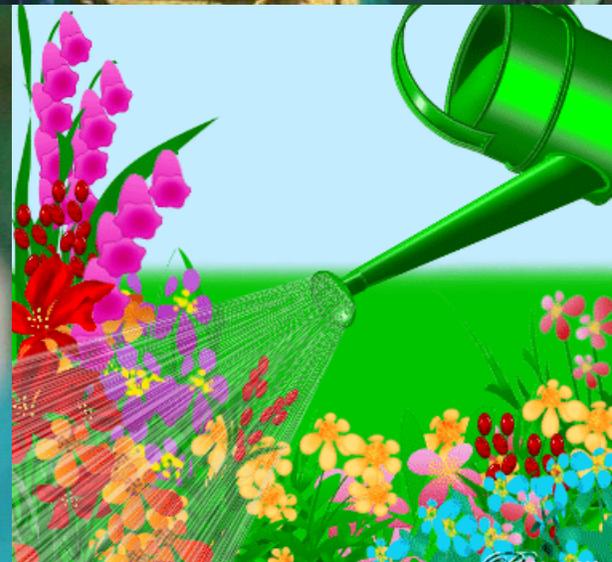


Why Garden?



Emah Abigail
(ChayilAbigail on FB)

PhD4Yah@yahoo.com



Why don't you garden (more)???

And Aluah Yahuah took the man, and put him into the garden of Eden to dress it and to **keep** it. *Genesis 2:15*

- Shamar H8104 to keep, guard, observe, protect, save life, retain, treasure up

Build ye houses, and dwell in them; and plant gardens, and eat the fruit of them; *Jeremiah 29:5*



What would it take for you to garden more?



Does the farmer plow continually to plant seed? Does he continually turn and harrow the ground? Does he not level its surface and sow dill and scatter cummin and plant wheat in rows, Barley in its place and rye within its area? For his Aluah instructs and teaches him properly. To read more go to Isaiah 28:24-29

Know well the condition of your flocks and pay attention to your herds; For riches are not forever, Nor does a crown endure to all generations. When the grass disappears, the new growth is seen, and the herbs of the mountains are gathered in, read more. Proverbs 27:23-27

The hard-working farmer ought to be the first to receive his share of the crops. 2 Timothy 2:6

Therefore, be patient, brethren, until the coming of the Adonai the farmer waits for the precious produce of the soil, being patient about it, until it gets the early and late rains. James 5:7

He who tills his land will have plenty of food, But he who follows empty pursuits will have poverty in plenty. Proverbs 28:19

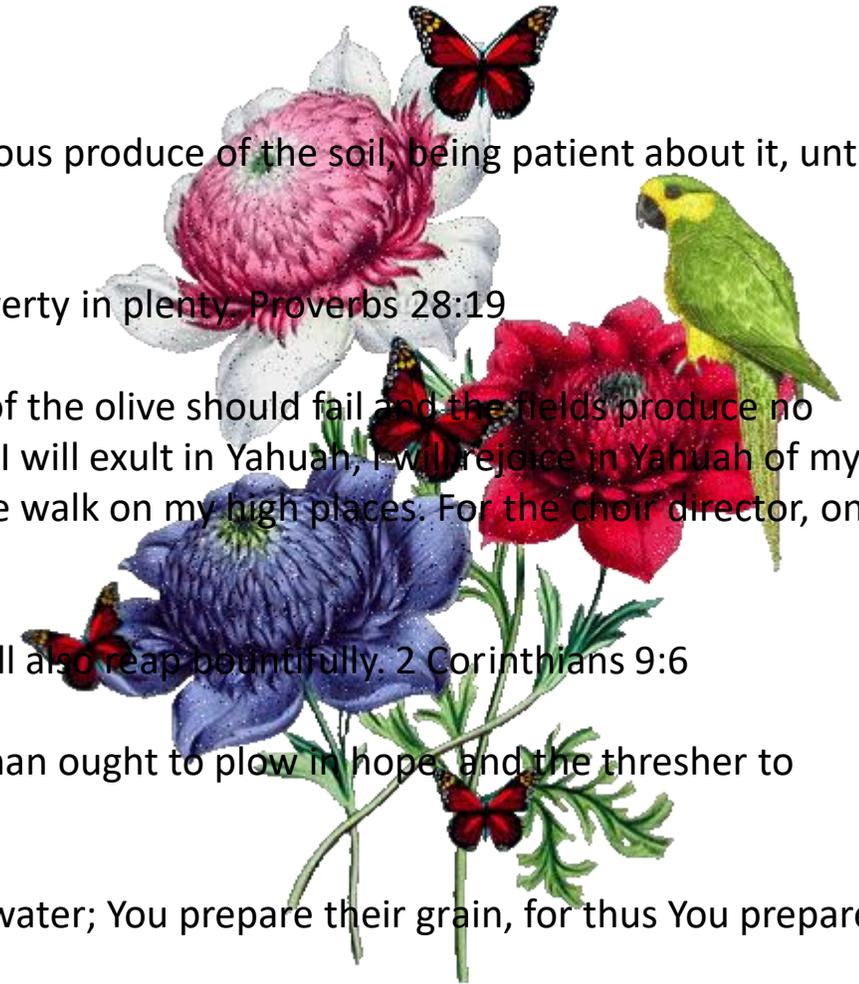
Though the fig tree should not blossom And there be no fruit on the vines, Though the yield of the olive should fail and the fields produce no food, Though the flock should be cut off from the fold And there be no cattle in the stalls, Yet I will exult in Yahuah, I will rejoice in Yahuah of my salvation. The Yahuah is my strength, And He has made my feet like hinds' feet, And makes me walk on my high places. For the choir director, on my stringed instruments. Habakkuk 3:17-19

Now this I say, he who sows sparingly will also reap sparingly, and he who sows bountifully will also reap bountifully. 2 Corinthians 9:6

Or is He speaking altogether for our sake? Yes, for our sake it was written, because the plowman ought to plow in hope, and the thresher to thresh in hope of sharing the crops. 1 Corinthians 9:10

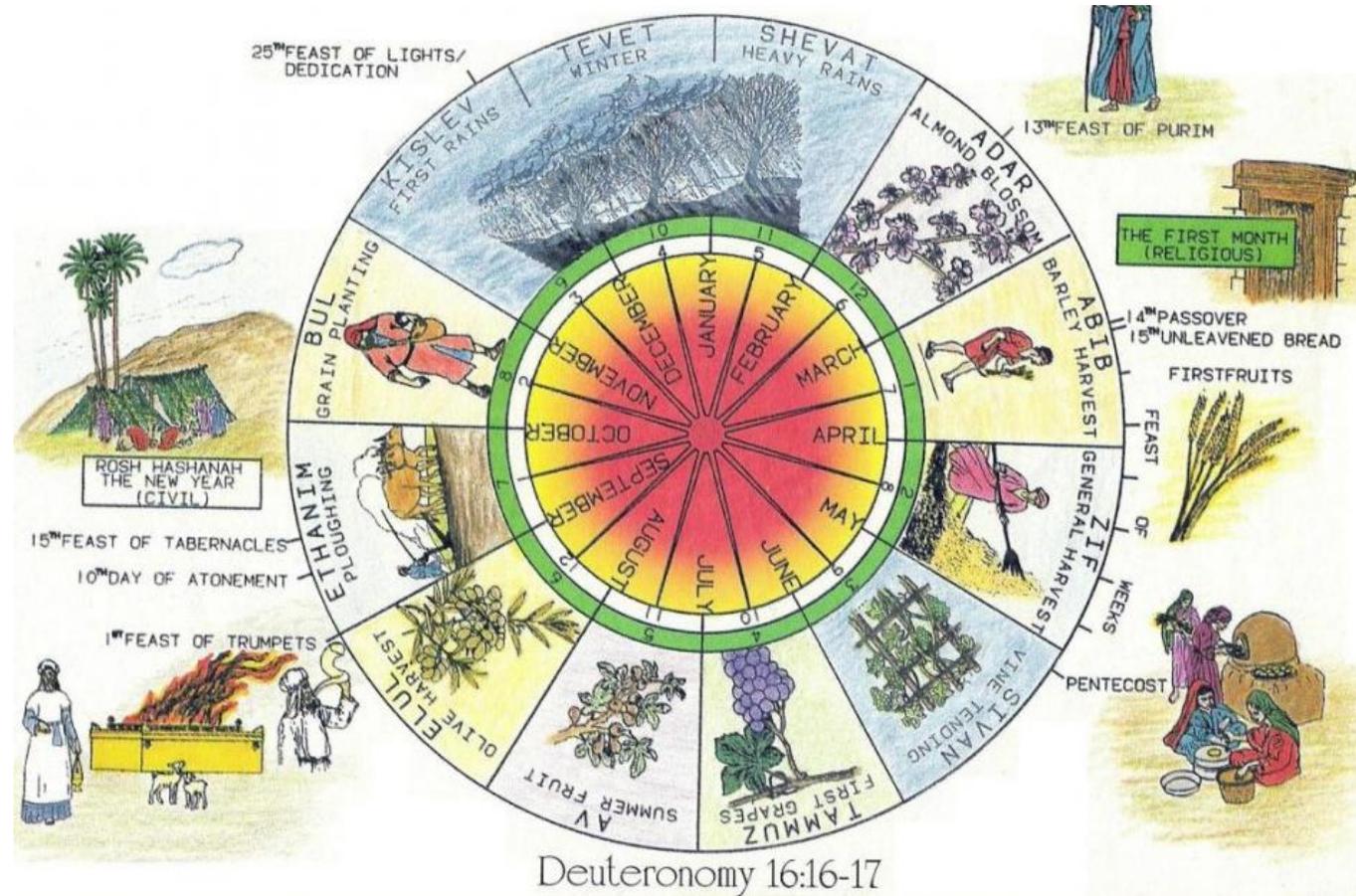
You visit the earth and cause it to overflow; You greatly enrich it; The stream of God is full of water; You prepare their grain, for thus You prepare the earth. Psalm 65:9

