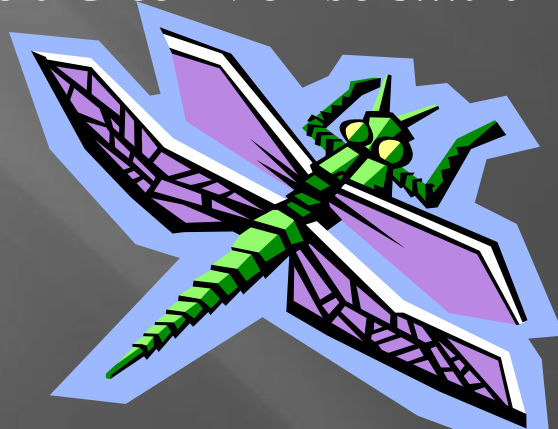




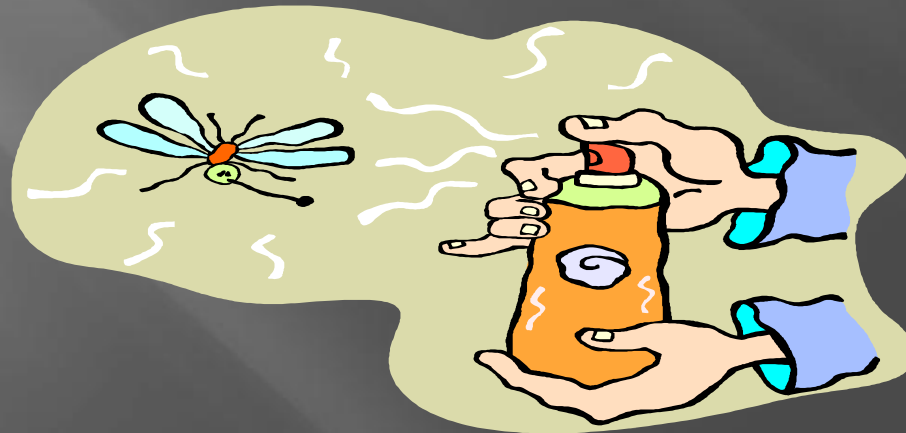
Sun, Bugs and Food

This presentation was given to the Natick Cooperative Playgroup On 5/10/11 by Dana Ravech and Cheryl Durr Patry. Some slides have been used from Shopping Locally presentation that have been prepared by other Medfield Green Members...thank you!





Outdoor Skincare



Bug Spray

- DEET and insect repellent
 - ❖ Fear of West Nile Virus
 - ❖ Studies shown DEET to be most effective
 - ❖ DEET is a registered pesticides
 - ❖ Member of the Toluene chemical family
 - ❖ Toluene is an organic substance used in rubber and plastic cements and paint removers

Hazards of DEET

- ❖ DEET is absorbed through the skin and passes in the blood
- ❖ DEET is also absorbed into the gut
- ❖ Most serious concern is the effects on the central nervous system
- ❖ In 1998, the US EPA made it illegal for any product containing DEET to make child safety claims
- ❖ Health Canada has now banned products concentrations over 30%, citing health risks: repelling insects are not beneficial to consumers

Yea but...What if.....situation

- ❖ If using DEET, it is best to wear long sleeves and long pants, when possible
- ❖ Apply repellent to clothing rather to the skin to reduce exposure
- ❖ Use sparingly
- ❖ Do not inhale
- ❖ Do your best in these situations...it is all good 😊

Natural Insect Repellent Ingredients

- ❖ Citronella Oil
- ❖ Eucalyptus Oil
- ❖ Lemon Grass Oil
- ❖ Tea Tree Oil
- ❖ Peppermint Oil
- ❖ Geranium Oil
- ❖ Cedar Oil

➤ To make your own insect repellent, combine rubbing alcohol, witch hazel, vodka, or olive oil as a base.

The base-to-essential oil ratio should be 10-to-1. Store your mixture in a glass spray bottle and be sure to shake well before each use as the base and oil may separate.

Natural Bug Spray Repellent Products



California Baby's sprays are designed to soothe existing bites while repelling fleas, mosquitoes, ticks and biting flies - all with pleasant smelling (and sustainably harvested) essential plant oils.

