



CEDAR RIVER GARDEN CENTER
2889 PALO MARSH RD PALO, IA 52324
319.851.2161
WWW.CEDARRIVERGARDENCENTER.COM

 **WE WILL BE
CLOSED**

LABOR DAY

The Miracle Drug

I am selling a new miracle drug. Please send all cash payments to the garden center addressed to Heather. Why buy into this miracle drug? One, because I love it, second because there are so many health benefits. So, what is this miracle drug? It is gardening!

I had an interesting conversation with a co-worker about Vitamin D. Her doctor said she was low and should be working on eating more foods such as salmon, fortified milk products, and egg yolks.

We were particularly interested in her low numbers, due to the fact that she works at a garden center. Shouldn't the sunshine help? After all, Vitamin D is referred to as the Sunshine Vitamin. It helps

us with our mood, bone density, and insulin production (<https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/expert-answers/vitamin-d-deficiency/faq-20058397>). Vitamin D is also very important to aid in absorption of calcium, particularly in infants.

As the awareness for skin cancer grows our use of sunscreen is also rising (hopefully). In the case of my co-worker, she regularly sunscreens. Meaning her natural absorption will be very low.

Dr. Michael Holick, a professor of medicine, physiology and biophysics at the Boston University Medical Campus, is a long-time proponent of what he calls sensible sun exposure. Dr. Holick suggests being in the sun for 10-15 minutes and lathering up after that brief amount of time. Our skin can then absorb the Vitamin D and will remain protected for the rest of your outdoor activity.

Always protect your ears and the back of your neck. Those locations are heavily exposed to excessive sunlight and in the long run will do very little for the overall absorption.

The other benefits of my "miracle drug" are stress relief, immunity boosts, exercise, and overall brain health (organiclesson.com).

Sure, you may not want to head out and roll around in the mud like a little pig, but the germs and bacteria that live in the soil are actually good for us. Recent research has shown that dirt contains microscopic bacteria called *Mycobacterium Vaccae* which stimulates the immune system and increases the levels of serotonin in our brains, an endorphin that soothes, calms, and helps us to relax.







Most people feel relaxed after a hard satisfying days work in the yard. This is not only due to lowering the stress levels of the hormone Cortisol, but because three hours of digging and trimming is equivalent to one hour in the gym.

Next time you are our buzzing around your yard like a bee, be thankful for our sunshine and the ability to get outside and dirty.

Our "miracle drug" just might be helping us remain happy and healthy in the long run.

Note: I am simply a lover of the outdoors and the author of this emailer. If you have concerns or questions regarding your health, please contact your health care provider.

THE HEALTH BENEFITS OF GARDENING

<h3>Stress Relief</h3>  <p>Gardening can help reduce the level of stress hormone Cortisol</p>	<h3>Immunity Booster</h3>  <p>Direct exposure to dirt and plants can help boost your immune system</p>	<h3>Work Out</h3>  <p>3 hours of moderate gardening could equal a 1 hour gym session</p>
<h3>Bacteria Friends</h3>  <p>Soil contains a natural antidepressant that can make us happier</p>	<h3>Green Diet</h3>  <p>Those who grow veggies are more conscious about having a healthy diet</p>	<h3>Brain Health</h3>  <p>One study revealed that daily gardening can reduce risk of dementia by 36%</p>

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ncbi.nlm.nih.gov/pubmed/20522508
ncbi.nlm.nih.gov/pubmed/16411871
calorielab.com
hortmag.com

Miracle drug in action.

Have You Heard of Green

Gold?



What is Green Gold?

Ginseng, sometimes referred to as Green Gold, has been a highly valued plant for hundreds and hundreds of years. Just a small amount of this perennial will sell for upwards of hundreds of dollars.

What are the benefits?

Improves Mood and Reduces Stress

Improves Brain Function

Anti-Inflammatory Properties

Helps with Weight Loss

Improves Lung Function

Lowers Blood Sugar Levels

Boosts Immune System

<https://www.webmd.com/diet/supplement-guide-ginseng#1>

accessed: 8.27.2019

What does it take to grow it?

Ginseng is meant to be an under story perennial, and will do best in a moist yet well drained soil. Testing your soil is necessary. The

range should be between 6.0 and 6.5. This pH range allows the growing plants to use the nutrients in the soil effectively, and discourages bacterial diseases. Our cold will help break your ginseng's dormancy, and will lead to better sprouting in the spring.

Where can I buy plants or seed?

We have not seen this plant available in our books. I have heard you can find plants for sale in the classified ads in farm magazines, but would warn to proceed with caution. We would suggest doing research and find reputable companies with quality material.

How much is it really worth?

A mature root, or a pound of Ginseng, is currently worth \$200-600 depending on your quality.

Can I grow it to make a quick profit?

NO! Ginseng is an incredibly slow growing plant. The seeds alone can take 18 months to break dormancy. You can only imagine how slowly the plants themselves mature.

Can I just harvest it on my own to start my plot?

General Prohibitions:

78.5(1)Harvest.From November 1 through the following August 31, no person shall harvest, dig, cut, uproot, gather, intentionally disturb, or destroy ginseng, whether the ginseng is wild or cultivated ginseng. This prohibition shall not apply to the transplantation or intentional disturbance of cultivated ginseng when such activities are incidental to the cultivation and growing of cultivated ginseng in a nursery business.

571-78.11(456A) Restrictions and prohibitions for harvesting wild ginseng.

78.11(1)Every person shall have in possession a valid,

department-issued permit to harvest wild ginseng for the current harvest season when harvesting, cutting, uprooting, gathering, destroying, possessing or transporting wild ginseng.

78.11(2) No person shall harvest a plant unless the plant possesses three or more true leaves or prongs and a flowering or fruiting stalk with red berries. If, after a person removes a plant from the soil with the requisite leaves or prongs, it is determined the root has less than five stem scars, the person shall return the plant to the soil at the same location and make best efforts to return the plant and the surrounding area to their condition prior to harvest of the plant. In no event shall a person harvest or possess a wild ginseng root unless the root has at least five stem scars.

78.11(3) When a person harvests wild ginseng, the entire plant, except the fruit and seeds, shall be retained with the plant until the plant is taken to the harvester's residence or place of business, as identified in the harvester's permit.

Above codes are from State of Iowa.

Weekly Sales: September 3rd- September 8th 2019

30% Off:

Sedum, Fern, and Hosta

Yew, Arborvitae, and Viburnum

All gift item or yard art made of metal or has metal on it!

50% off:

Ornamental Pear
Bulk Flower and Veggie Seed
Roses and Weigela



Landry wants to let you know this cute METAL truck is 30% off!



Peas Pay Attention

Final Round of Cole Crops are Ready

Broccoli:

Thunderdome, Goliath, Green Magic, and Castle Dome
Brussels Sprouts:
Long Island, and Jade Cross
Kohlrabi:
Kossak, Early White, and Winner
Peas:
Little Crunch and Tom Thumb
Cabbage:
Katarina and Golden Cross
Spinach:
Bloomsdale

Crops such as Broccoli, Kohlrabi, Cabbage, Beets, and Brussels Sprouts should be planted earlier to ensure they can set produce prior to our frost dates. Depending on the variety, the days to maturity for Brussels Sprouts and Broccoli can be 80-90 days.

Beets and Cabbage may range in the 50-60 days.

Leafy plants such as Kale, Spinach, and Lettuce can be delayed as they traditionally come to maturity within 45-55 days.



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