After all, a king who cultivates the field is an advantage to the land. Ecclesiastes 5:9



Gardens & Gardening Teach us Life Lessons

- For as the earth bringeth forth her bud, and as the garden causeth the things that are sown in it to spring forth; so the Yahuah Aluah will cause righteousness and praise to spring forth before all the nations. Isaiah 61:11
- Again he began to teach beside the sea. And a very large crowd gathered about him, so that he got into a boat and sat in it on the sea, and the whole crowd was beside the sea on the land. And he was teaching them many things in parables, and in his teaching he said to them: "Listen! A sower went out to sow. And as he sowed, some seed fell along the path, and the birds came and devoured it. Other seed fell on rocky ground, where it did not have much soil, and immediately it sprang up, since it had no depth of soil. Mark 4:1-41



Do you know what you are eating???

...“food” that isn’t food !?!?!

...Ammonia, CO and Viruses in your meats...



8 OF 20

Ammonia

What it is: Ammonia is a strong smelling chemical found in household cleaning products, but it’s also used as gas to kill germs in low-grade fatty beef trimmings.

“The trim (of animal meat) is prone to having more bacteria on it,” Lovera explains. “They use ammonia as a kill step to deal with the bacteria during processing.”

Where you’ll find it: This controversial practice started around 2001, and the resulting product—sometimes called pink slime—is used as a filler in ground beef.



4 OF 20

Carbon monoxide

What it is: We have carbon monoxide detectors in our homes for a reason: this odorless gas can be deadly. But the same stuff that comes from the exhaust pipe of your vehicle is also used in packaging ground beef and some fish like tilapia and tuna. It helps them retain their youthful blush, says Patty Lovera, assistant director of Food & Water Watch.

Where you’ll find it: Carbon monoxide is injected into plastic wrap after all the air is sucked out to block the process of oxidation that can turn pink meat brown. The process is considered safe for humans although it isn’t widely used anymore, says Lovera. Consumer groups have objected to the treatment’s potential to mask meat spoilage.



7 OF 20

Viruses

What it is: Don’t viruses make us sick? Well yes, but bacteriophages—tiny bacteria-killing viruses—actually help us by making *bacteria* sick. First approved for use on food in 2006, bacteriophages infect food-contaminating germs, not humans, says Milkowski.

Where you’ll find it: Manufacturers spray these on ready-to-eat meat and deli products that are sold in sealed plastic pouches. The bacteriophage products come in two types: One that combats *E. coli* and the other *Listeria* bacteria. (Only the second is used on food; the first is used to spray cattle.) Check the ingredient list for the words “bacteriophage preparation.”

Do you know what you are eating???

...“food” that isn’t food !?!?!

Shellac, BPA, Sand & Antifreeze???



5 OF 20

Shellac

What it is: Candy lovers, cover your eyes: pretty, shiny treats like jelly beans come at a price. They're often coated with shellac, a sticky substance derived from secretions of the female *Kerria lacca*, an insect native to Thailand.

Where you'll find it: Shellac makes jelly beans, candy corn, and other hard-coated candy look shiny. It may be called a "confectioner's glaze" on the packaging. So sweet, and yet so sick.

Gross-out factor: Low

Recommend 17k

10 OF 20

Bisphenol A

What it is: Though the chemical bisphenol A, or BPA, has been removed from most hard plastics (including baby bottles and sippy cups), it can still be found in the sealant in the lining of some cans says Lovera.

Where you'll find it: "This can be especially problematic with acidic foods like tomatoes," she says. "The concern is that it leaks into foods."

BPA has been linked to brain, behavior and prostate problems, especially in fetuses and children.



14 OF 20

Silicon dioxide

What it is: Silicon dioxide is what gets in your bathing suit and your hair at the beach. Affectionately known as sand, it's also found in food. "It's used in a lot of things as a flow agent and partly because it does a nice job of absorbing a little bit of atmospheric humidity that would cause clumping in a variety of things," says Milkowski. Swallowing a little sand at the shore probably never hurt you and it probably won't hurt you at the dinner table either.

Where you'll find it: Salts, soups, and coffee creamer.



16 OF 20

Propylene glycol

What it is: This chemical is found in antifreeze, it's true. But, says Milkowski, "it's a very, very safe material." In fact, it's much safer than a kissing cousin, ethylene glycol, which is particularly toxic to dogs.

Propylene glycol has lubricating properties which aid in making spice concentrates, not to mention condoms. And if you need good mixing in food, this is your compound. "You'll find things that don't mix well in water do disperse well in propylene glycol," says Milkowski.

Where you'll find it: Sodas, salad dressing, and beer

Do you know what is in/on your food?

