

Roots & Shoots



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

www.TheRedRadish.com

Spring Sprouts

Early Spring in Wisconsin is exciting, as bulbs pop up in the gardens, buds grow rapidly on trees and little garden sprouts fill our greenhouses. We look to our gardens and farm stands anxious for the season to produce. No need to wait passively – bring Spring into the kitchen and harvest nutrient dense sprouts in only days!

Tender little sprouts deliver intense vitamins and amino acids with rejuvenating enzymes. For example, a mung bean sprout has a carbohydrate content of a melon, vitamin A of a lemon, thiamin of an avocado, riboflavin of a dry apple, niacin of a banana, and ascorbic acid of a loganberry (taken from www.growgreens.com). Harvested directly into your salad, the nutrient and enzyme loss is minimal, and the benefits of the living super-food are great.

So are you ready?! You'll need a sprouting kit, or a jar with a piece of cloth and rubber band. Choose some seeds; we offer seeds for sprouting, and you can also sprout any of our raw seeds, nuts, grains and legumes. Soak overnight, drain and rinse a couple of times each day. Harvest and enjoy! Pick up a sprouting book if you'd like (yes, we have a couple of favorites!) and visit Cindy's sprouting demo to learn more. If you'd rather not grow your own, enjoy local sunflower sprouts and sprouted legumes found fresh in our cooler!

Spring Has Sprung at The Red Radish!

Garden seeds from two of our favorite companies are here! Also, you can order starter plants from Foxglove Farms! We have had great success in our home gardens using these, and we wanted to share our enthusiasm.

Turtle Tree

Celebrating their 12th year, Turtle Tree Seed proudly includes 34 seed growers practicing a type of farming called biodynamic agriculture. Biodynamics began in 1924 with a group of European Farmers working to find healthy ways to sustain the vitality of their soil, crops and animals. Austrian philosopher and scientist Rudolf Steiner gave a practical course to farmers known as the Agriculture Course or Spiritual Foundations for the Renewal of Agriculture. This forms the basis for biodynamic agriculture today.



What is Biodynamic Farming?

Biodynamics is the earliest of the conscious organic farming movements. The principle of biodynamics is to see each farm or garden as a dynamic living system. The soil sustains the plants. The plants nourish the animals and people. All work together to nourish and build the soil. The care and attention given to the plants, the daily encounter with the wisdom of nature, the cycles of the seasons and the rhythm of the work underscore the philosophy. Biodynamic agriculture is not just a method of farming; it is a path of service, of caring for and healing the earth.

Foxglove Farms

Lu at Foxglove uses all organic and/or heirloom seeds, grows in organic soil, and plants in recycled pots. We are taking orders for vegetable and herb starter plants to be delivered at planting time. Visit us for a list of varieties and to place an order.

Seeds of Change

Seeds of Change is the country's oldest and largest producer of 100% organic seeds. It all starts on their 16-acre research farm with careful screening and trials of all varieties. From here they work with a network of organic farmers growing their seeds in a variety of conditions, focusing on pest and disease resistance, plant vigor and yield, flavor, appearance, and plant integrity. They also provide produce to a group of organic chefs who evaluate their varieties for texture, aroma, taste and cooking performance. Seeds of Change believes that farm, home and restaurant can all unite on behalf of the need for sustainable agriculture.

Re-Fresh and Clean!

Back in 1985 the EPA reported that household cleaners were three times more likely to cause cancer than outdoor air pollutants. Since then, natural cleaning products have grown into the hard-working selection we benefit from today. This makes it easy to clean up our little part of the earth – our own homes – where we spend much of our time. We carry tried and true products from 7th Generation, Bio-kleen, Earth Friendly and Mrs. Meyers.

If you'd like to further personalize your living space (and have fun!), try mixing your own cleaning supplies. It's surprisingly easy. Start with a few basic ingredients:

Vinegar – kills bacteria, mold, & germs. It works wonders on mineral build-up, and gently cleans hardwood floors.

Baking soda – this is your odor-eater, and non-abrasive cleanser for kitchen & bathroom. Add to the laundry to neutralize smells, and add whitening power.

All purpose soap – try Dr. Bronners liquid castile or Sal Suds. The surfactant is needed to break up grease and dirt and carry it out in the water.

Essential oils – these are concentrated antibacterial, antifungal, antiviral wonders. Choose according to their cleaning benefits and to your mood, and enjoy the aromatherapy while you clean and after.

A reference book is nice to have too. Our favorites are *The Naturally Clean Home*, and *Clean House, Clean Planet*. These books are full of recipes, tips and hints easily organized and indexed. Attend our Cleaning workshop to learn more!

Yes, cleaning can be fun!

Fizzy Bathroom Cleaner

(*The Naturally Clean Home*)

- ½ cup baking soda
- 6 drops lemon essential oil
- ¼ cup vinegar

Combine baking soda & essential oil. Sprinkle over sink & counter. Pour vinegar on top and say “ooh and ahh!” while it fizzes, then scrub clean with a damp cloth or sponge.



“Momma’s Earth Mop” Floor Cleaner

(*Clean House, Clean Planet*)

- Fill 16 oz squirt bottle with equal amounts vinegar and water.
 - Add 15-20 drops of essential oil (peppermint is excellent!)
 - Shake to mix
- Squirt directly on the floor and wipe to clean with rag or mop. Works for linoleum, tile, and finished wood. (Also works on tub, shower, & sink.)

