



Farmer's Market Information

Mushrooms

- **Shiitake:** These meaty and flavorful mushrooms contain a substance called eritadenine, which lowers cholesterol. Shiitakes also have antiviral and anticancer (lentinan for gastric cancer) effects. Good source for vitamin B and D2.
- **Cordyceps:** A Chinese fungus used as a tonic and restorative. It is also known for improving athletic performance. Has anti-aging properties and improves sexual function and fertility.
- **Enoki:** Slender white mushrooms that need only brief cooking and have a very mild taste. They are good in soups and salads. Enoki mushrooms have significant anticancer and immune-enhancing effects.
- **Maitake:** This delicious Japanese mushroom is also called “**hen of the woods**” because it grows in big clusters that resemble the fluffed tail feathers of a nesting hen. Maitake has anticancer, antiviral, and immune-system enhancing effects and may also help control both high blood pressure and blood sugar levels.
- **Reishi:** Strictly a medicinal mushroom, not a culinary one, Reishi is woody, hard, and bitter. Reishi can improve immune function and inhibit the growth of some malignant tumors. It also shows significant anti-inflammatory effects, reduces allergic responsiveness, and protects the liver
- **Lion's Mane:** (Pom Pom) Mushroom health benefits can also come from this nontoxic medicinal and culinary mushroom, which is believed to stimulate nerve growth. It also may improve mild cognitive impairment.
- **Turkey Tail:** a purely medicinal mushroom with proven anti-cancer effects
- **Oyster:** general health maintenance in elderly and contain lovastatin a statin (lowers cholesterol)

Honey and Bee pollen

Bee pollen refers to the flower pollen that collects on the legs and bodies of worker bees. It can also include some nectar and bee saliva. Pollens come from many plants, so the contents of bee pollen can vary significantly. Bee pollen is a complete food and contains many elements that products of animal origin do not possess. It is important to recognize that a one teaspoon dose of pollen takes one bee working eight hours a day for one month to gather. Bee pollen cannot be synthesized in a laboratory. Bee-gathered pollens are rich in proteins, free amino acids, and vitamins, including B-complex and folic acid. The biggest safety concerns are allergic reactions. Bee pollen can cause serious allergic reactions in people who are allergic to pollen.

Lavender Essential Oil Uses:

- Treat yourself to this well-loved aroma by adding a few drops of oil to lotions, shampoos, and skin care products.
- Create a spa-like retreat by combining 1 cup Epsom salt and 4 drops oil and adding to a hot bath.
- Make a basic homemade body scrub with coconut oil, sugar, and Lavender essential oil.
- Unwind with a Lavender-infused neck or back massage.
- Use Lavender as part of your evening routine. Rub oil on the bottom of your feet before bed or spritz your pillow with distilled water and Lavender mixed in a spray bottle.
- Create a DIY room freshener with Lavender or diffuse it to banish stale odors.

Lavender oil benefits your body in the following ways:

- Reduces anxiety and emotional stress
- Heals burns and wounds
- Improves sleep
- Restores skin complexion and reduces acne
- Slows aging with powerful antioxidants
- Improves eczema and psoriasis
- Alleviates **headaches**