EWG Dirty Dozen 2017



1. Strawberries



2. Spinach



3. Nectarines



4. Apples



5. Peaches



6. Pears*



7. Cherries



8. Grapes



9. Celery



10. Tomatoes

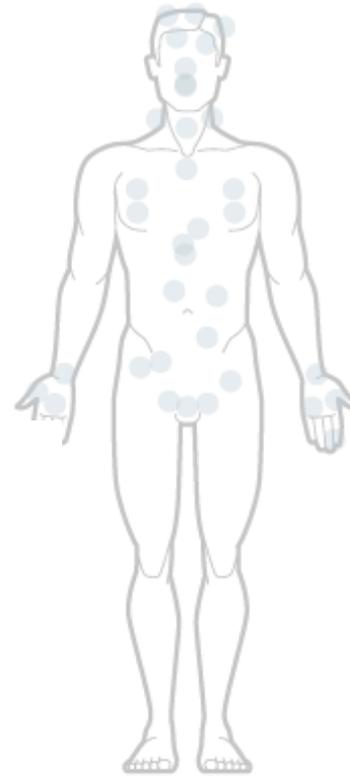


11. Sweet bell peppers

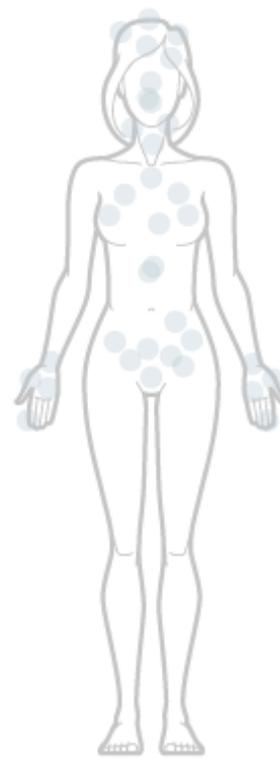


12. Potatoes*

13
health risks from pesticide exposure



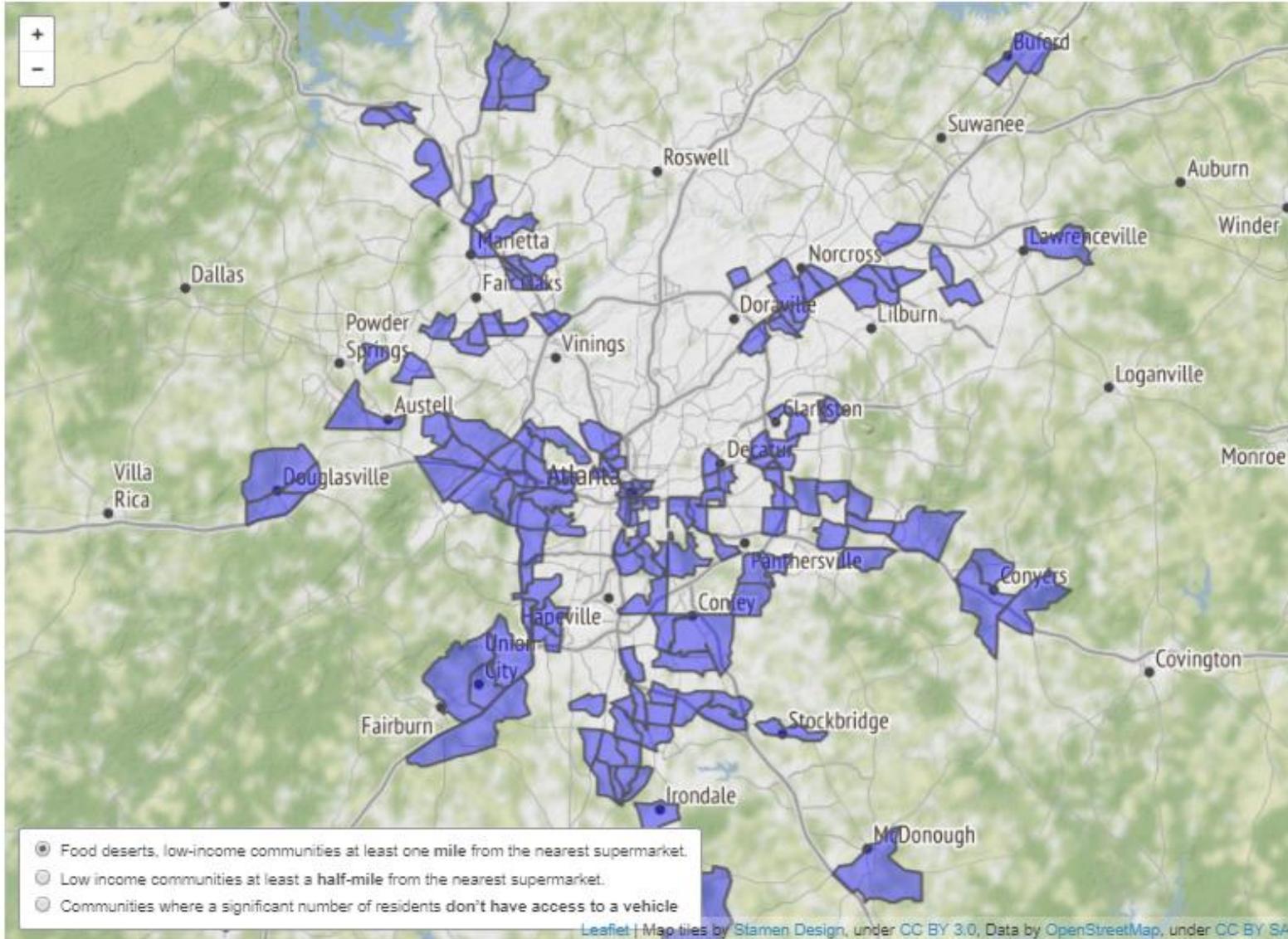
- ADHD in kids
- Alzheimer's disease
- Birth defects
- Breast cancer
- Cancers (other)
- Depression
- Fertility issues
- Immune system damage
- Low IQ in kids
- Ovarian cancer
- Parkinson's disease
- Prostate cancer
- Respiratory problems



* New additions

Metro Atlanta food deserts

Food deserts are defined by the U.S. Department of Agriculture as low-income communities located more than one mile from a reliable source of fresh produce and other healthy whole foods. Residents of food deserts who lack a reliable source of transportation are often forced to shop at convenience stores, where prices are higher than full-service supermarkets and selection is typically limited to processed foods high in fat, salt and sugar. This map shows where food deserts are located in metro Atlanta. Use the toggle buttons at the bottom to change the categories.



Did you know Your ZIP code can impact health more than your genetic code?

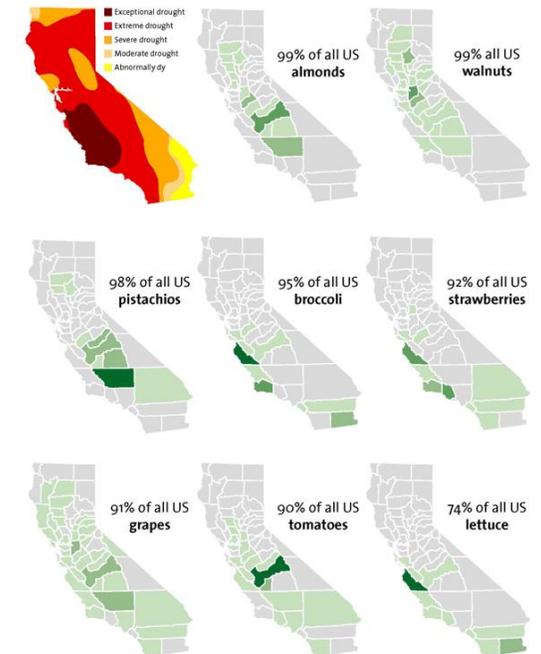
Where does your food come from?

Where Does Your Food Come From?

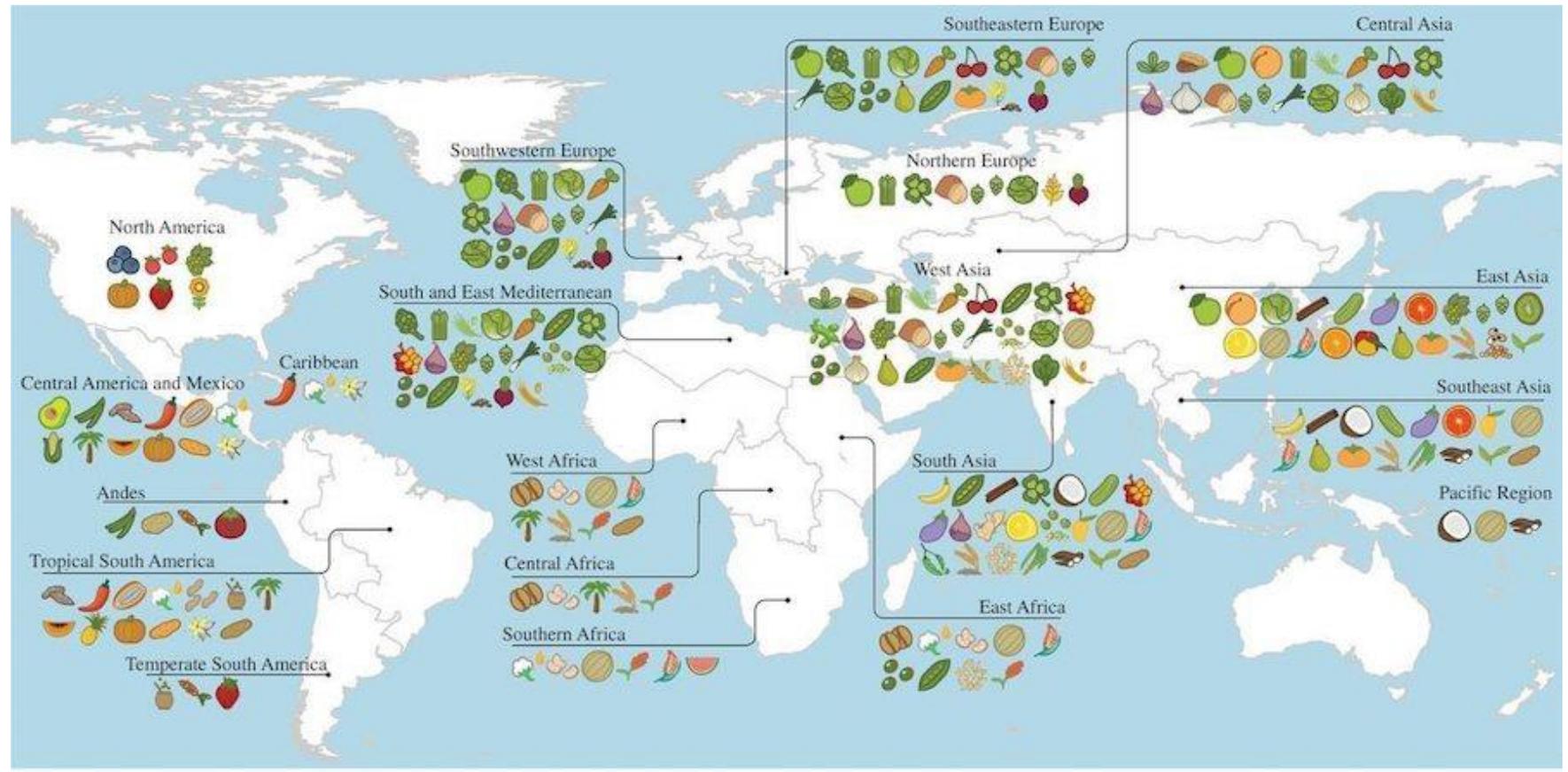
California's drought affects the whole country's fruits, veggies, and nuts.

