



News from Pine Island Organics

Volume 1 - Spring 2019

Welcome to the first Pine Island Organics Newsletter

We have been very busy for several months, vending at numerous farmer and indie markets from Naples, Fort Myers, Pine Island, Sarasota, and all the way to DeLand.

We've also been quite busy developing and refining new products - some we'll introduce to you in this newsletter.

In this and future newsletters we're excited to share self-care insights, new and evolving products, current research that we find interesting, recipes, and a schedule for any events, markets or fairs where we will be vending.

New Pine Island Organic Products

Natural Deodorant & Deodorant Soap

Lemongrass Soap

Organic Pet Shampoo

Organic Herbal Teas:

(Hibiscus, Lemongrass, Liver Support, Matcha, Turmeric Spice, Tulsi, & more)

Organic Spice Blends & Gourmet Salts:

(Adobo, Bay, Creole, Herbs de Provence, Jerk, Moroccan Tandoor, Thai, & more)

Organic Herbal Digestive Bitters:

(Appalachian Tonic, Bitter Orange, & Five Spice)



Japanese Persimmon (*Diospyros kaki*) leaves, also known in China as Shi Ye, have a long history as a Traditional Chinese Medical treatment for ischemia stroke, angina, internal hemorrhage, hypertension, atherosclerosis and some infectious diseases. Japanese Persimmon leaves have become increasingly popular in Japan, Korea and China as an ingredient of cosmetics. Persimmon leaves are notably used in deodorant formulas because of their antibacterial qualities. In persimmon leaves, a number of chemical components are the most significant. Current research demonstrates that the antibacterial activity of persimmon reflects the generation of reactive oxygen from its tannin components. The leaves of Persimmon also contain high levels of vitamin C, vitamin A, and potassium. Our natural Deodorant and Deodorant Soap both contain Japanese Persimmon leaf powder and other natural odor fighting ingredients such as: Zinc ricinoleate, Magnesium hydroxide, Caprylic acid, and Organic Tapioca starch as well as organic extracts of Japanese Persimmon, Coconut, Lime, and Lemon verbena.

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From the *Journal of Complementary Therapies in Medicine* - 2019 Feb.

A randomized placebo-controlled study of aromatherapy for the treatment of postoperative nausea and vomiting.

The study at Gaziosmanpasa University, School of Medicine, Health Research and Application Center (Tokat, Turkey), was to compare the aromatherapy treatment effects on PONV patients using ginger, lavender and rose oils and a placebo

Abstract

OBJECTIVE:

The purpose of this study was to compare the aromatherapy treatment effects on PONV patients using ginger, lavender and rose oils and a placebo.

DESIGN:

A randomized 4-armed placebo controlled study.

SETTING:

Gaziosmanpasa University, School of Medicine, Health Research and Application Center.

INTERVENTION:

The total of 184 patients were randomized into 4 groups: Aromatherapy with lavender essential oil (Lavender group), with rose essential oil (Rose group), with ginger essential oil (Ginger group) or with pure water (Placebo group).

MAIN OUTCOME MEASURES:

Postoperative nausea (0-3 Likert type; 0=no nausea, 1=some, 2=a lot, 3=severe) and vomiting scores (0-3 Likert type; 0=no vomiting, 1 = 1 time, 2 = 2 or 3 time, 3 = 4 times and up) and antiemetic medication requirement.

RESULTS:

The nausea scores at 15 min were statistically significantly different between the groups ($p = 0.00$). The postoperative nausea scores improved in 20 (43.5%) subjects in the placebo group, 38 (82.6%) subjects in the lavender group, 22 (47.8%) subjects in the rose group and 30 (65.2%) subjects in the ginger group ($p = 0.00$). There were statistically significant differences between the groups with regard to the vomiting and antiemetic drug requirements ($p = 0.00$).

CONCLUSION:

The aromatherapy can be used as an alternative or complementary method for managing PONV. Specifically, the ginger and lavender essential oils were superior to the rose oil and pure water for the aromatherapy treatments. However, further studies with larger sample sizes are necessary to confirm these results.

https://www.ncbi.nlm.nih.gov/pubmed/30670276?fbclid=IwAR0kV8KS4q3_KfyPr5QX8n73rxxcoWxetcUDOffHlyk-RTUCb8p4uit0y8E

Easy Pad Thai



Pad Thai is probably *the* most famous Thai noodle dish. It's made with rice noodles, some type of protein (chicken, shrimp, beef, pork, tofu, etc.), a few light vegetables and eggs. Everything is tossed together in a Pad Thai sauce, made with a blend of sweet, savory, tart, and spicy (to taste) fresh ingredients. Finally, it's sprinkled with the juice of a fresh lime and crushed peanuts.

