



Home, Health & Garden Line®

Greetings!

Here's hoping that 2015 finds you happy, healthy, and warm, while Old Man Winter is having a blast outside! But if the flu is making its rounds in your neck of the woods, whip up a hearty vinegar tonic that'll keep those nasty germs at bay. Then, turn your attention to baking, and whip up a batch of hearty comfort food that'll warm you up and make you smile. And don't worry about the gooey insides dripping onto the bottom of your oven. A few shakes of salt, and that'll be all she wrote.

Jerry Baker

In the News...

Gear Up with the Latest Garden Gadgets! Since it's too darn cold outside to do anything in your garden right now, it's the perfect time to set your green thumb to other tasks. Like researching the latest in gardening gadgets, for instance. Then you can dream about taking your garden to new heights when summer finally rolls around. <http://bit.ly/1A5RoMX>

“O, wind, If Winter comes, can Spring be far behind?”

—Percy Bysshe Shelley

This Season's Hot Topic:

Conquer Cold-Weather Woes

Baby, it's cold outside! So this winter, put the natural warming power of cinnamon to work relieving a handful of problems caused by low-digit temperatures.

Headaches. When a heavy dose of frigid air makes your head hurt like there's no tomorrow, mix 2 to 3 teaspoons of ground cinnamon with just enough water to make a fine paste. Smooth it onto your temples and forehead, and you should feel almost-instant relief.

Cold feet. Warm up your chilly toes with this spicy brew: Mix ½ teaspoon of ground cinnamon into 8 ounces of hot water, and let it steep for 15 minute. Drink this beverage three times a day, and it's all but guaranteed that your “hind paws” will be better able to tolerate the chilly temps.

Flu. The next time you start coming down with a cold or flu, show those germs the door with cinnamon's powerful punch.

SPICY FLU FIGHTER

3-4 whole cloves

1 cinnamon stick

2 cups of water

2 shots of whiskey

1½ tsp. of blackstrap molasses

2 tsp. of lemon juice

Put the cloves, cinnamon stick, and water in a saucepan, and bring the mixture to a boil over medium heat. Let it boil for three minutes or so. Remove the pan from the stove, and mix in the whiskey, molasses, and lemon juice. Cover the pan, and let it sit for about 20 minutes. Drink ½ cup of the toddy every three to four hours (warm it up each time). Before you know it, you'll be back in full swing again!



Eating very large quantities of carrots or carrot juice over a prolonged period of time may cause your skin to turn orange. It's a perfectly harmless condition called carotenoderma, and it will vanish when you cut back your intake. Unless you all but live on carrots, or you down more than 3 cups of carrot juice each day for months on end, you should have no problem. Just be forewarned!





Check out our gallery of DIY videos at www.jerrybaker.com/how-to-videos to get the most out of your hose-end sprayers, aerating lawn sandals, and more!

Double-Duty Herbs

All winter you've been enjoying the tasty leaves and flowers from your garden-grown herbs in your cooking. But did you know that those same plants that spice up your cooking do double-duty as health-care workers? Here's a small sampling of the cream of the crop:

Basil fights cold and flu infections, eases migraines, relieves stress, helps cure depression, and removes warts.

Bay helps prevent tooth decay and eases the pain of headaches and stomachaches.

Dill soothes upset stomachs, relieves muscle spasms, and freshens breath.

Garlic kills bacteria, clears lung congestion, lowers blood sugar and cholesterol levels, boosts circulation, and acts as an antihistamine.

Peppermint energizes mind and body and relieves nausea and upset stomachs.

Rosemary stimulates memory, boosts energy, and helps chase the blues away.



ANOTHER GREAT IDEA!

Is looking into your medicine cabinet like peering into the deep dark recesses of your past? If so, then it's time for a cleaning. Go through the cabinet, and throw away any old or unfinished prescriptions or other expired medicines. Expired medications probably won't hurt you, but they do lose their strength. A final word to the wise: If you find old antibiotics on your shelves, get rid of them. Antibiotics are prescribed to be taken until they're gone, so you shouldn't have leftovers to begin with. A partial course of them won't cure anything and may actually end up making you feel worse. Log on to www.fda.gov to find out how to dispose of medications properly.

A Salty Solution

Winter is the perfect season for comfort food. *Mmmm...* I can practically smell the chicken pot pie now. But there's nothing worse than when the filling of a cheesy casserole or bubbly apple pie drips all over the bottom of your oven. Actually, there is one thing worse: cleaning the spill with caustic oven cleaner. It's not good for you or good ol' Mother Earth. Instead, reach for the salt to get those baked-on nasties out of your oven. While the oven is still hot, pour it directly on the spill, then let the oven cool off. When it's cold, take a rubber spatula or scouring pad to it. The stain will crumble right off. If the stain has already cooled and hardened, dampen the stain with some water, add the salt, and scrub like crazy. Salt is a terrific, but gentle, scouring agent. By the way, avoid the gooey problems next time you bake by lining the racks with aluminum foil. Then, if there's a leak, all you have to do is change the foil!

That's not all, folks!

Check out www.jerrybaker.com for fantastic features like:

- ▶ Jerry's Blog with what's new in gardening, health care, and household hints.
- ▶ Critter Control solutions for battling bugs and thugs in your home and garden.
- ▶ How-to videos to guide you through the growing season.
- ▶ Jerry's favorite tips and tonics—you're just a click away from a super solution!