Percentage of Total US Production by County

<10% 10-20% 20-30% >30%



Where does your food (& gas) come from?



- | | | | | | | | | |
|-----------------------|----------------------|----------------|------------|------------------|------------------------|-----------------------|--------------|----------------|
| alfalfa | beans | clover | eggplants | hops | melons | pears | rice | sunflower |
| almonds | blueberries | cocoa beans | faba beans | kiwi | millet | peas | rye | sweet potatoes |
| apples | cabbages | coconuts | figs | leeks | oats | pigeonpeas | sesame | taro |
| apricots | carrots | coffee | garlic | lemons and limes | olives | pineapples | sorghum | tea |
| artichokes | cassava | cottonseed oil | ginger | lentils | onions | plums | soybean | tomatoes |
| asparagus | cherries | cowpeas | grapefruit | lettuce | oranges | potatoes | spinach | vanilla |
| avocados | chickpeas | cranberries | grapes | maize | palm oil | pumpkins | strawberries | watermelons |
| bananas and plantains | chillies and peppers | cucumbers | groundnut | mangoes | papayas | quinoa | sugar beet | wheat |
| barley | cinnamon | dates | hazelnuts | mate | peaches and nectarines | rape and mustard seed | sugarcane | yams |

IF TRUCKS STOPPED:

24 HOURS

DELIVERY OF MEDICAL SUPPLIES TO THE AFFECTED AREA WILL CEASE. HOSPITALS WILL RUN OUT OF BASIC SUPPLIES. SERVICE STATIONS WILL BEGIN TO RUN OUT OF FUEL. MANUFACTURERS USING JUST-IN-TIME MANUFACTURING WILL DEVELOP COMPONENT SHORTAGES. U.S. MAIL AND OTHER PACKAGE DELIVERY WILL CEASE. WITHIN ONE DAY, FOOD SHORTAGES WILL BEGIN TO DEVELOP. AUTOMOBILE FUEL AVAILABILITY AND DELIVERY WILL DWINDLE, LEADING TO SKYROCKETING PRICES AND LONG LINES AT GAS PUMPS.

-
-
-

2-3 DAYS

FOOD SHORTAGES WILL ESCALATE, ESPECIALLY IN THE FACE OF HORDING AND CONSUMER PANIC. SUPPLIES OF ESSENTIALS, SUCH AS BOTTLED WATER, POWDERED MILK, AND CANNED MEAT AT MAJOR RETAILERS WILL DISAPPEAR. ATMs WILL RUN OUT OF CASH AND BANKS WILL BE UNABLE TO PROCESS TRANSACTIONS. SERVICE STATIONS WILL COMPLETELY RUN OUT OF FUEL. GARBAGE WILL START PILING UP IN URBAN AND SUBURBAN AREAS. CONTAINER SHIPS WILL SIT IDLE IN PORTS AND RAIL TRANSPORT WILL BE DISRUPTED, EVENTUALLY COMING TO A STANDSTILL.

-
-
-
-

1ST WEEK

AUTOMOBILE TRAVEL WILL CEASE DUE TO THE LACK OF FUEL. HOSPITALS WILL BEGIN TO EXHAUST OXYGEN SUPPLIES.

-

2ND WEEK

CLEAN WATER SUPPLY WILL BEGIN TO RUN DRY.

-

4TH WEEK

THE NATION'S CLEAN WATER SUPPLY WILL BE EXHAUSTED.

-

Water

ACER Call (877) 223-7784



Is rainwater harvesting legal in your state?

5.5k Shares



5k



14



10

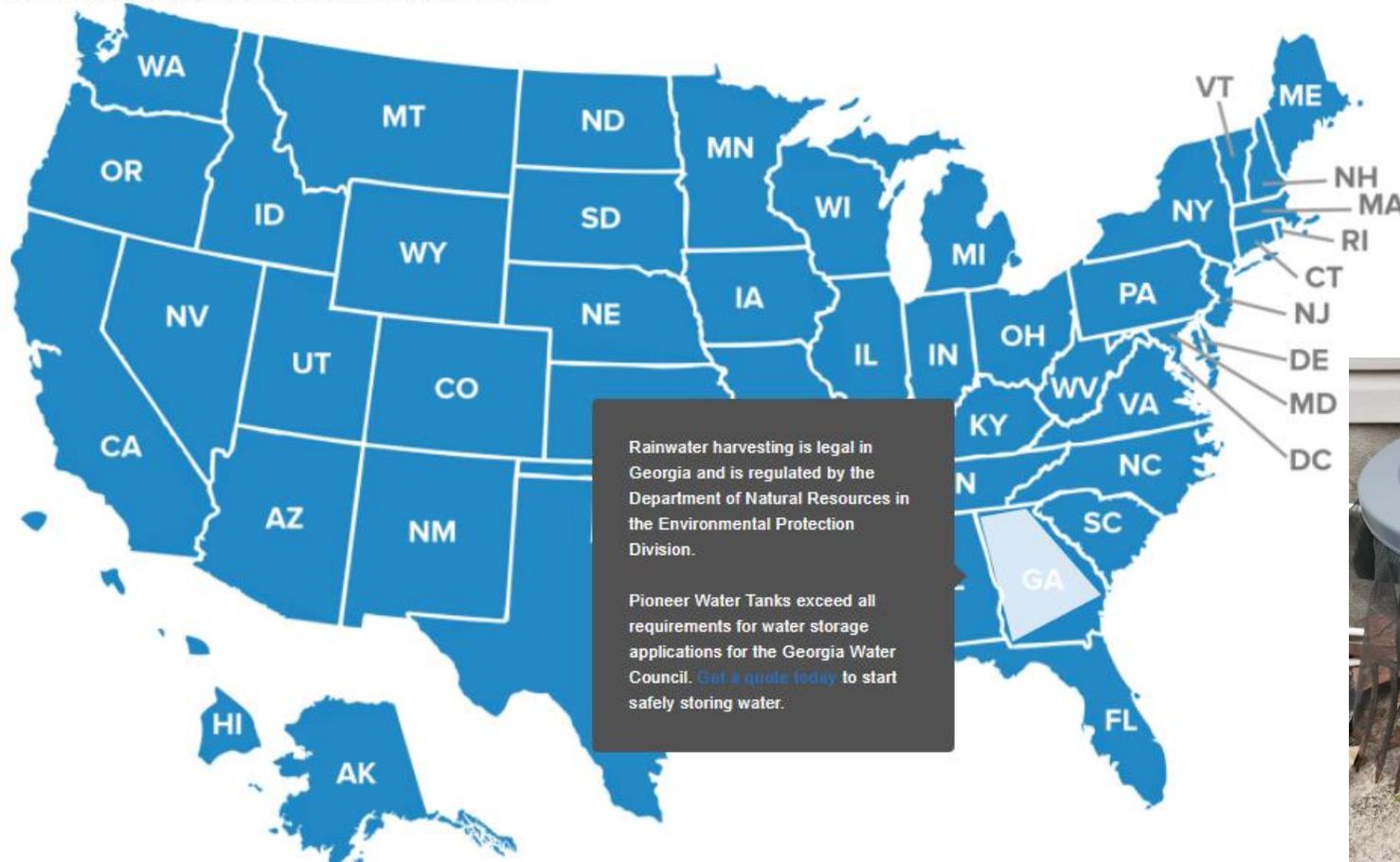


12



2

Click on the state that you would like to see the statutes and legality for.



Why grow your own foods?