Authentic versions vary significantly, but this restaurant-quality version is one that will taste great, and is made with easily sourced ingredients.

Ingredients:

- **Pad Thai Sauce** - See recipe below
- **10 oz. Pad Thai Noodles** - Flat rice noodles are typically used
- **3 Tbsps. Oil divided** - Grapeseed, avocado oil, peanut oil, etc. (with a high smoke point)
- **1 lb. Protein** - Chicken, shrimp, pork, beef, or tofu
- **Vegetables** - **1 ½ Cup** Fresh bean sprouts, **½ Cup** shredded carrots & **½ Cup** green onions, etc.
- **3 - 4 cloves Garlic** - crushed or coarsely chopped
- **3 Eggs** - Whisked, scramble and add to the stir fry
- **Toppings** - crushed salted peanuts, fresh lime wedges & red chili flakes, etc.

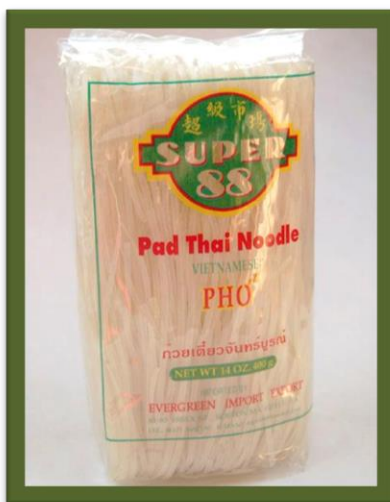
Pad Thai Sauce:

- **¼ Cup Tamarind Concentrate** - sweet and tart flavor - this makes this dish. Buy a brand that is 100% tamarind with no added sugars or corn syrup. E.g. *Tamicon* brand at Asian markets or Amazon
- **¼ Cup Palm sugar** - traditionally used in Pad Thai sauce. Regular sugar will work
- **¼ Cup Fish sauce** - a critical ingredient in making these noodles taste like authentic Pad Thai - *Red Boat* brand is described by *America's Test Kitchen* as "intensely rich and flavorful"
- **1 tsp. Pine Island Organics Thai Seasoning**
- **2 Tbsps. Soy sauce**, low-sodium
- **Juice** of 1 freshly-squeezed **Lime**
- **¼ tsp. Pine Island Organics Crushed Red Pepper Flakes** (or to taste)
- Whisk all of ingredients together until combined well & set aside

Once you begin cooking the actual stir-fry, the preparation will move quickly. So, prep all of your noodles, protein, veggies, eggs, sauce, and toppings ahead of time and be ready to cook.

Directions: (serves 4 to 6)

1. **Make the sauce** (as above)
2. **Cook the noodles** - al dente according to package instructions. Then drain, rinse with cold water, and toss with a little oil to prevent from sticking
3. **Sauté the protein** on high heat until it's cooked through
4. **Sauté the vegetables** - carrots, garlic, green onions, and bean sprouts briefly (2 minutes)
5. **Scramble the eggs** - stirring occasionally (push the vegetable aside, and add the eggs)
6. **Combine** everything back into the pan - the cooked noodles, protein, sauce and vegetables. Then toss
7. **Serve hot** - with sides of :
 - Crushed salted peanuts
 - *Pine Island Organics Crushed Red Pepper Flakes*
 - Chopped Green Onions
 - Fresh Lime Wedges
 - Fresh Thai Basil Leaves and / or Cilantro



Pad Thai Noodles



Red Boat Fish Sauce



Tamarind Concentrate

PINE ISLAND ORGANICS MARKET CALENDAR



READY FOR THE FUN?

Eco Friendly Love Event

10 am – 3 pm Saturday May 25th
ECO-FRIENDLY LOVE EVENT
 Cambier Park
 755 8th Ave S, Naples, Florida



10 am – 2 pm, Saturday July 13th
ECO-FRIENDLY VENDOR FAIR
 North Collier Regional Park
 1500 Livingston Road, Naples, Florida



9 am – 2 pm, Saturday June 29th
Pine Island Farm to Art Market
 Island Conclave Fine Art Gallery, Pine Island Center, Florida



More Information Coming SOON on Markets NEAR YOU!
 Naples, Mount Dora, Sarasota & More...

Thank You for Supporting Local

*Located in St. James City, on Pine Island in the heart of SW Florida's Gulf Coast,
Pine Island Organics creates natural, botanically based self-care products
in service to our customers, our community, and our planet.*

Reach out to us:

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Photo by Karen McCrea

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