannot be made by the body, they must be supplied through diet. They're essential for energy, mood, brain function, nerves, joints, heart, weight management, skin and hair, the immune system, and prostaglandin function (hormone balance, immune function, controlling inflammation, etc.). Deficiency symptoms can include fatigue, poor memory, dry skin, immune weakness, gastrointestinal disorders, heart and circulatory problems, mood swings and mental problems. Studies show EFAs improve arthritis, cardiovascular disease, high blood pressure, cancer, asthma, depression, PMS, and ADHD.

### Define the lingo, please!

The two main EFAs are linolenic acid (omega-6) and alpha linolenic acid (omega-3). From linolenic acid, another omega-6 fatty acid can be manufactured in the body, called GLA. From alpha linolenic acid (ALA), other omega-3 fatty acids can be manufactured in the body, including EPA and DHA. Refer back to this explanation after reading about fish and flax oils, and note that fish oil supplies EPA and DHA directly, whereas flax oil provides only ALA and needs the body to convert it to EPA and DHA.

### Give me some choices!

**Fish oil** from cod liver, salmon, mackerel, sardines and herring is great. Eat fish, but beware of the mercury and PCBs – too much is a big problem. Purified supplements can ensure our EFA intake, worry free. Fish oils supply EPA for healthy heart and strong immune system, and DHA for healthy mood, mind and memory. Nordic Naturals and Carlson's both offer high quality products in tasty flavors to make them easier to take.

**Flax seeds and oil** are the richest source of alpha linolenic acid (ALA) which the body converts to EPA and DHA. Benefits are that the body controls the conversion, making just what it needs in the ratio it needs, and it is a vegan option. A drawback is that the body needs to have the proper enzymes in place to complete the elaborate conversion. We like the guaranteed freshness of Barlean's flax oil and the researched balance of Udo's Choice blend.

*Continued on page 2.*

## Alternative Medicine Chest

### Medicinal Herbs are Hot...

Looking for a supplements that's easy to swallow? You may not have to look any further than your cupboard and your favorite tea cup. It's time to move out of the 'tea and toast' era and into the 'tea as supplements' future. The U.S. Food and Drug administration categorizes medicinal teas as supplements, rather than as food or beverage. But can teas be as effective supplements? Teas may be the supplement of choice for minor health problems. They are especially suited for children and the elderly because they are mild, easier to swallow, absorbed more quickly and efficiently. Also, the dosage can be adjusted with steeping time. In addition, their convenience makes them suitable for everyone in between as well.

Aromatherapy is another important benefit of drinking tea and can assist in tea having a more immediate effect than a solid supplement. For example, breathing in the aromatic vapors from peppermint tea may have an immediate effect on your sinuses or eliminate a tension headache.

Some experts believe that medicinal teas can be equally or more effective than solid supplements, depending on the quality of the product. For tea to maintain it's freshness it is important that it is harvested, manufactured and packaged in a way that preserves the herbs' healing properties.

*Continued on page 2.*

## Ode to Kale...

Eating with the seasons sounds wonderful in the summer, but it's winter in Wisconsin and it no longer sounds appealing. Until you cut up and roast parsnips, sweet potato and turnips in a little olive oil and serve with curried kale. Or cook a pot of lentil stew and stir in dark green kale leaves. Try chopped kale and quinoa with diced tomatoes, cannelloni beans and thyme. This winter green will get us through 'till spring emerges with greens anew.

## Fresh Produce!

More frequent deliveries means more fresh choices and a more consistently stocked cooler. Our non-local produce is now arriving twice each week, on Tuesdays and Saturdays. It won't be long before our local farmers are back in the fields...I can almost taste the tender asparagus already!

## Seeds in Time for Spring Planting!

Attention gardeners, welcome Spring with a grand selection of 100% certified organic seeds from Seed of Change. Seeds of Change's mission is "to help preserve biodiversity and promote sustainable, organic agriculture." We chose this company because they offer certified organic, open-pollinated seeds and their heirloom and traditional varieties are known for their great taste, high nutrition and vigorous growth. Their goal is to produce the highest quality organic seeds to start your own organic garden. So, get growing!

## E F A s con t.

**Borage Oil and Evening Primrose Oil** supply GLA which is needed for healthy skin, hair, and hormones. GLA also maintains normal body fat metabolism, which is why it's a common recommendation in diet books. These oils are often found in blends with fish or flax oil to provide a balance of omega-3 and omega-6.

**Nuts and Seeds** are generally higher in omega-6, although some such as walnuts supply omega-3. Raw nuts are best, as the heat from roasting destroys EFAs.

**Cooking oils** such as olive oil and canola oil are good sources of EFAs but these values decrease when heated. Use fresh cold pressed oils in salad dressings, and to drizzle over foods just before serving.

### Shop Wisely.

Heat and time harm EFAs, so look for fresh raw nuts and seeds, and pure fresh pressed oils. Purchase nuts, seeds and oils in small amounts and keep in the fridge to ensure freshness. For fish and fish oils, seek out sources that are mindful of over-fishing and avoid farmed fish, as the farms threaten the health of wild fish and the purity of their waters.