CDC.gov Food Outbreaks

- [Leafy Greens](#) – *E. coli* O157:H7
- [I.M. Healthy SoyNut Butter](#) – *E. coli* O157:H7
- [Flour](#) – *E. coli* O121 and O26
- [Alfalfa Sprouts](#) – *E. coli* O157
- [Raw Clover Sprouts](#) – *Escherichia coli* O121
- [Ready-to-Eat Salads](#) – *Escherichia coli* O157:H7
- [Frozen Food Products](#) – *Escherichia coli* O121
- [Spinach and Spring Mix](#) – *Escherichia coli* O157:H7, 2012
- [Raw Clover Sprouts](#) – *Escherichia coli* O26, 2012
- [Romaine Lettuce](#) – *Escherichia coli* O157:H7, 2011
- [Lebanon Bologna](#) – *E. coli* O157:H7, 2011
- [Hazelnuts](#) – *Escherichia coli* O157:H7, 2011
- [Cheese](#) – *Escherichia coli* O157:H7, 2010
- [Shredded Romaine Lettuce](#) – *Escherichia coli* O145, 2010
- [Prepackaged Cookie Dough](#) – *Escherichia* [Fresh Spinach](#) – *Escherichia coli* O157:H7, 2006

[Food Safety News: Foodborne Illness Investigations](#)

- [On the Border restaurant facing federal suit in Salmonella case](#) September 9, 2017
- [Denmark's deadly Listeria outbreak makes headlines in Poland](#) September 7, 2017
- [Beach Beat: It's not rocket science, it's computer science](#) September 6, 2017
- [Amazon today removed nut butter recalled in March for E. coli](#) September 5, 2017
- [Papaya Salmonella cases top 200; more farms implicated](#) September 2, 2017
- [Chicago BBQ restaurant closes amidst Salmonella outbreak](#) September 1, 2017
- [More Campylobacter cases in Seattle; poultry possible source](#) August 31, 2017
- [2 Campylobacter cases linked to restaurant; foie gras suspected](#) August 30, 2017
- [Papaya pathogen problems persist](#) August 29, 2017
- [Beach Beat: Taking a chance with raw milk? Don't bet your kid](#) August 25, 2017
- [Two E. coli O157:H7 illness clusters under scrutiny in Japan](#) August 25, 2017
- [Arkansas Salmonella outbreak centers on Stuttgart restaurant](#) August 24, 2017
- [Could the ongoing Salmonella outbreak have been prevented?](#) August 23, 2017
- [Imports eyed in 150K to 200K annual Hep E cases in England](#) August 22, 2017
- [Doughnut shop norovirus outbreak mystifies local officials](#) August 22, 2017
- [Backyard flock Salmonella victims triple, 1 dead; more expected](#) August 21, 2017
- [FDA fresh sprout project finds some pathogens, other problems](#) August 21, 2017
- [Papaya Salmonella outbreak continues to spread; 21 states hit](#) August 21, 2017
- [Recall expanded: Raspberry mousse cakes linked to outbreak](#) August 21, 2017



Plants Purify

Go out into the world uncorrupted, a breath of fresh air in this squalid and polluted society. Philippians 2:15 MSG

[Environ Health Perspect.](#) 2011 Oct; 119(10): a426–a427.

PMCID: PMC3230460

Published online 2011 Oct 1. doi: [10.1289/ehp.119-a426](https://doi.org/10.1289/ehp.119-a426)

News | Forum, Asthma, Chemical Elements, Indoor Air Quality, Mercury, Metals, Ozone, Pesticides, Respiratory Health, Volatile Organic Compounds (VOCs)

Planting Healthier Indoor Air

[Luz Claudio](#)

[Author information](#) ► [Copyright and License information](#) ►

This article has been [cited by](#) other articles in PMC.

Poor indoor air quality has been linked to health problems, especially in children. Asthma has reached epidemic proportions among multiple age groups and is considered the most common chronic disease in urban-dwelling children.¹ The American Academy of Allergy, [Asthma and Immunology Indoor Allergen](#) Committee suggested in a 2010 report that allergists consider indoor air filtration to be part of a comprehensive strategy to improve respiratory health.² Air cleaners with HEPA filters have been shown to improve symptoms of asthma.² However, filtration systems and air purifiers do not reduce levels of all indoor air pollutants, and some types can actually aggravate the problem. For example, one study showed that some air purifiers raise indoor concentrations of ozone above safety levels established by the U.S. Environmental Protection Agency.³

[Environ Health Toxicol.](#) 2017; 32: e2017006.

PMCID: PMC5480428

Published online 2017 Feb 22. doi: [10.5620/eh.t.e2017006](https://doi.org/10.5620/eh.t.e2017006)

Study of the removal difference in indoor particulate matter and volatile organic compounds through the application of plants

[Seung-Han Hong](#), [Jiyeon Hong](#), [Jihyeon Yu](#), and [Youngwook Lim](#)

[Author information](#) ► [Article notes](#) ► [Copyright and License information](#) ►

Abstract

Go to: 

This study was conducted to evaluate the ability of plants to purify indoor air by observing the effective reduction rate among pollutant types of particulate matter (PM) and volatile organic compounds (VOCs). PM and four types of VOCs were measured in a new building that is less than three years old and under three different conditions: before applying the plant, after applying the plant, and a room without a plant. The removal rate of each pollutant type due to the plant was also compared and analyzed. In the case of indoor PM, the removal effect was negligible because of outdoor influence. However, 9% of benzene, 75% of ethylbenzene, 72% of xylene, 75% of styrene, 50% of formaldehyde, 36% of acetaldehyde, 35% of acrolein with acetone, and 85% of toluene were reduced. The purification of indoor air by natural ventilation is meaningless because the ambient PM concentration has recently been high. However, contamination by gaseous materials such as VOCs can effectively be removed through the application of plants.

HOUSEPLANTS THAT WILL DETOXIFY THE AIR IN YOUR HOME



Areca Palm

removes indoor chemical toxins



Ficus Alii

removes toxins to purify the air



Lady Palm

improves indoor air quality



Dracaena Janet Graig

removes trichloroethylene



Dwarf Date Palm

removes indoor air pollutants, particularly xylene



Bamboo Palm

removes traces of benzene, trichloroethylene and formaldehyde within the home



Boston Fern

removes indoor air pollutants, particularly formaldehyde



Peace Lily

removes alcohols, acetone, trichloroethylene, benzene and formaldehyde from indoor air

rawforbeauty.com

Top Ten Air Filtering Plants

REDUCE FORMALDEHYDE, BENZENE AND CARBON MONOXIDE



Bamboo palm
(Chamaedorea Seifritzii)



Marginata
(Dracaena Marginata)



Chinese Evergreen
(Aglaonema Modestum)



**Mass Cane/
Corn Plant**
(Dracaena Massangeana)



English Ivy
(Hedera Helix)



**Mother-In-Law's
Tongue**
(Sansevieria Laurentii)



Gerbera Daisy
(Gerbera Jamesonii)



Pot Mum
(Chrysanthemum Morifolium)



Janet Craig
(Dracaena)



ALOE VERA
(Aloe vera or A. barbadensis)

- Leaves hold a fluid that has anti-inflammatory, wound-healing properties
- Must drain properly; do not thrive in standing water
- Pollutant removed: Formaldehyde

Ties to the Earth

And they heard the voice of the Yahuah Aluah walking in the garden in the cool of the day: and Adam and his wife hid themselves from the presence of the Yahuah Aluah amongst the trees of the garden. Genesis 3:8

[J Inflamm Res](#). 2015; 8: 83–96.

PMCID: PMC4378297

Published online 2015 Mar 24. doi: [10.2147/JIR.S69656](https://doi.org/10.2147/JIR.S69656)

The effects of grounding (earthing) on inflammation, the immune response, wound healing, and prevention and treatment of chronic inflammatory and autoimmune diseases

[James L Oschman](#),¹ [Gaétan Chevalier](#),² and [Richard Brown](#)³

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Abstract

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Multi-disciplinary research has revealed that electrically conductive contact of the human body with the surface of the Earth (grounding or earthing) produces intriguing effects on physiology and health. Such effects relate to inflammation, immune responses, wound healing, and prevention and treatment of chronic inflammatory and autoimmune diseases. The purpose of this report is two-fold: to 1) inform researchers about what appears to be a new perspective to the study of inflammation, and 2) alert researchers that the length of time and degree (resistance to ground) of grounding of experimental animals is an important but usually overlooked factor that can influence outcomes of studies of inflammation,

[J Environ Public Health](#). 2012; 2012: 291541.

