

ethos health
SEEDLINGS
An update on Life and Lifestyle at Ethos Health



We think GREEN in March with St. Patrick's Day AND the First Day of Spring. Here at Ethos Health, so much of our life revolves around greens — from the agricultural work on the Farm to the healthy living promoted by the Primary Care Medical Office. You will find this highlighted in this edition. **So, let's celebrate GREEN!**

THE GREEN VALLEY

Ethos Farm has long been valued for the character of its soil and the beauty of the hills surrounding its location in Long Valley, NJ. The Lenni Lenape tribe held that they had been farming here since the earth was created. In 1707, Germans set



sail from Holland to settle in New York's Hudson Valley. Strong winds blew them off course and they landed in Philadelphia. They followed a trail towards NY but were stopped by the captivating beauty of this area. They decided to go no further and eventually established their new town of

German Valley. It's been many years since they found this land with its healthy soil for their crops. Here at Ethos



Farm we practice regenerative agriculture to make our land a "Living Soil" so that the crops produced are chemical-free and nutritious. The land was threatened with development several times. Our farm was the impetus for the people of Long Valley to come together to preserve this area and forbid any future development on it.

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EVERYTHING'S COMING UP GREEN

March 1st is the beginning of the new planting season. Ethos Health farmers are busy in the greenhouse as they begin seedlings in flats. Greens being grown this year include kale, collards, swiss chard, lettuce, spinach and MANY more. Each of the different greens will be seeded numerous times - every 2 or 3 weeks to insure a continuous supply of mature, harvest ready plants.

The life of a seedling depends on the perfect conditions for their growth:

- Heating mats help to enable germination.
- Fertilizers provide nutrients.
- Watering may be done several times a day.



• Airflow and temperature are controlled by opening and closing the sides of the greenhouse.

It will take 3-10 days for them to sprout and amaze us. As Farmer Nora says, "The energy in the seeds is sitting, waiting for the right conditions and then, **BOOM!**" — the green appears.

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EVERYTHING'S COMING UP GREEN CON'T

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Depending mostly on the weather, the first seedlings should be ready to go outside in April. Some seedlings are transplanted to a larger container while others will be set outside in their flats to harden them off for their transition to being planted into the ground. Success can be dependent on the composition of the soil as well as the genetic quality of the seeds.



Soon, the fields will be ripe with greens and then the Ethos Health Farmer's Market will be a place to purchase these wonders of health and healing. 🌱



APPLE CHARD

(makes 5-6 servings) by Ethos Team

Ingredients

- 1 lb swiss chard, cut into strips
- 1 apple, cored and chopped
- 2 tbs apple cider vinegar

Method

1. Place chard and apple in steamer pot.
2. Cover and steam until desired tenderness, approximately 10 minutes.
3. Drain and place in serving bowl or dish.
4. Pour apple cider vinegar over greens and apple.

Dark Leafy Greens have PHYTONUTRIENTS

Plants produce over 100,000 substances to grow, stay healthy, and defend against pests and disease. These are called phytonutrients. Because plants make them in such intricate combinations, taking supplements of these chemicals is not as effective. To really make them work we should take in a variety of whole plant food, especially ones with rich colors. When we eat plants, like dark leafy greens, our bodies use these compounds to prevent or delay the development of many diseases. These same materials that helped the plants now protect us. 🌱



The medicinal benefits of dark, leafy greens:

- ✓ Improves metabolism
- ✓ Manages weight
- ✓ Lowers risk of cancer
- ✓ Lowers risk of heart disease
- ✓ Lowers risk of stroke
- ✓ Lowers glycemic index
- ✓ Promotes bone health
- ✓ Boosts energy
- ✓ Protects vision
- ✓ Improves immune function
- ✓ Promotes bowel health
- ✓ Prevents erectile dysfunction
- ✓ Reverses erectile dysfunction
- ✓ Improves brain function

Book your seat now!



A Savory Sunday Brunch Cooking Class

Sat, March 25th | 10:00 to 11:30am
\$50 per person | \$35 for members

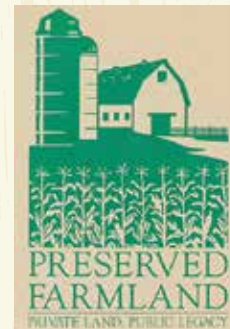
Join Chef Karina as we learn how to satisfy a crowd. **We will prepare and taste three healthy, energizing, budget-friendly and delicious whole food, plant-based brunch dishes that are also free of added sugar, oil and salt.** These popular classes at Ethos Health are packed with information and inspiration to help many people begin, continue or revitalize their whole food plant-based health journey.

REGISTER AT
EthosHealth.org/cooking-classes

THE GREEN VALLEY CON'T

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In 1996, Ethos Farm was entered into the New Jersey Farmland Preservation Program.



This ensured that our valley would remain green. So, the next time you are at Ethos Farm, imagine the joy of the settlers at seeing this desirable land and the possibilities for their future.

And be thankful for the dedication of the people of Long Valley that saved this farm. It's our green valley, a place where health and beauty reside. 🌱



Ethos Health Medical Practice & Farm

177 West Mill Road, Long Valley, New Jersey
908-867-0060

www.ethoshealth.org