Do note that most natural bug repellents must be refreshed more often than DEET-based products, because they aren't quite as long lasting.

Active Ingredients: Citronella, lemongrass and cedar essential oils
Cost: \$13.95 for 6.5 ounces



Badger Balm

Not all bug protection must come in the form of sprays. Available in tins and a push-up stick, Badger Balm's Anti-Bug formula is soothing to dry skin, and repels pests with oils of citronella, rosemary, cedar and geranium.

Active Ingredients: 5% citronella oil, 2% cedar oil, 2% lemongrass oil, 1% rosemary oil and 1% geranium oil

Cost: \$10 for 1.5 ounces (stick), \$10 for 2 ounces (tin)



Repel Lemon Eucalyptus Repellent from Spectrum Brands is said to be proven effective against mosquitoes, deer ticks and no-see-ums for up to six hours. Oil of lemon eucalyptus has been listed by the CDC as effective protection against mosquitoes that may carry West Nile virus.

Active Ingredient: 40% lemon eucalyptus oil
Cost: \$7.75 for 4 ounces

www.dailygreen.com



Bite Blocker Herbal Wipes
Designed especially for applying insect repellent to children without getting product in their eyes or mouths, Bite Blocker's herbal wipes make protection easy. Towelettes are made of soybean and coconut oil, glycerin, geranium oil, sodium bicarbonate and vanillin. Bite Blocker also makes repellents for pets and clothing.

Product: Bite Blocker herbal spray

Active Ingredients: Coconut, soybean and geranium oils

Cost: \$8.99 for 4 ounces

Product: Bite Blocker herbal lotion

Active Ingredients: Coconut, soybean and geranium oils

Cost: \$8.50 for 4 ounces

Product: Bite Blocker herbal wipes

Active Ingredients: Coconut, soybean and geranium oils

Cost: \$8.50 for 20 wipes

Attractions for Mosquitoes

- ❖ Increase CO_2 – people with higher metabolism
- ❖ Attracted to lactic acid- after a workout or eating salty foods and high potassium foods. ie: bananas, pickles, potato chips
- ❖ Women - estrogen based, if a fruity or floral fragrance
- ❖ Men – scented sunscreens, dryer sheets, fabric softeners
- ❖ Attracted to moist, cool bodies from rain, perspiration or swimming
- ❖ Diabetics- blood is sweeter due to increase acetone in blood
- ❖ Lighter (bright neon like yellow) and dark colors (that is confusing!) Wear khaki, tan or olive colors

Techniques to reduce mosquitoes

- ❖ Any type of Vinegar use on face, arms and around the ears (would you do that? in a pinch maybe)
- ❖ Eat less salty foods
- ❖ Use unscented products
- ❖ Avoid sweets
- ❖ Mosquito netting
- ❖ Citronella candles, mosquito coil, campfires, incense
- ❖ Use of garlic – eat lots of it or also a service through lawn care services
- ❖ Bat Houses – eat up to 600 mosquitoes in an hour

Backyard mosquito control tips

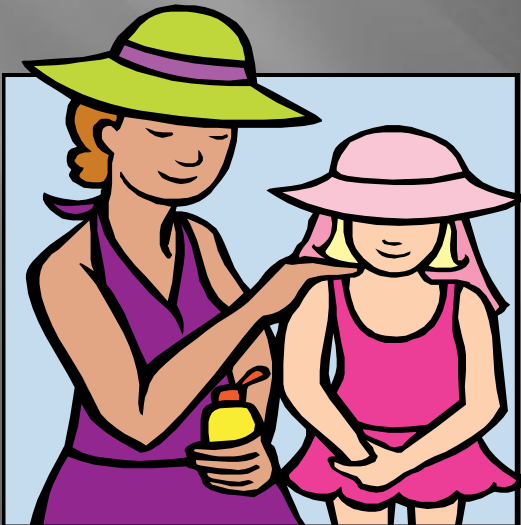
- ❖ Yellow outdoor light bulbs reduce the mosquito population
- ❖ Use a fan when there is little wind since mosquitoes are not strong flyers
- ❖ Mosquito repelling plants : Lemon balm, catnip, basil and lemon geraniums

