



ARBOR FARMS MARKET

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Our March 2018 Newsletter for Healthy Living

Vision for the Ages

Digital devices have transformed life, mostly for the better, but in one apparent way for the worse. Staring at screens, as pretty much everyone does, can lead to eyestrain and fatigue, headaches, poor sleep quality, and from the looks of emerging research, earlier-onset blindness from age-related macular degeneration. The good news is, you can change this trajectory with nutrition—specifically macular carotenoids and in particular lutein, zeaxanthin and meso-zeaxanthin.

These nutrients accumulate in the eye’s macula, a filter in the back of the eyeball that protects the eye from shortwave “blue light” emitted from smart-phones, TVs and LED lightbulbs. Supplementation has been shown to increase macular density, thereby improving visual acuity and the ability to see better in low light. Blue light also leads to age-related macular degeneration, the leading cause of blindness in those over age 65—and increasingly those over age 60.

A landmark 2017 study published in the scientific journal *Foods* followed a healthy, young population that just happened to be doing what everyone you know does—staring at their digital devices more than six hours a day. Researchers found that

supplementing with 24 mg per day of the macular carotenoids lutein, zeaxanthin and meso-zeaxanthin increased the density of the macular pigment in the eye by an amazing 30 percent. Six months of supplementation resulted in fewer headaches and less eyestrain and eye fatigue, and even helped with sleep complaints, compared with those taking

ham. That’s a lot of salad, so another answer is to take a supplement with at least 10 mg lutein and 2 mg zeaxanthin—if not double that amount. The 2017 study used 20 mg and 4 mg, but earlier reliable studies found positive results with 10 mg and 2 mg.

Another eye-health report, the 2001 AREDS study, used 500 mg vita-

“...we can slow down even early-stage age-related macular degeneration and keep disease at bay.”

a placebo.

“The effects of blue light on vision aren’t new,” says lead researcher James Stringham, PhD, of the University of Georgia. “[But] this supplement result points to how we can slow down even early-stage age-related macular degeneration and keep disease at bay. This is really exciting.” The study has huge implications because the results offer a simple solution to protect the eyes in the digital age. It also highlights the widespread, urgent need to protect eyes, which used to be a concern only among the elderly but now includes everyone from toddlers with an iPad to teenage gamers and office professionals who stare into various screens for hours on end.

Food sources of macular carotenoids include dark leafy greens, egg yolks, peas and corn tortillas. The amount of macular carotenoids used in the *Foods* study is equivalent to two big bowls of spinach every day, said String-

ham. That’s a lot of salad, so another answer is to take a supplement with at least 10 mg lutein and 2 mg zeaxanthin—if not double that amount. The 2017 study used 20 mg and 4 mg, but earlier reliable studies found positive results with 10 mg and 2 mg. Another eye-health report, the 2001 AREDS study, used 500 mg vitamin C, 400 IU vitamin E, 80 mg zinc oxide, 2 mg copper and 15 mg beta-carotene. Results indicated that these nutrients reduced the risk of progression to advanced age-related macular degeneration. The AREDS2 study, published in 2013, swapped out beta-carotene for the macular carotenoids lutein and zeaxanthin, plus the omega-3s DHA (350 mg per day) and EPA (650 mg per day). It found benefit with the macular carotenoids but not with the omega-3s. Researchers suggest this might be because of higher baseline levels of omega-3s in subjects, so the jury remains out on omega-3s for eye health, because other studies show a positive correlation.

For trouble reading iPhone texts, users can easily make the letters larger (Settings > General > Accessibility). But long-term supplementation with macular carotenoids sounds like a more visionary act indeed.

Reference: Foods July 2017; 6(7):46. NewHope.com/health-and-nutrition-research/eye-strain.

What’s Inside This Issue

- 2018 Organic Produce CSA Info
- Organic Produce CSA Subscription
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- March Monthly Coupon

2018 Organic Produce CSA

Homer Organic Family Farms



Our Farming Practices

Our farming practices will take you back to the 1930's. Our fields are plowed and worked with horses. Our large families provide many hands to do the hoeing and many other tasks that can only be done by hand. Food that was raised in the 1930's had much better flavor and many more nutrients because farmers were not dependent on the chemicals, pesticides and GMO seeds that most farms use today. Food that has been organically grown doesn't just taste better, but it's also better for you!

