

HEALTHY GARDENING

Recently our attention has been drawn to the global spread of Swine Flu; news reports are full of what is happening around the globe and along with cases in our own country. It has to be a health problem of some concern to everyone.

The interesting thing I have noted about this flu is that in Mexico there has been deaths to date and a lot of people that are very sick, where elsewhere in the world such as our own country, there appears to be a milder strain of the same flu. No deaths have occurred to date and the unfortunate people that have been diagnosed with swine flu, put the symptoms about as bad as seasonal influenza.

There is only two reasons for this in my mind and that we are seeing a milder strain outside of Mexico or that our immune systems are better equipped to ward off the worst effects.

Swine Flu or for that matter any seasonal colds along with most other illness will affect people with low immunity systems more than those with well fortified bodies.

The question then arises how do we build up our immune system to the degree that we can shake off colds and other illnesses?

The answer I feel is adding mineral rich foods into our daily food chain along with ample doses of Vitamin D.

This brings us back to gardening as both of those aspects can be solved in spending about 15 minutes, two or three times a week out in the sunlight gardening for our vitamin D requirements.

This costs you nothing and by exposing a reasonable amount of skin to the sun rays our bodies gain ample amounts of this much needed vitamin to aid in our own immune systems.

In previous articles I have spoken about growing wheat grass with all the minerals possible and then juicing it for a daily dose of the lovely green mineral rich liquid.

When I first learnt 3 years ago that wheat grass will take up all the known minerals, if they are present in the growing medium, I then started growing and juicing.

I can honestly say that over that period I have never come down with any colds or flu.

Not only that, my general health and stamina have increased considerably.

I can feel a cold coming on one day and next day it is gone.

I have also spoken to other wheat grass growers and juicers and they have made the same comment.

In more recent times I have taken this a stage further after reading a book called 'Green for Life' written by Victoria Boutenko which is available from book shops in New Zealand.

The bases of the book is that plant's cells are amongst the toughest cells in the world and to break down the cells to obtain the most goodness is not a feat our jaws are easily able to perform.

Take for instance a cow standing there chewing its cud, the strong jaws masticates the grass into a green slime and then swallows all the obtained goodness.

As we are unable to perform this function we can utilize a high speed blender with its

sharp blades rotating at 38,000 rpm or there abouts to covert raw green food into a liquid called a Green Smoothie.

Initially I started off using an ordinary blender and found it did mush up the green foliage that I placed into it making a chunky drink.

Later I imported a top of the range high speed blender from overseas and it really smashed up the foliage into a lovely smooth drink.

In the book, Green for Life, Victoria did not really go into the mineral aspect of the vegetables that she was juicing and it is logical that the amount of goodness you can obtain from a green smoothie will depend on the goodness of the produce blended.

Thus back to the gardening aspect of growing green foliage plants that contain as far as possible all the minerals known.

We can do this with the aid of mineral rich products such as **Ocean Solids** (minerals from the ocean) **Rok Solid** (minerals from rock dust) and **Magic Botanic Liquid** or MBL (minerals from prehistoric times)

By planting green crops such as silverbeet, spinach, brassicas and lettuce in compost with the above granules applied to the compost at planting time and sprayed every couple of weeks with **MBL** we can grow vegetables that have the maximum amount of nutritional value and then by placing a few leaves of a range of these vegetables into our high speed blender and drinking the result we are fortifying our bodies no end.

Other plants we can also use in our blenders are the leaves of carrots, beans, peas, cress and edible weeds such as dandelions and puha. Also the foliage of edible herbs can be added.

To blend you place a couple of cups of non-chlorinated water into your blender along with a handful of foliage from the various plants available and one banana (peel removed). The banana is for flavour and the goodness it also contains. Other fruit may also be used if desired.

The big advantage of growing your own mineral rich foods for blending is that you can start harvesting leaves when the plants are still quite young and in fact the young tender foliage is likely to be of better value than the older mature foliage.

According to the mentioned book, Green Smoothies once made, can be refrigerated for up to 72 hours so you can make up a batch for a glassful each day for the next couple of days.

Wheatgrass can be grown and juiced or added to the other foliage that is used in the blender.

Another big advantage with the blender system is that you do not even have to have a garden to grow a range of high nutrition plants as they will grow very nicely for your needs in containers placed in a sunny situation outdoors.

Always grow the plants in a purchased compost, sheep manure pellets and blood & bone can be added to the compost along with the mineral rich products mentioned. Mix a little top soil in or use worm casts.

Gardening is a way to better health with the vitamin D gained from being in the sunlight to the mineral rich, naturally grown produce you can grow and juice or blend at home.

Problems ring me at 0800 466464 (Palmerston North 3570606)

Email wallyjr@gardenews.co.nz