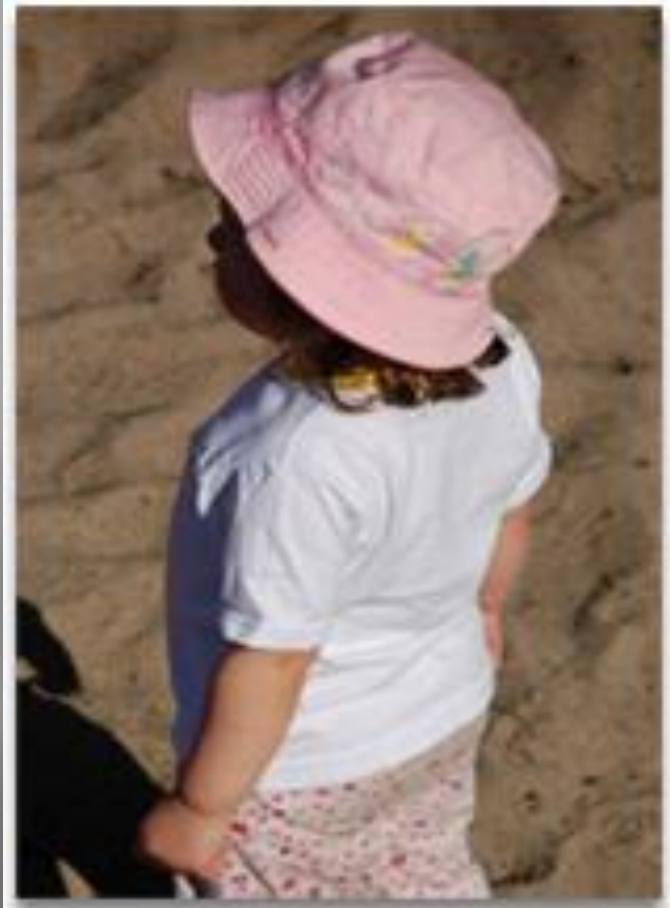
Natural Treatments for Mosquito bites

- ❖ Make a paste with water and baking soda and put on bite
- ❖ Apply salt water with natural salt and the water will evaporate and the salt will soothe the skin
- ❖ Rub garlic over bites
- ❖ Apply aloe vera to the bites in a gel form or straight from the plant



Sunscreen





- ❖ The best sunscreen is a hat and a shirt
- ❖ EWG's top-rated sunscreens to provide broad-spectrum (UVA and UVB-sunburn) protection with fewer hazardous chemicals that penetrate the skin by using zinc or titanium minerals to help cut UVA exposures for sunscreen users.
- ❖ Choose from among our top-rated sunscreens for broad spectrum protection with fewer hazardous ingredients.

Quick tips for a good sunscreen

 Avoid these

 Look for these

Ingredients

Oxybenzone
Vitamin A (retinyl
palmitate)
Added insect repellent

Zinc
Titanium dioxide
Avobenzone or
Mexoryl SX

Products

Sprays
Powders
SPF above 50+

Cream
Broad-spectrum
protection
Water-resistant for
beach, pool & exercise
SPF 30+ for beach &
pool

Nearly 600 sunscreens sold in the U.S. contain oxybenzone, including products by Hawaiian Tropic, Coppertone, and Banana Boat, according to an analysis of ingredient labels by EWG

Sunscreen Essentials Quick Tips.

❑ Some sunscreens prevent sunburn but not other types of skin damage. Make sure yours provides broad-spectrum protection and follow our other tips for better protection.

❑ **Don't be fooled by a label that boasts of high SPF.**

Anything higher than "SPF 50+" can tempt you to stay in the sun too long, suppressing sunburn but not other kinds of skin damage. FDA says these numbers are misleading. Stick to SPF 15-50+, reapply often and pick a product based on your own skin, time planned outside, shade and cloud cover.

www.ewg.org

☐ News about Vitamin A.

New government data show that tumors and lesions develop sooner on skin coated with vitamin A-laced creams. Vitamin A, listed as “retinyl palmitate” on the ingredient label, is in 41 percent of sunscreens. Avoid them.

☐ Ingredients matter.