We want you to enjoy better health. It is important to know where our food is coming from. Everyone needs a farmer. Who or where is your farmer?

About Us

We farmers (there are now seven participating farmers in our Homer Community) have been raising produce for several years, providing fresh vegetables for Farmers Markets and several of the Ann Arbor food stores. In 2008, we decided to begin a farm share program (CSA). Being a farm share member connects you directly to the farm your food is coming from. We usually offer a couple farm visits during the summer months. A farm visit will not only acquaint you with our farming community, but also offers a glimpse of the efforts made to provide you with good, clean, wholesome food.

We, being of the Amish faith, do not have phones, computers or email, so our communication needs to be by mail, at the farmers markets or through our friends at Arbor Farms. Of course, you are always welcome to come out to our farms.

We welcome you for a farm visit!

What is a CSA Program?

By subscribing to a CSA you are investing in a share of the farmer's harvest. The CSA farm share program then provides you with fresh vegetables every week. The early harvest begins May 30th, continues throughout the summer, and ends October 13th (for a total of 20 weeks).

Not only are subscribers getting the freshest food, but they are also showing their support for the small farmer. The program works well for the farmers and members both. The farmer can plan how much to grow. The member knows they have a box of vegetables coming every week. It makes shopping quite simple. It broadens your eating habits, as you will try new things you've never had before. It can challenge the cook. A seed catalog to us is like a cookbook to you. Sometimes we like to try new items. So be our guest and enjoy the food.

What might I see in my weekly box?

Early Season: June

Asparagus
Leaf Lettuce
Swiss Chard
Sunchoke
Kale varieties
Collards
Zucchini and Summer Squash
Peas: Snap and Snow
Asian Greens

Summer Season: July/August

Lettuce Broccoli Cabbage
Radishes Beans Bell Peppers
Rhubarb Cucumbers Hot Peppers
Strawberries Zucchini Carrots
Peas Tomatoes Sweet Potatoes
Basil Potatoes Cantaloupe
Green Onions Sweet Corn Onions
Swiss Chard Summer Squash Egg Plant
Asparagus Beets Garlic

Late Season: September/October

Remaining summer crops,
Red Peppers
Hard Squash
Pumpkin
Watermelon
Spinach
Cauliflower
Late Greens
And wrapping up the garden.

Subscribe Now-May 1st. Information & enrollment forms available at Service Counter.

Rollin' with Rhodiola

The perennial plant *Rhodiola rosea*, sometimes called "golden root," "roseroot" or "arctic root," is a powerful adaptogen known to enhance vitality by helping your body adapt to physical, chemical and environmental

kg) of *rhodiola rosea* extract prolonged the duration of exhaustive swimming the rats were capable of by nearly 25 percent. This improvement was found to be due to the extracts' ability to activate the synthesis or resynthesis of ATP in mito-

fatigue or chronic fatigue syndrome who received 400 mg of dry ethanol *rhodiola* extract per day for eight weeks experienced significant improvements within the first week. Overall, the most significant improvement occurred for the complaint of "general fatigue," but scores for "impairment at work," "impairment in social life," and "impairment in family life" also significantly improved by the

"Users report enhanced energy, improved mood, reduced stress, better sleep and improved sexual vitality."

stress. In other words, it helps your body maintain homeostasis. The plant has a long history of use in traditional folk medicine in Russia and Scandinavian countries, and modern science has shown that *rhodiola*: has antidepressant and anti-anxiety benefits and helps improve symptoms of burnout; enhances cognitive function, improving mental clarity, thought formation and focus; helps modulate immune function (raising low immune function and reducing overactive function); enhances nervous system health; enhances cardiovascular health; improves male and female sexual functioning, reproductive health and fertility; has anticancer benefits, and enhances athletic performance and shortens recovery time between workouts.



A 2004 study found extract of *rhodiola rosea* radix had an anti-inflammatory effect on healthy untrained volunteers, before and after bouts of exhausting exercise. It also protected muscle tissue during exercise. According to the abstract: "*Professional athletes effectively use rhodiola rosea ('golden radix') extract as a safe non-steroid food additive improving endurance and rapid recovery of muscles during several decades. Rhodiola rosea extract improves muscle work due to mobilization and more economic expenditure of energy resources of muscles. The use of adaptogens including R. rosea improved physical endurance of male athletes, reducing blood lactate level and accelerating recovery after exhausting exercise.*"

Other studies have similarly found that *rhodiola* can significantly increase time to exhaustion during exercise, reduce C reactive protein levels and improve neuromotoric fitness. For example, a 2003 animal study found that rats given 50 milligrams per kilo (mg/

chondria. The extracts also stimulated reparative energy processes that take place post-exercise.

