



Rita's Natural Food Market

"Your neighborhood natural grocery store since 2009"

NEWSLETTER August 2010

Monday - Friday 10-6; Saturday - 10 - 4; Closed Sunday
New Braunfels, Texas; 830-625-7472 - ritasmarket@gmail.com

Nutrition, Health and Caring.

Our commitment to you is healthy living with affordable prices!

Nutritious, Refreshing, and Delightful Teas for Summertime

Disclaimer: This information is not intended to prescribe, diagnose, cure or prevent any disease. Always consult your doctor for advice.

HERBAL TEAS

We have an array of wonderful and nutritious herbal teas that are refreshing and delightful. Many can be steeped overnight in the refrigerator for an enjoyable herbal ice tea the following day. Following is a list of herbal teas that can be found at Rita's Market.

German Chamomile Tea (*Matricaria recutita*) - Chamomile has dainty daisy looking flowers that are used to make a tea. German Chamomile grows wild all over Germany and the essential oils (called chamazulene) are revered in Hungary. Many people enjoy a cup of Chamomile tea before bed as it is relaxing and known to help with insomnia. Other benefits are using the tea for skin problems, as well as to provide temporary relief from asthma. Woman use it to regulate the menstrual cycle, and to treat ailments specifically related to female reproductive organs. Claims for it have been made in treating cancer, sore throat, diabetes, and even headache. It is probably best known as a stress reliever. **Caution** should be used by those already sensitive to ragweed as Chamomile tea may trigger an allergic reaction.

Hibiscus Tea (*Hibiscus Sabdariffa*) - Hibiscus has been known to be beneficial in lowering blood pressure,

may be helpful in reducing cholesterol, and it contains an enzyme inhibitor that blocks the production of amylase. Drinking a cup of hibiscus tea after a meal will reduce the absorption of carbohydrates helping to assist in weight loss. Hibiscus tea is rich in vitamin C

and therefore has the ability to strengthen the immune system. The tea has also been known to prevent bladder infections and to help correct constipation if taken on a regular basis.

Lavender Tea (*Lavandula*) - Lavender tea is beneficial to disorders involving the nervous system. It is both relaxing and soothing, as well as uplifting to the mind and body. Lavender tea can settle upset stomach, as well as reduce flatulence and colic. It may also be used to treat stomach and bowel infections.

Lemongrass Tea (*Cymbopogo*) - Lemongrass tea is used as a sedative, a diuretic and it has anti-fungal properties. The tea can help with indigestion and

gastroenteritis. Other benefits of drinking Lemongrass tea are in helping to correct menstrual problems, for headache relief, and in the strengthening of the immune system.

Marshmallow Tea (*Althaea officinalis*) - The benefits of Marshmallow tea have been acknowledged by many ancient civilizations. Marshmallow tea can assist in the

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flushing or removal of kidney stones, soothe a sore throat, and treat digestive disorders such as gastritis, colitis, and peptic ulcers. Marshmallow tea may help to increase the flow of breast milk.

Nettles Tea (*Urtica*) - Europeans have been utilizing the nettle for its medicinal properties for centuries. The stems, leaves, flowers and roots of the nettle plant are all used for healing. Nettle is a wonderful source of Vitamins A, C, and E as well as Iron, Calcium, Phosphates, and is high in Chlorophyll. It has been used as an expectorant and has anti-inflammatory properties. Nettles tea is used to treat allergies, anemia, and kidney diseases.

Oatstraw Tea (*Avena sativa*) - Oatstraw is a wonderful tea beneficial in building bones, therefore helping to prevent osteoporosis. It is soothing and calming which makes it desirable for relaxing children or for relieving anxiety in the elderly. It is a great tea to strengthen the immune system.

Peppermint Tea (*Mentha piperata*) - Peppermint tea is a delicious tea that is refreshing and satisfying. Drinking peppermint tea can help irritable bowel syndrome and ease nausea and vomiting. It has been known to help dissolve gallstones and to relieve congestion and coughs related to minor colds and allergies.

Red Clover Tea (*trifolium pratense*) - Red Clover has many nutrients including Calcium, Iron, Magnesium,

Potassium, Silicon, as well as Vitamins A, B-12, Niacin, Thiamine, and Vitamins C, E, and K. The glands are nourished by the minerals contained in Red Clover tea therefore helping with hormonal balance. Red Clover helps to soothe the nerves and is known to have anti-tumor qualities.

Red Raspberry Tea (*Rubus*) - Red Raspberry tea is mainly known for pregnancy and post partum use as it is toning and strengthening to the female organs and has helped pregnant woman with nausea. Red Raspberry bushes are native to North America. Other medicinal uses for the tea have been for sore throats, colds, nausea and diarrhea.

Rose Hips Tea - Rose Hips are the pods that form after rose petals have fallen off, particularly on wild roses such as *Rosa rugosa*. These reddish/orange seedpods are very nutritious, mainly as an excellent source of Vitamin C. There are approximately 1,700 mg of Vitamin C in 100 grams of dried rosehips. Rose Hips also contain Vitamins A, D and E and Flavanoids (antioxidants). Historically they have been used to help prevent bladder infections and are also good for headaches and dizziness.

To learn more about herbal teas check out Healing Herbal Tea by Brigitte Mars and Healing Teas by Marie Nadine Antol, both sold at Rita's Natural Food Market.

Almond Butter/Tahini Cups

- 2 Tbs. coconut butter
- 3/4 cup almond butter
- 1/4 cup tahini
- 1 cup graham cracker crumbs
- 1/4 cup succant
- 1 cup chocolate chips
- 1/4 cup hazelnut milk
- 1/4 cup chopped nuts (optional)

Prepare muffin tins with unbleached muffin papers. Heat in small saucepan, graham crackers, sugar, nutbutter and coconut butter; stir well, and remove from heat. Divide evenly and spoon into muffin papers. Combine chocolate and milk in same pan, heat until chocolate is melted. Divide it and pour over nut butter mixture. Top with the nuts. Refrigerate for 2 hours Enjoy!

Original recipe from Alicia Silverstones book, The Kind Diet, with variations by Rita.

Green Tomato and Onion Pickles

- 12 oz. organic green tomatoes, very thinly sliced
- 1 large organic onion, sliced into thin rings
- 1 2-inch piece fresh organic ginger, peeled and sliced into about 8 thin disks
- 1 cup organic apple cider vinegar
- celtic salt to taste
- 1 tsp raw organic sugar

Layer the green tomatoes, onion rings, and ginger in a quart sized glass container with a lid. Pour 1 cup water and the vinegar into a small saucepan, add the salt and sugar, bring to a boil. Pour the brine over the vegetables, cover loosely, and let cool to room temperature. Seal the container tightly and chill in the refrigerator for 1 hour before serving. The pickles will keep in the refrigerator for about two weeks.

Original recipe from: Lee Bros. Simple Fresh Southern by Matt Lee and Ted Lee with variations by Rita.