Avoid the sunscreen chemical oxybenzone, a synthetic estrogen that penetrates the skin and contaminates the body.

Look for active ingredients zinc, titanium, avobenzone or Mexoryl SX. These substances protect skin from harmful UVA radiation and remain on the skin, with little if any penetrating into the body.

Also, skip sunscreens with insect repellent – if you need bug spray, buy it separately and apply it first. www.ewg.org

☐ **Pick a good sunscreen.**

EWG's sunscreen database rates the safety and efficacy of about 1,400 products with SPF, including about 500 sunscreens for beach and sports. We give high ratings to brands that provide broad-spectrum, long-lasting protection with ingredients that pose fewer health concerns when the body absorbs them

☐ **Cream, spray or powder – and how often?**

Sprays and powders cloud the air with tiny particles of sunscreen that may not be safe to breathe. Choose creams instead. Reapply them often, because sunscreen chemicals break apart in the sun, wash off and rub off on towels and clothing.

☐ **Message for men: Wear sunscreen.**

Surveys show that 34 percent of men wear sunscreen, compared to 78 percent of women. Start using it now to reduce your cumulative lifetime exposure to damaging UV radiation.

☐ **Got your Vitamin D?**

Many people don't get enough vitamin D, which skin manufactures in the presence of sunlight. Your doctor can test your level and recommend supplements or a few minutes of sun daily on your bare skin (without sunscreen).

Top 10 Recommended Common Brands of Sunscreen

- Blue Lizard (anything without oxybenzone)
- California Baby (anything with SPF 30+)
- CVS with zinc oxide
- Jason Natural Cosmetics Sunbrellas Mineral Based Sunblock
- Kiss My Face “Paraben Free” series
- Neutrogena Sensitive Skin Sunblock
- Olay Defense Daily UV Moisturizer (with zinc)
- SkinCeuticals Physical UV Defense
- Solar Sense Clear Zinc for Face
- Walgreens Zinc Oxide for Face, Nose, & Ears



Badger SPF 30 natural sunscreen (\$16) is formulated to protect and moisturize with FDA-certified organic ingredients.

EWG's top 10 sunscreens, for truly effective sun and health protection, zinc oxide (along with titanium oxide) is used to deflect the sun's rays

Zinc oxide provides protection from UVA/UVB rays, while extra virgin olive oil, jojoba oil, cocoa butter and shea butter keep the skin moisturized. Badger sunscreens are water resistant up to 40 minutes, and use natural ingredients without fragrances, preservatives or dyes.

California Baby sunscreen isn't just for babies/kids

All of the brand's sunscreens are water-resistant and chemical-free, using only organic and sustainably grown ingredients.



The fragrance-free lotion (\$19.99) won't stain skin and thanks to its water-resistant formula, sweat won't liquefy the block into a greasy mess down your face, either.

All Terrain Aqua Sport
Performance
Zinc oxide, along with titanium
dioxide

Waterproof sun block in SPF 30
(\$10.99).

All Terrain PABA-FREE, and
contains no petroleum
chemicals or animal by-
products, and is not tested on
animals.

Contains natural jojoba ester
and cucumber fruit extract to
sooth the skin





Desert Essence

In addition to protecting skin against damaging UVA and UVB exposure,

SPF 30 (\$15.99) also contains the antioxidant grape seed extract, which helps prevent the signs of aging.

It also contains Vitamin E, which moisturizes and helps prevent wrinkles, and pomegranate extract, which supports a healthy and even skin tone.



Jason Natural Sunscreen in SPF 30 (\$11.21) is extra mild and chemical-, fragrance- and paraben-free, so it's safe for use on babies and adults with sensitive skin.

Sunbrellas offers complete sun protection and is enriched with chamomile and marigold extracts for extra soothing to sensitive skin.