PMCID: PMC3265077

Published online 2012 Jan 12. doi: [10.1155/2012/291541](https://doi.org/10.1155/2012/291541)

Earthing: Health Implications of Reconnecting the Human Body to the Earth's Surface Electrons

[Gaétan Chevalier](#),^{1, 2, *} [Stephen T. Sinatra](#),³ [James L. Oschman](#),⁴ [Karol Sokal](#),⁵ and [Pawel Sokal](#)⁶

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Abstract

[Go to:](#)

Environmental medicine generally addresses environmental factors with a negative impact on human health. However, emerging scientific research has revealed a surprisingly positive and overlooked environmental factor on health: direct physical contact with the vast supply of electrons on the surface of the Earth. Modern lifestyle separates humans from such contact. The research suggests that this disconnect may be a major contributor to physiological dysfunction and unwellness. Reconnection with the Earth's electrons has been found to promote intriguing physiological changes and subjective reports of well-being. Earthing (or grounding) refers to the discovery of benefits—including better sleep and reduced pain—from walking barefoot outside or sitting, working, or sleeping indoors connected to conductive systems that transfer the Earth's electrons from the ground into the body. This paper reviews the earthing research and the potential of earthing as a simple and easily accessed global modality of significant clinical importance.

Let's Play in the Dirt Again

It was planted in a good soil by great waters, that it might bring forth branches, and that it might bear fruit, that it might be a goodly vine.

Ezekiel 17:8

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Format: Abstract

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[Clin Oncol \(R Coll Radiol\)](#), 2002 Feb;14(1):23-7.

A randomized pilot study of SRL172 (*Mycobacterium vaccae*) in patients with small cell lung cancer (SCLC) treated with chemotherapy.

[Assersohn L](#)¹, [Souberbielle BE](#), [O'Brien ME](#), [Archer CD](#), [Mendes R](#), [Bass R](#), [Bromelow KV](#), [Palmer RD](#), [Bouilloux E](#), [Kennard DA](#), [Smith IE](#).

Author information

Abstract

BACKGROUND: SRL172 is a suspension of heat killed *Mycobacterium vaccae*, that has been found to be a potent immunological adjuvant when used with autologous cells in animal models. This is a phase II study to test the clinical activity, feasibility and safety of combining SRL172 with chemotherapy to treat patients with small cell lung cancer (SCLC).

METHODS: Patients were randomized to receive chemotherapy with (n=14) or without (n=14) SRL172. The chemotherapy was either platinum-based (MVP, n=10) or anthracycline-based (ACE, n=18). SRL172 was given intradermally on day 0, weeks 4, 8 and then 3-6 monthly.

RESULTS: The treatment arms were well balanced for disease extent (43% with limited stage in each arm). The toxicity of chemotherapy and overall response at 12-15 weeks (57%) was the same for both treatment regimens. Median survival was 8.6 months and 12.9 for patients treated with chemotherapy alone and with the combination respectively (P=0.10). The survival trend was similar for both disease extent and chemotherapy regimen employed in favour of combination chemotherapy with SRL172.

CONCLUSIONS: There is a trend to improved median survival in SCLC with the combination of chemotherapy and SRL172 with no increased toxicity and irrespective of drug regimen. A phase III study examining chemotherapy in combination with SRL172 in SCLC is now underway.

discovermagazine.com/2007/jul/raw-data-is-dirt-the-new-prozac

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Alzheimer's Disease

MARS GLOBE

Home » July » Is Dirt the New Prozac?

FROM THE JULY 2007 ISSUE

Is Dirt the New Prozac?

Injections of soil bacteria produce serotonin—and happiness—in mice.

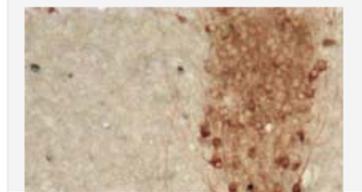
By Josie Glausiusz | Thursday, June 14, 2007

RELATED TAGS: [DEPRESSION & HAPPINESS](#), [UNUSUAL ORGANISMS](#)

f t G + 1.8K

THE STUDY "Identification of an Immune-Responsive Mesolimbocortical Serotonergic System: Potential Role in Regulation of Emotional Behavior," by Christopher Lowry et al. online on March 28 in

Discover
TOP 100



Gardening Burns More Calories than Weightlifting

How many calories are used in typical activities?

The following table shows calories used in common physical activities at both moderate and vigorous levels.

Calories Used per Hour in Common Physical Activities		
Moderate Physical Activity	Approximate Calories/30 Minutes for a 154 lb Person ¹	Approximate Calories/Hr for a 154 lb Person ¹
Hiking	185	370
Light gardening/yard work	165	330
Dancing	165	330
Golf (walking and carrying clubs)	165	330
Bicycling (<10 mph)	145	290
Walking (3.5 mph)	140	280
Weight lifting (general light workout)	110	220
Stretching	90	180
Vigorous Physical Activity	Approximate Calories/30 Minutes for a 154 lb Person ¹	Approximate Calories/Hr for a 154 lb Person ¹
Running/jogging (5 mph)	295	590
Bicycling (>10 mph)	295	590
Swimming (slow freestyle laps)	255	510
Aerobics	240	480
Walking (4.5 mph)	230	460
Heavy yard work (chopping wood)	220	440

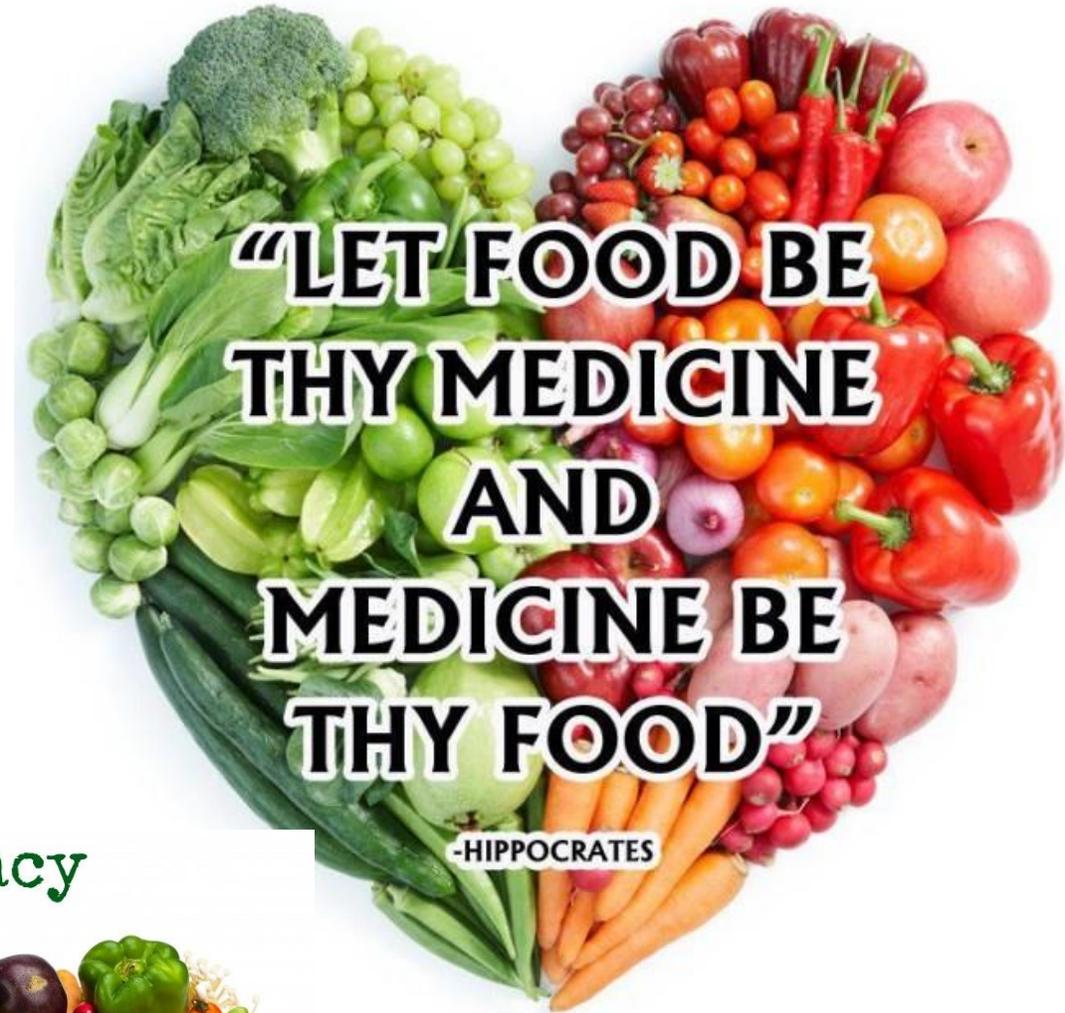
Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize. 1Corinthians 9:24 NIV

Adapted from [Dietary Guidelines for Americans 2005, page 16, Table 4](#)

Problem:



Solution:



Farmacy



His divine power has given us everything we need for a Yahuah fill life through our knowledge of him who called us by his own glory and goodness. NIV 2Peter 1:3

One should eat to live, not live to eat. -Molière

Are you a consumer or a producer? *Then the land will yield large crops, and you will eat your fill and live securely in it. Leviticus 25:19*

- \$1.78 can buy you 1 organic zucchini or 1 packet of zucchini seeds



VS.