What is Ayurveda?

By Erika Kleinschmidt, CYT, CAE,
Certified Ayurvedic Practitioner Intern

Ayurveda literally means "science of life and longevity". It has been used for over 5,000 years and is considered to be the traditional system of medicine in India. Ayurveda is a philosophy that teaches us how to create balance at the mental, emotional, spiritual and physical levels.

The understanding that we are all unique individuals enables Ayurveda to address not only specific health concerns but also offers explanation as to why one person responds differently than another. Based on this theory, Ayurveda offers specific recommendations to each individual on lifestyle, diet, exercise and yoga, herbal therapy.

Ayurveda provides us the tools to achieve optimal health to help us live without diseases like diabetes, heart diseases, hypertension, auto-immune diseases, obesity, and cancer. Practicing Ayurveda may help us all age gracefully.

Tetra Packs for a Healthy Lifestyle

Tetra packs are the award winning square aseptic packaging of the future. Did you know Tetra Packs:

- Have 1/3 smaller environmental impact than cans. Less energy is used to manufacture, fill, ship & store than other packaging.
- Use energy efficient transportation because the brick shape allows for more efficient packing on trucks which translate to less fuel consumption & less pollution.
- Requires less heating than canning therefore products retain more nutrition, taste, color & texture
- Are recyclable along with co-mingles

Check out our rice, soy, oat, almond milks & tomato products to see the difference for yourself!



Earth Day Celebration!

Let's Honor our Planet all month Long!

Present this coupon and receive

20 % Off

Sprouting Supplies

Good April 2nd — April 7th

April 2nd-7th: Home Gardening

- Learn about starting seeds for your own garden
- Attend "Get the Dirt on Composting" workshop
Wednesday, April 4th at 1:00pm
- Attend a Sprouting Demonstration
Wednesday, April 4th at 2:00pm

April 9th-14: Beyond Organic Farming

- Attend "How does your Farmer Grow?" workshop
Wednesday, April 11th at 1:00pm
- Meet the farmer from Cattleana Ranch and sample grass-fed meats
Saturday, April 14th from 10:00am-2:00pm
- Learn about Local Products

Present this coupon and receive

\$1.00 Off any

One Local Product

Good April 9th — 14th, Limit one please

April 16th-21st: Reduce, Reuse & Recycle

- Learn 101 Uses for Containers
- Enjoy sales on our Recycled Paper Products
- 10% of all Profits will go to St. Joseph's Food Program on April 21st
- Enjoy live music with Joseph Slyzelia and Ken Tribolini
from 11:30am-1:30pm on April 21st!

Present this coupon and receive

Free Red Radish Canvas Bag

With \$50 purchase

Good April 16th — April 21st, Limit one please

April 23rd-28th: Be Gentle to the Earth

- Learn how to make your own Cleaning Products
Saturday, April 27th at 12:30pm
- Solar Oven Cooking!
- Visit www.earthday.net to find out your ecological footprint!

Present this coupon when you

Walk, bike or Bus in and receive

One Free T rail Bar!

Good April 23rd — 28th, Limit one please

Fill The Cart!

During the month of April, St. Joseph Food Program is participating in a \$1 Million Challenge to fight hunger with Alan Feinstei Foundation. Any donation given during these months will earn Feinstei challenge money.

The Red Radish is helping by providing the "fill the cart" program. With your help, we will be "filling the cart" during the month of April. We will have donation bags available for purchase. Attached to each bag, will be a fruit or veggie tag. As the donation bags are purchased, we will add the tag to our shopping cart chart. Our goal is to fill the cart by the end of April!

In addition to donating a cart full of food, on Saturday, April 21st, The Red Radish will be donating 10% of all profits for the day to St. Joseph Food Program!



Upcoming Events!

April Workshops & Events

- Wednesday, 4th at 1:00pm "Get the Dirt on Composting"
- Wednesday, 4th at 2:00pm "Sprouting Demonstration"
- Wednesday, 11th at 1:00pm "How does your Farmer Grow?"
- Saturday, 14th from 10:00am-2:00pm Cattleana Ranch
- Saturday, 21st from 11:30am-1:30pm Live Music!
- Friday, 27th at 12:30pm "Make your own Cleaning Products"

Come Meet Dave!

Dave Hoppe, education Specialist with Nutraceuticals will be here to answer your health questions.

Dave has over 12 years of experience in natural health and we are excited to have him here to share his wealth of knowledge with us.

Friday, April 13th

10:30am—1:00pm

Wellness Walk

"What's Quinoa (keen'-wa)?" "How do I use Stevia?"

"What do I do with dried beans?"

"What is flax good for?" "What does wheat grass taste like?"

These are some examples of questions we are asked on a daily basis. Because of the wide variety of topics that our customers are interested in we've come up with the idea of a **Wellness Walk**. Each session will be unique to the people attending and their questions and areas of interest. Here's how it works: Cindy will lead the group through each area of the store, focusing first on the questions most frequently asked by our customers and then addressing your specific questions and comments. You will be given handouts, cooking tips, recipes, samples and more. Group size is limited so call early to reserve your spot.

Saturday, May 19th 8:30am-9:30am

&

Tuesday, May 22nd 5:00pm-6:00pm