Organic and Local Food Choices



Organic Produce: Why it's important

- ▣ 70% of produce tested detected one or more pesticides
- ▣ Can't be washed away
- ▣ Pesticides linked in studies to cancer, neurological and hormonal effects
- ▣ My goal: continually increase (as best we can) over time our healthy purchases
- ▣ Information: Environmental Work Group (EWG.org), Oprah/Dr. Oz and Medfield Green

The Clean 15 Lowest in Pesticides

Onions	Cabbage
Avocado	Eggplant
Sweet Corn	Cantaloupe
Pineapple	Watermelon & Cantaloupe
Mangos	Grapefruit
Sweet Peas	Sweet Potato
Asparagus	Honey Dew Melon
Kiwi	

The Dirty Dozen

Produce

(1) Celery

(2) Peaches

(3) Strawberries

(4) Apples

(5) Blueberries

(6) Nectarines

(7) Bell Peppers

(8) Spinach

(9) Cherries

(10) Kale/Collard Greens

(11) Potatoes

(12) Grapes



medfield green

learning and sharing how to live greenSM



Meats



Considerations- Personal Choices

- ▣ Choices that are healthy for humans and animals are in turn-healthy for our planet
- ▣ Free of antibiotics, hormones, agricultural chemicals and no animal by-products, certified humane raised and treated
- ▣ Less packaging is always better....butcher paper better than styrofoam and plastic wrapped...Waxed or oiled butcher paper cannot be recycled, but it can be composted.
- ▣ Distance to travel....local is always a greener choice
- ▣ Price is an “up-front” trade-off, but, in the long run I hope I will spend less on the health issues that arise from compromising quality



- ▣ **Your dollars support the farm you buy from**
If you buy your meat from an organic farmstand at a farmer's market you support that farm. On the other hand, if you buy non-organic meat that isn't local, free-range, or ranch-raised from a supermarket chain, you most likely support a multinational food conglomerate.

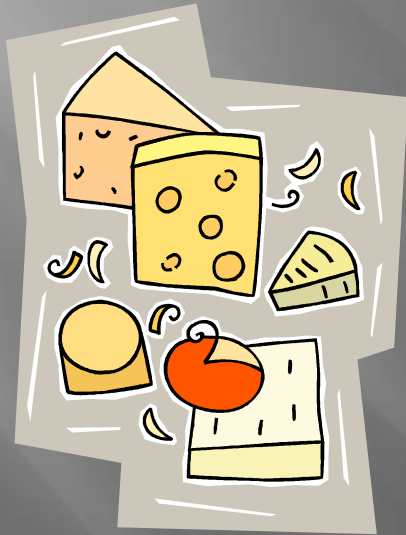
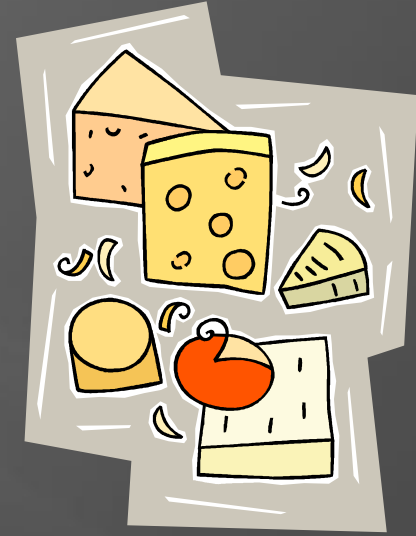
- ▣ **How:** You can contribute to the well-being of your community by supporting small, local, diverse organic farms.

- ▣ **Highlights:** Buying organic animal products is better for your health, your local community, and the larger community as a whole.

- ▣ **Read more:** <http://www.care2.com/greenliving/why-buy-organic-dairy-meat.html#ixzz1fqgQQrmz>

- ▣ www.localharvest.org

Dairy



Why Buy Organic Dairy?

- ▣ **Supports organic agriculture and what it represents**
 - Assures the health and future productivity of both animals and land
 - Animals were not given routine treatments of antibiotics or growth hormones, which both may be passed on to humans through the milk
 - Animals raised in conditions promoting their health and limiting stress produce milk with a better omega6-omega3 fatty acid ratio and up to 5x's more CLAs – a cancer-fighting fat
 - Animals were fed organic feed on land certified organic by national standards

Not all organic milks are equal!