It's not yet entirely clear how *rhodiola rosea* actually works, but some studies have shown it helps slow enzymatic breakdown of neurotransmitters such as serotonin by inhibiting monoamine oxidase. As such, it's classified as an herbal monoamine oxidase inhibitor (MAOI). By boosting the concentration of important neurotransmitters in your brain, your neurons can communicate better. According to a study published in the *Journal of Alternative and Complementary Medicine*, patients diagnosed with generalized anxiety disorder who received 340 mg of *rhodiola rosea* extract for 10 weeks also reported significant improvements in symptoms, based on the Hamilton anxiety rating scale, the four-dimensional anxiety and depression scale, and the clinical global impressions of severity/improvement scale.

A number of other studies have also confirmed *rhodiola*'s mood-boosting effects. According to health reporter and "medicine hunter" Chris Kilham, who specializes in discovering natural remedies: "*Over 300 human studies on rhodiola rosea show that the plant has anti-stress, anti-anxiety, and anti-depressant properties, and that taking the extract of the root produces no significant negative effects. This is in sharp contrast to drugs for the same purposes, which typically cause sleep disorders, digestive upset, sexual dysfunction and a variety of mood disorders. Unlike many other herbs, rhodiola rosea produces a palpable experience. When you take a preparation of this plant, you feel it. Typically, users report enhanced energy, improved mood, reduced stress, better sleep and improved sexual vitality.*"

Rhodiola's energy- and vitality-boosting effects can have clear benefits for those struggling with chronic fatigue. A multicenter trial published last year found patients struggling with prolonged

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end of two months. In all, patients experienced a 42 percent reduction in total stress and a 39 percent reduction in fatigue. Eighty-three percent of them reported feeling "very much" or "much" improved by week eight.

As reported by the American Botanical Council: "*Nearly all outcome measures significantly improved over time and continued to decline to week eight, and the treatment was safe and well tolerated. Taken together, the authors conclude that the significant improvement in measures not only of core fatigue symptoms but a broad variety of symptoms and consequences of fatigue suggests a good potential for rhodiola to improve quality of life in chronic fatigue.*" As noted by *Life Extension Magazine*, "These ... results reaffirm earlier studies and anecdotal evidence demonstrating *rhodiola* as a comprehensive adaptogen that helps the body withstand the accumulating effects of stress and advancing age."

Reference: American Botanical Council, *Rhodiola Rosea: Phytochemical Overview*. Medical News Today, *Rhodiola Rosea*. Bulletin of Experimental Biology and Medicine 2004 July; 138 (1):63-4. Phytomedicine 2011 Feb 15; 18(4):235-44. Mdiva.com *Rhodiola Rosea*. Journal of Alternative and Complementary Medicine 2008 March; 14(2):175-80. American Botanical Council, *Complementary Medical Research* Feb. 2017; 24(1):46-52. Mental Health Daily, *Rhodiola Rosea Benefits*. Life Extension December 2017.



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**Duration: 20 weeks/
May 30 - October 13**

Cost: \$400

Share Size: 1/2 Bushel box
(2-person size, about 9-10 lbs
will vary w/ seasonal contents)

Subscriber Information

Name(s) _____ Phone # _____

Address _____ Phone # _____

City/Zip _____ E-mail _____

Choose your Pickup Time: (circle one)

Wednesdays @ 7:30AM or **Thursdays @ 2:30PM** or **Saturdays @ 7:30AM**

Picking up your box within one hour of designated time will yield the freshest produce. All pickups will take place in a designated area in front of Arbor Farms, outside the store and under our canopy to protect from the elements as much as possible. **You will be able to park, pick up your box, and be on your way in as little as 60 seconds!** Please note that boxes not picked up within 36 hours will be donated to Food Gatherers.

Choose your Payment Schedule:

\$400 paid in full

\$200 now, remaining \$200 by May 28th