VS.





Did you know???

1. Use the flower as an edible **garnish** for soups, cakes, and salads.
2. The fresh flowers can be **stuffed** with cream cheese and herbs to make a fancy appetizer.
3. Add the flowers and/or shoots to a **salad**.
4. The flowers and/or young shoots can be added to a **stir fry**.
5. **Dried flowers**, which can be found in Asian supermarkets, can be added to soups and other dishes. Dried daylilies are a key ingredient [Chinese hot and sour soup](#).
6. The flowers can be **deep fried**. Try this recipe: [Daylily Fritters with Strawberry & Mango Salsa](#)
7. The flowers can be made into a **jelly**.
8. Or a [daylily ice cream](#)!
9. The **tuber can be used in place of potatoes**; add to soups and stews.
10. Or you can use the tubers to make a [cake](#)!



DAY lilies
NOT
Asiatic/Easter Lilies



Edible Landscaping

Brassicas: cabbage*, kale*, broccoli*, chard*

Shrubs: rosemary, blueberries, blackberries,

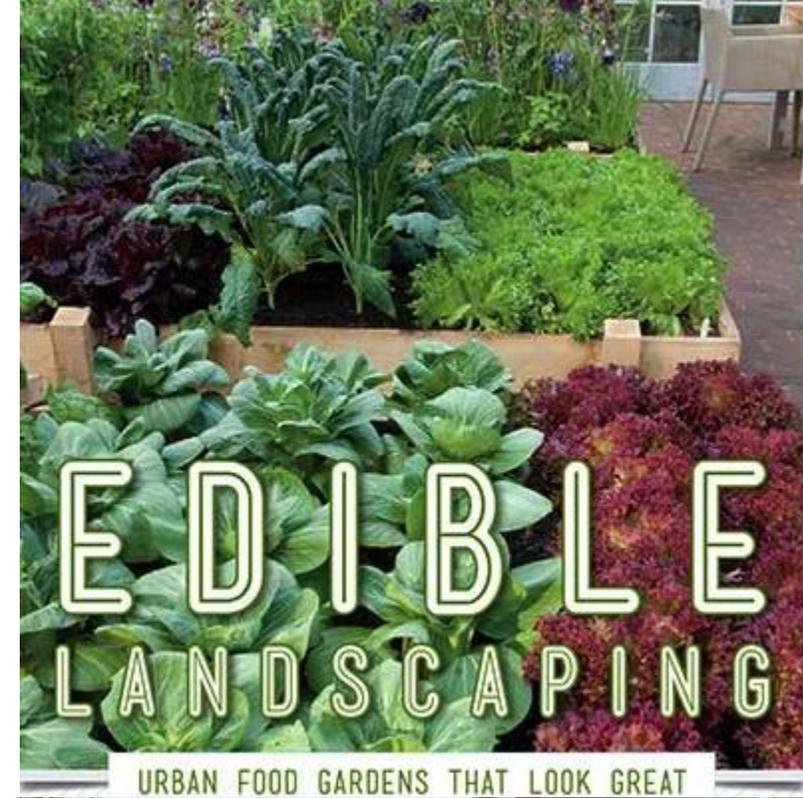
Flowers: lavender, sage, mint, violets*, chamomile,

Groundcover: sweet potato*, thyme, oregano*

Ferny: asparagus

Vines: grapes, muscadines, pole beans*

* = annuals



What's stopping you from starting today?
(In 3 words or fewer)



Don't Have Enough Room?

- Vegetable Gardens (container, window)
- Aquaponics
- Sprouts & Microgreens
- [How to Grow Vegetables Indoors](#)



Don't Have Enough Room? Keyhole Gardening

- [DIY: How to Maximize Your Growing Space with Keyhole](#)



Insteading

Keyhole Gardens

Ideal for hot climates, but beneficial everywhere, keyhole gardens retain moisture and supply nutrients to surrounding plants. The notch cut out of the structure gives you easy access for watering and adding fertilizer, and the layering improves soil health.

Stone Retaining Wall

Compost Bin

Planting Area

Drainage & Organic Matter

Drainage at Bottom

Don't have land/good soil? Container Gardening



Don't have land/good soil? Straw Bale Gardening



special section
home&garden

The straw bale solution



For bigger yields, a longer season and zero weeding, more veggie gardeners are turning to straw

concentrations have passed the way for the Minnesota farm boy to spread his message to an international audience hungry for a better way to grow. The response has been very enthusiastic, and Karsten knows why.

"It's really pretty simple," he says. "High yields, a longer growing season; you don't need soil, so it can go anywhere, and you get absolutely zero weeds." The first point Karsten makes when he begins to explain straw bale gardens is that, contrary to most assumptions, you don't fill the bales with soil. "The straw is the soil," he notes, "and the co-rotation box."

The modern, highly compressed straw bale is key to Karsten's method. Filling a raised bed with loose straw won't work.

By Mark Johanson

COSTCO MEMBER Joel Karsten is not the first horticulturalist to recognize the value of straw as a growing medium. But what he has accomplished—and the reason that tens of thousands of gardeners across the world have lined their yards, balconies, rooftops and driveways with bales of wet straw in just the last year—is to harness the power of the straw bale. Through 20-some years of research and experimentation, he has developed a method for rapidly converting a plain straw bale into a soil-feeding planting container that can grow edibles just about anywhere you put it.

Since the publication of *Straw Bale Gardens Complete* (Cool Springs Press, 2015, not available at Costco), Karsten's book, describing the method he has perfected, straw bale gardens, or SBGs, have taken the gardening world by storm. Feature articles in major newspapers, dozens of TV and radio appearances, and more than 300 lectures and dem-

Everything you need to start a straw bale garden

Straw bales. Most straw bale gardens (SBGs) use between one and 20 bales (\$5 to \$10 each). Organic bales are available in some areas. To help find (or sell) straw bales, visit strawbalesmarket.com.

Fertilizer. Use high-nitrogen fertilizer such as 29-0-9 (but beware for organic bloodmeal) for conditioning plus general protein fertilizer (10-10-10) for final treatment.

Planting soil. Use potting soil to make a seed bed in bale tops, if you are planting seeds.

Posts and wires. You will need a metal T-post for each end of each bale row. Posts help pin bales together and provide support for trellis wires. Attach a heavy-duty tie between post holes.

Sheet plastic. Cheap plastic sheeting over trellis wires to make a temporary "greenhouse."

Seedlings and seeds. Set about any plant you throw in an SBG.

How. Untied a spade fork in bale tops or hand water the plants. Avoid overhead irrigation.—*BJ*

Cross-section of a straw bale garden (five bales)

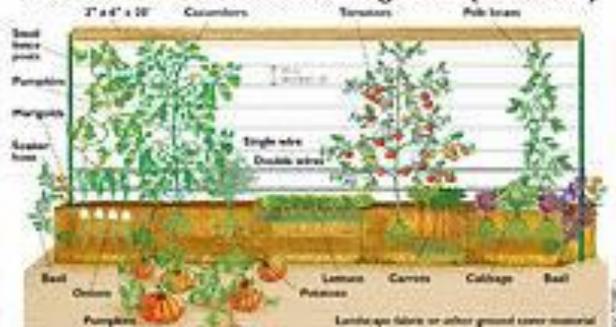


PHOTO: COURTESY OF JOEL KARSTEN; ILLUSTRATION: MARK JOHANSON

Make Good Soil: Composting

Stop throwing away your plant-based kitchen scraps!!

- Carrot tops
- Apple/banana/orange peels
- Onion skins
- Egg Shells
- Used paper towels
- Old cardboard boxes
- Grass clippings

Easy soil amendment: collect kitchen scraps in an old cracker/cereal box, store in the freezer till full and then plant in the garden

GreenPlanet

Let it rot

HOW DO YOU MAKE A COMPOST PILE?