## Medicinal Herbs cont.

The quality of the plant material itself is of utmost importance. Herbs have different grades, with the medicinal-grade being the best for making effective medicinal teas. Indeed, numerous studies have been done about the health benefits of medicinal teas. In one study, published in the Journal of Complementary and Alternative Medicine, Traditional Medicinal's Organic Echinacea Plus tea significantly reduced cold and flu symptoms. Study participants also experienced a shorter duration of downtime when compared to those using a placebo.

Teas are quickly becoming the "new juice". They contain no sugar, are low-carb and come in a wide variety of combinations and flavors. Stop in The Red Radish and ask the staff about their favorite tea. We carry several high quality, organic loose teas as well as a large assortment of organic & fair trade boxed teas.

## Wild Salmon vs. Farmed

There is an on-going discussion about the best way to supply the increased demand for salmon. After reviewing the debate, we believe firmly in wild caught salmon, provided over-fishing is carefully avoided. Here's why:

Farmed salmon receive more antibiotics by weight than any other livestock. Farmed salmon are often administered chemical dyes to color their flesh an appealing salmon pink. They contain higher levels of unhealthy saturated fats and lower levels of omega-3's. Salmon farms pollute the waters with disease, antibiotics and parasites, which threaten the health of wild salmon.

Wild caught salmon taste naturally superb, have more omega-3's, and are environmentally friendly. Look for Sockeye and Coho salmon wild caught by Alaskan Mariners in our freezer.



## Spring Events At The Red Radish!

### Introducing Ocean Grown Wheatgrass

**Friday, March 11, 4:00-6:00pm at The Red Radish**

Come to The Red Radish to meet Kevin Keune and learn about wheatgrass sprouting, growing with ocean minerals, and juicing. He'll be here to share the benefits of this juice and his passion for good nutrition. At 5:00 Kevin will hold an informal presentation, followed by more questions and discussion.

We'll soon be carrying Kevin's fresh bottled wheatgrass in our fridge, in addition to the frozen wheatgrass "shots" we currently carry from Bayview Organics. Kevin will deliver his freshly juiced wheatgrass to The Red Radish on Wednesdays, so for optimum freshness plan to pick up your weekly supply on Wednesday afternoon or Thursday. Better yet, call us and we'll reserve a bottle for you!

**Theresa Groskopp** is a nutritionist who has been studying nutrition for the past six years. She has completed the Certified Nutritionist Program with American Health Science University. Through this program, her goal is to promote optimal health and wellness. We will be holding a classes at The Red Radish the second Monday of every month. Call to sign up for the classes below!

### Managing Pre-Menopause and Menopause:

**Monday, March 14, 6:30-7:30pm  
at The Red Radish**

Many women wonder what they can do to normalize their lives during menopause. At this workshop, Theresa Groskopp will share dietary suggestions to help with menopausal symptoms, make basic recommendations for supplements that can assist with issues such as hot flashes and discuss when HRT may be appropriate and when it isn't. *Cost \$10, please register in advance.*

### Spring cleaning for your body; Detoxification:

**Monday, April 11, 6:30-7:30pm  
at The Red Radish**

Learn how to achieve and maintain health and vitality in a toxic world. Theresa Groskopp will share information about the toxic products we use every day, how you can minimize your exposure, and options for cleansing your body of toxins. Common complaints such as headaches, allergies, constant runny nose, fatigue, etc, can be related to toxin accumulation in your system. *Cost \$10, please register in advance.*

### Feng Shui with Dawn Spangenberg

**March 16th & March 30th at The Red Radish (Call for an appointment!)**

Feng shui is the ancient Chinese art of placement, creating balance between opposites through color, objects and textures for a sense of peace and well being. Dawn will be offering half-hour consultations for suggestions on room arrangement, colors and answer questions on how feng shui can enhance your life through the use of placement and color. *Cost is \$35 for a half-hour consultation.*

### First Day of Spring!

To encourage Spring Change and renewal, we will take \$2.00 off your total purchase\* on March 21st, if you purchase something you've never tried before!

Happy Spring!

\*Total purchase must be \$10.00 or more.

### Earth Day!

Friday, April 22nd

Buy one, get one Free on Bio-bags Compost Bags!

Red Radish Canvas Bags are 1/2 Off regular price!

All local Products are 20% Off!

Leave your car at home and get a free trail bar!  
(To fuel your travels home!)

## New Products!

Ian's Allergen-free Nuggets  
Alti Plano Quinoa Instant Hot Cereals  
Gluten Free Pantry Croutons  
Mrs. Leepers packaged Gluten-Free Dinner Mixes  
Alternative Baking Company Vegan Cookies  
Sesmark Cheddar Rice Thins  
Save the Forest Trail Mix Bars  
Imagine Creamy Broccoli and Potato Leek Soups  
Nancy's Organic Whole Milk Yogurt  
Cedar Grove Sharp Cheddar  
Bubbies Sauerkraut  
Native Forest Organic Coconut Milk  
Lara Bars

Sweet Moose Organic Fair Trade Gourmet Hot Cocoa  
New Teccino flavors:  
    Vanilla Nut, Mocha & Almond Amaretto  
Bija Herbal Tea  
Seeds of Change Organic Garden Seeds  
Nordic Naturals Fish Oil Supplements  
Nature's Life Cooking with Calcium  
Shikai Shampoo & Conditioner:  
    Everyday Hair Care, Gold, and Color Reflect  
Preserve Toothbrushes  
Kiss My Face Triple Action Toothpaste  
Lori's Handmade Soaps  
Eating Well Cookbook