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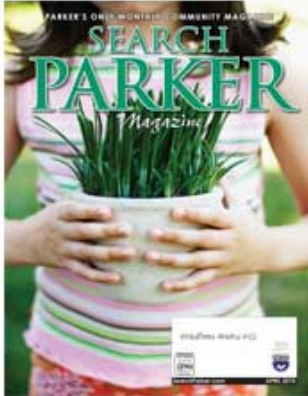
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Humidity: 41%
Wind: W at 18 mph

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Search Parker Minis

By Search Parker Magazine

Recycle your plastic garden pots – Garden centers, like Tagawa’s and Arapahoe Acres, will accept plastic bedding pots, trays, and soil and bark bags and recycle them for you. Recycling 1 ton of plastic saves the equivalent of 1,500 gallons of gas (Lamp’l, 2008). Or do what I do: I wash my plastic pots in warm soapy water, rinse in a 10% bleach solution, and reuse them for my spring seedlings.

Submitted by Julie Pfankuch



Search

E-cycling - the benefits of vitamin E

Vitamin E is a fat-soluble antioxidant, which means it fights for your health in the fatty part of each of your cells. Once vitamin E encounters a free radical (unstable and harmful cell) and quenches it, the vitamin then needs to be regenerated so it can continue to fight. Vitamin C or Coenzyme Q10 can recycle vitamin E to its full antioxidant state by donating an electron to the weakened vitamin. Glutathione and lipoic acid are other protective antioxidants that fight harmful free radicals inside of your body. All these nutrients work together to REDUCE free radicals, REUSE antioxidants and RECYCLE vitamin E. Start E-cycling today!

VITAMIN E HEALTH BENEFITS:

Reduces risk of prostate cancer and inhibits breast cancer cells

Anti-aging support

Reduces risk of heart attack and stroke

Reduces symptoms of arthritis and inflammation

Slows progression of Alzheimer's

For more information contact nutritionist Darci Steiner MS, at Attainable Nutrition in Parker at 303.618.7899, or visit www.attainablenutrition.com to subscribe to her free newsletter.

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