SUZANNE ELSTON
QMI Agency

If you're looking to enrich your life, start composting. "Backyard composting is the single best thing you can do for the environment," says Susan Antler, executive director of the Compost Council of Canada. "The message that it's OK to let organics rot is spread around the world annually during Compost Awareness Week — this year it's May 2-8. "Compost is the essence of good healthy nutritious soil. If you don't replenish your soil over time, you deplete nutrients from the earth," she said. "And it's free!"

Up to 50% of the waste stream is organic and when composted, Antler says, it can have a "rainbow" of environmental benefits including reducing water consumption and greenhouse gas emissions, and enriching soil.

WHAT CAN I COMPOST?

"Greens"
Nitrogen Rich Materials

- Kitchen scraps including vegetables and fruit scraps, crushed egg shells, tea bags, coffee grounds with filters and paper towels
- Garden and yard materials
- Grass clippings — or leave this natural fertilizer on the lawn

"Browns"
Carbon Rich Materials

- Dry leaves
- Bread, pasta and rice
- Sawdust and shavings
- Finely-ground wood chips
- Well-shredded paper
- Shredded egg cartons, cardboard

WHAT CAN'T I COMPOST?

- Pet manure or litter
- Weeds that have gone to seed
- Any diseased plants
- Meat, fish, fowl or the bones
- Fats or oils (dairy products, eggs, peanut butter, spreads) — these materials break down slowly and may attract pests or cause odours
- Ash, sawdust or shavings from chemically treated or painted wood

Example of how you can layer compost

1 Purchase a compost bin from your municipality or nearby warehouse store; or make one using cedar posts and wire mesh.

2 Select a sunny, well-drained area to set up your bin and loosen the soil. This will allow insects and worms to move up the pile.

3 Put down a thick layer of browns, such as dry leaves or shredded paper.

4 Add a layer of greens, such as kitchen scraps, garden trimmings or grass clippings and spread evenly.

5 Cover green material with browns. This reduces fruit flies and odours. A layer of soil will work in place of the browns. Soil has the added benefit of supplying "starter" microorganisms to accelerate the process.

6 Continue to layers of green & brown until your compost bin is full.

7 When the compost is full, mix it up with a garden fork or turning tool.

8 Continue to mix the pile every 10-14 days. Note: Pile may heat up and shrink after being turned.

9 After 3-4 turnings, the compost should be ready. It should be crumbly, moist, dark-coloured and have an earthy smell. Allow this material to mature for a couple of months before using.

Monitor moisture: It should be like a wrung out sponge — damp but not soaking. Add water if pile is dry. If too wet, add some browns.

Save some bags of dry leaves every fall for compost use.

It's all about balance. If your compost pile is too full of browns, it will be slow to decompose. If the pile is too full of greens, it will turn slimy and smell bad. The goal is to have roughly equal amounts, by weight, of browns and greens.

WHY SHOULD YOU COMPOST?

- Less garbage**: Organics represent over one-third of materials being sent to landfills, and over 50% of total waste.
- Reduce gases**: Landfills account for about 38% of Canada's methane emissions, which is 23 times more potent than carbon dioxide.
- Recover valuable materials**: Compost is the single most important ingredient for healthy and productive soil.
- Decrease erosion**: Compost helps enhance soil structure. We're losing an estimated 1% of our topsoil annually.
- Reduce the need to water**: By improving the soil structure, water is retained and available for plants.
- Reduce pesticides**: Compost naturally suppresses plant diseases.
- Save money**: Turn organics into valuable soil without spending a dime.
- Healthy garden**: Compost provides essential organic matter, which is important for its health and vitality.

Don't like dirt? Misophobic? :Aquaponics



Not Handy? No Nails Greenhouse



No \$\$\$?

Free dirt...

Mulch and Compost

The Sanitation Division collects resident's yard trimmings for recycling into compost and mulch. Compost and mulch are nature's process of recycling decomposed organic materials.

Please click [here](#) for the compost/mulch request and delivery form.

Compost

Compost is available free to DeKalb residents at the following locations:

Northern Avenue & Memorial Drive (next to the Tax Commissioner's office)

Monday - Friday: 7 a.m. – 6 p.m.*

North Transfer Station

4600 Buford Highway
Chamblee, GA 30341

Monday - Friday: 7 a.m. – 5 p.m.*

Saturday: 7 a.m. - 12:30 p.m.*

Seminole Road Landfill

4203 Clevemont Road
Ellenwood, GA 30294

Monday - Friday: 8 a.m. – 5 p.m.*

Saturday: 8 a.m. - 4 p.m.*

East Transfer Station

1750 Rogers Lake Road
Lithonia, GA 30058

Monday - Friday: 7 a.m. – 5 p.m.*

Saturday: 7 a.m. - 12:30 p.m.*



...Free

(and inexpensive) containers...



Gardening Research says the following...

- [The Science of Grounding:](https://www.facebook.com/UpliftedLife/videos/1751618998466905/)
<https://www.facebook.com/UpliftedLife/videos/1751618998466905/>
- [The Science of Earthing:](http://www.holistichealthjam.com/the-science-of-earthing-and-its-impact-on-pain-and-inflammation/) <http://www.holistichealthjam.com/the-science-of-earthing-and-its-impact-on-pain-and-inflammation/>
- [Pain Pathways: Earthing:](https://www.painpathways.org/earthing/) <https://www.painpathways.org/earthing/>
- [Antidepressant Microbes In Soil: How Dirt Makes You Happy:](https://www.gardeningknowhow.com/garden-how-to/soil-fertilizers/antidepressant-microbes-soil.htm)
<https://www.gardeningknowhow.com/garden-how-to/soil-fertilizers/antidepressant-microbes-soil.htm>
- [Houseplants that Detoxify Your Home:](https://learn.allergyandair.com/houseplants-indoor-air-quality/)
<https://learn.allergyandair.com/houseplants-indoor-air-quality/>
- [FARMING BY THE BOOK: Food, Farming, and the Environment in the Bible and in the Quran:](https://ecommons.cornell.edu/handle/1813/2550)
<https://ecommons.cornell.edu/handle/1813/2550>
- [13 Reasons Why Gardening is Good for Your Health:](https://gardeninggonewild.com/13-reasons-why-gardening-is-good-for-your-health/)
<https://gardeninggonewild.com/13-reasons-why-gardening-is-good-for-your-health/>



13 Reasons Why Gardening is Good for Your Health

- **1. Gardening can reduce your risk of stroke**
- **2. Gardening burns calories.**
- **3. Heavy gardening is not only helpful in weight maintenance but also in reducing the risk of heart disease and other life threatening diseases.**
- **4. Gardening decreases the likelihood of osteoporosis.**
- **5. Gardening is a stress buster.**
- **6. Being surrounded by flowers improves one's health.**
- **7. Gardening is a way of making meaning out of our lives.**
- **8. The act of gardening enables us to enter the 'zone', also known as an altered state of consciousness**
- **9. It is likely that gardening and flowers serve as a means for survival; or in Darwinian terms, 'survival of the fittest'.**
- **10. Digging in the soil has actual health and 'mood boosting' benefits.**
- **11. Gardening Improves Relationships and Compassion.**
- **12. Gardening may lower the risk of dementia.**
- **13. Gardening strengthens your immune system.**

And Today's Final Reason to start gardening... Abba Has an Interesting Sense of Humor...

He that sitteth in the heavens shall laugh... Psalm 2:4



where

do we go

from

here?



What gardening topic(s) would you like to learn about next?

Resources

- [The Science of Grounding](#)
- [The Science of Earthing](#)
- [Pain Pathways: Earthing](#)
- [Antidepressant Microbes In Soil: How Dirt Makes You Happy](#)
- [Houseplants that Detoxify Your Home](#)
- [FARMING BY THE BOOK: Food, Farming, and the Environment in the Bible and in the Quran](#)
- [13 Reasons Why Gardening is Good for Your Health](#)
- [Lessons from the Garden](#)
- [The Earthing Institute](#)
- [Is collecting rainwater legal in your state?](#)
- [15 Edible Backyard Weeds With Amazing Health Benefits](#)
- [Stranded in Atlanta's Food Deserts](#)
- [What Happens if Trucking Stopped](#)
- [Pesticides in Produce](#)
- [EWG's 2017 Shopper's Guide to Pesticides in Produce](#)
- [21 Wild Edibles You Can Find in Urban Areas](#)

PhD4Yah@yahoo.com

Emah Abigail

He who tills his
land will be
satisfied with
bread,

But he who
follows frivolity
is devoid of
understanding.

Proverbs 12:11