- ▣ **Cornucopia Institute has developed a web-based tool to assess and compare dairy brands (0-5 cows)**
 - 0 Out of 5 Cows- “ethically deficient” brands- Horizon and Aurora have violated 14 fed organic standards
 - 1 Out of 5 Cows- Costco, BJs, Publix
 - 3 Out of 5 Cows- “very good” companies such as Ben & Jerry’s and Stonyfield/ Hood HP
 - 4 Out of 5 Cows- highly respected, larger commercial manufacturers or marketers such as Organic Valley and Whole Foods

Some web sites for information:

Northeast Organic Farming Association (NOFA) – includes consumers and farmers, education, information, action, etc: www.nofamass.org

NOFA Organic Food Guide: <http://theorganicfoodguide.com/index.php>

Farmers Markets:

http://www.mass.gov/agr/massgrown/farmers_markets.htm

Local “green” organization: http://medfieldgreen.org/Home_Page.html

Source for grass fed food: <http://www.eatwild.com/index.html>

Good info on healthy food: <http://www.westonaprice.org/>



This has a link for Massachusetts info:

<http://www.organicconsumers.org/>

Center for Food Safety: <http://truefoodnow.org/>

Eat local: <http://www.localharvest.org/>

Slow food movement: <http://www.slowfoodusa.com/>

Mayflower Farm & Garden:

<http://www.mayflowerfg.org/mayflower/home.html>

Our website for programs on holistic health, organic growing, herbal medicine, connecting with nature: etc.:

<http://www.harmony-center.org/>

LOCAL FARMS





Natick Community Organic Farm

Bay State Certified Organic

117 Eliot Rd. (Route 16)

South Natick, MA

508-655-2204

Products: vegetables, eggs, meat, Thanksgiving turkeys, poultry, raw goat's milk. Their animals are naturally raised outside, on grass. Whole frozen chickens available now, beef in November. Now is the time to place an order for a Thanksgiving turkey.

www.natickfarm.org

Tangerini's Farm

139 Spring St.

Millis, MA

508-376-5024

www.tangerinisfarm.com

Gump's Farm & Gardens

Organic (products brought in from other farms may not be; all labeled)

47 Rockwood Road

Norfolk, MA

Kirk and Holly

508-520-0100

Products: vegetables & fruits

www.gumpsfarm.com

Volante Farm

IPM: Integrated Pest Management – they spray as little as possible with the least toxic sprays

292 Forest St. – corner of Forest and Central Ave.

Needham, MA

781-444-2351

<http://www.volantefarms.com/>



Jane & Paul's Farm

33 Fruit Street

Norfolk, MA

508-528-0812

Products: vegetables, eggs

Grateful Farm

Organic

49 Prospect St.

Franklin, MA

508-446-5806

<http://www.gratefulfarm.com/>

Lawton's Family Farm

Organic

70 North Street

Foxboro, MA

774-219-6257 (Terri Lawton)

terri_lawton@yahoo.com

Products: organic, grass-based raw milk & cheese; organic vegetables, pumpkins, gourds, seasonal items

Notes: Raw milk by appointment only



Holly Hill Farm

certified organic

236 Jerusalem Rd.

Cohasset, MA

(781) 383-1455

<http://www.hollyhillfarm.org/hhf/f?p=301:1:0::NO::>

Wards Berry Farm

conventional

614 South Main St.

Sharon, MA

781-784-3600

Balance Rock Farm

104 Highland Street

Berlin, MA 01503

978-838-2024

Products: Eggs, pasture-fed meats



Chase Hill Farm

Bay State Certified Organic

74 Chase Hill Road

Warwick, MA

978-544-6327

Products: grass-based raw milk, cheese, veal, beef, pork and eggs

Note: this is 1 hour 45 minutes west of Norfolk

<http://www.chasehillfarm.com/>

Misty Brook Farm

Organic

3689 Greenwich Rd.

Hardwick, MA 01037

413-967-6173

mistybrookorganicfarm@yahoo.com

Products: Raw cow's milk, veal, pork, eggs year-round. Veggies & herbs in season. Beef & lamb in fall. Also, pasture-fed chicken & turkey from Babcia's Farm.



Wheel-View Farm

212 Reynolds Road
Shelburne, MA 01370

John and Carolyn Wheeler
413-625-2900

Products: grass-fed beef

www.wheelviewfarm.com

Lookout Farm

89 Pleasant St. South
South Natick, MA

a farm stand and u-pick
strawberries, apples, etc.

www.lookoutfarm.com