



The LORIENT B U Z Z

"The first Wealth is Health"
-Ralph Waldo Emerson

Vol. 2 Issue No. 6



25% OFF SALE

on ALL Oregon's Wild Harvest capsules

THROUGH OCTOBER 15TH

The folks at Wild Harvest guarantee these high potency organic herbs are harvested when their bioactive ingredients are at their maximum effectiveness. Their capsules are organic, vegetarian, non-GMO derived, and have very low permeability characteristics (which protects the contents from oxidizing).

Always Wash Your Fruits & Vegetables

While watching the news the other day, I was shocked to learn of a recent study showing a link between the use of pesticides and the onset of diabetes in certain people, especially those heavier than average.

On another news report later that day, a spokesperson from the FDA reported hepatitis was found on green onions imported from South America. The FDA moved quickly to prevent their sale to the public.

Although organically grown food is recalled much less than conventional, it's not wise to assume the safety of any produce. We recommend a thorough cleaning with fresh water and a suitable vegetable washing product like **NutriBiotic**. Produce that is wax coated (to enhance shelf life) can sometimes be peeled, but a fruit and vegetable spray, such as one from **Earth Friendly Products**, effectively removes wax and contaminants on all types of produce. Both kinds of vegetable washing agents can be readily found here at Lorient. 🌱

New Products at Lorient

Cedarlane Vegetarian Burritos -

An excellent solution for that quick 'last minute meal' dilemma. They're packed full of organic vegetables and basmati rice, then topped off with Monterey Jack cheese and Verde sauce made from organic Tomatillos.

Fuji Apples -

We've secured a new crop of these great tasting Organic Fujis for all you apple lovers.

Soy Deli Tofu -

We now stock two new selections of very firm (nigari) tofu. Available in Plain Organic Extra Firm as well as Baked Honey-Sesame flavor, which makes a great alternative to meat on sandwiches.

Vitamin C Pops -

For kids who love our Nature Pops, we have a new lollipop rich in both great taste *and* vitamin C. The C is extracted from Organic Acerola Berries and all ingredients in the new lollipops are 100% natural and organic.

(continued overleaf...)

Our Friend the Honeybee

There's nothing like a shared interest in good health to bring people together. We know the importance of lasting relationships and being connected to the earth in more than just a passing way. During conversations with customers, I often feel the concerns we share are quite common.

For instance, a customer remarked how his garden produce yields are much lower this year. This appears to be a common trend among many gardens. Experts suggest that a decline in the honeybee population is responsible. The latest news reports a widely used pesticide, derived from nicotine, points to the disappearance of honeybees. The pesticide is found to linger in the soil much longer than the maker claimed. Honey producers have long claimed that pesticides were killing off their bees. Yet another reason to grow organically.

The most difficult part of growing flowers or food organically is to find a balance between beneficial insects, like honeybees, and those that are detrimental, such as aphids. Spraying a little Dr. Bronner's Soap in a dilution of water can deter aphids quite effectively. Adding a little Peppermint and/or Tea Tree Oil and some Cayenne Pepper will also remove aphids and spider mites. The friendly honeybee is completely unaffected by the mixture.

I noticed the decline in honeybees last summer, so I took measures this year to attract them. The presence of several large sunflower plants have served well to increase bees in our garden. Some I planted from a seed packet, while others grew from seeds saved from last year's crop. The latter plants are no longer hybrids, so each one has several stalks that grew lots of smaller flower heads. The brightly colored heads serenely float about like beacons on the slightest breeze, likely attracting bees from miles around. 🐝



Good Soil Grows Better Crops

For the past three years, we have augmented our garden soil with organic vitamins, minerals, and well-rotted compost. Now it has become nutrient rich and fertile.

The reward for all the hard work is that anything we plant grows profusely. For instance, our Italian pole bean crop is looking healthy and prolific this year. Our garden is now filled with good and nutritious produce that's full of flavor. It's a wonderful blessing and always dependent upon the bountiful kindness of nature, truly deserving of our respect. 🌱

Zenn Travels

After two appearances of our Zenn electric car on KHQ Channel 6, many people are stopping to ask Chris and I what it's like to drive. In little over a month, we've driven almost 500 miles and have found the experience 'different' than driving anything else.

The Zenn is a fun and quiet short-range solution to most of our driving needs. It requires recharging every 25+ miles and tops out at 35+ mph, so one's journeys often require a little prior planning. Having said that, we love to go about Spokane in it and get a lot of satisfaction from breathing cleaner air. I always disliked that volatile smell of gasoline when filling a car and often the fumes would give me a severe headache. Come to think of it, that could've also been triggered by the big hole it made in my wallet! In contrast, it costs about 26 cents to 'fill up' the batteries of the Zenn, and all I can smell are the flowers in our driveway when I plug it in.

In connection to our newfound freedom from gasoline, I must add that if it weren't for the kindness of two people, we might not be driving our electric car at all.

One of our customers left Chris and I a small inheritance in his will. We miss him dearly since his passing. We liked the notion of using his bequest for something worthy of our memories of him. Another customer, on learning of our interest in buying an electric car, also surprised us with a gift towards its purchase. Those unexpected gifts made it possible for us to go ahead and secure our new Zenn. Such kindness is very humbling to both Chris and I. We will always be grateful for their kindness and generosity and for their lasting influence on our lives. 🌱

© Written by Roger W. Imes