

Welcome to the November edition of the Health and Safety Newsletter. In this edition, we will have some winter tips to help fight colds and flus, tips for winterizing your home, and another great recipe. Winter driving conditions will be upon us soon in the mountains so please take extra care and stay safe.

Remembrance Day

Please take a few minutes tomorrow at 11:00am to remember those who made great sacrifices for our freedom.



Natural Cold and Flu Remedies

Cinnamon, Honey, Coconut Oil Immune System Booster

There are several benefits of cinnamon, raw honey and coconut oil for the immune system. Cinnamon is said to relieve congestion, stimulate circulation, be anti-inflammatory and is also a anti-microbial agent that kills bacteria. Coconut oil has myriad benefits. It and raw honey (honey that has not been pasteurized) has powerful anti-viral, anti-bacterial and anti-fungal properties and can strengthen the immune system. So why not mix these goodies all together and have it on hand this winter! This is a super simple recipe and tastes delicious...almost like a cookie!

Ingredients and Method (8 ounce jar):

- Mix equal parts coconut oil and raw honey together. (I used my Kitchenaid mixer, but you could do this by hand. Just be sure your coconut oil is slightly warm so it will mix well).

- Add cinnamon. I added 1 tbsp cinnamon to an 8 oz. jar. (*update: you can add more or less cinnamon depending on your taste preferences)
- Please note, if this melts, the coconut oil and honey will separate. No big deal...just give it a stir!

Honey-Lemon-Ginger Tea:

Another similar recipe is honey/lemon tea. This is deliciously soothing as a tea with hot water. In addition to the benefits of raw honey mentioned above, raw honey is also very soothing for the throat and if the honey is local can be helpful for seasonal allergies. Ginger is very helpful for stomach upset as well as boosts the immune system and protects against bacteria and virus. Lemons are high in vitamin C and phytonutrients and are anti-bacterial.

Ingredients and Method (16 ounce jar)

- Fill a jar with sliced organic lemons.
- Add approximately 2-4 tbsp chopped fresh ginger.
- Fill the jar with raw honey.
- Store in refrigerator.
- Scoop 1-3 tbsp into hot water and drink like a tea.

Tips to Prepare Your House for Winter

Although it may not freeze too often in the BC Lower Mainland, we should still be prepared for winter, especially in the Fraser Valley. Here are some tips to help get you prepared.

1. Water (Turn off outside taps, disconnect hoses, and drain rain barrels)

Remember to turn off the water to your outside taps and disconnect your hoses as they may trap water at the faucet. Some homes have frost free taps that do not require the water to be turned off but you should still disconnect your hoses. If you are not sure which type you have, play it safe and turn off your water. Also, don't forget to drain your rain barrel if you have one.

2. Clean Rain Gutters

Having clean gutters not only makes your home look nicer, but it can also help prevent the build-up of ice on your roof. The faster that water can drain away, the less likely it is to melt and then refreeze on your roof or under your shingles.

3. Trim Trees

Take time now to trim any weak branches that look as if they could cause problems during winter storms. Trimming the trees during mild weather is much easier than trying to do it when it's frigid outside.



4. Check for Air Leaks and Drafts

Now that the nights have cooled down, you can probably locate drafts coming into your home. Find those leaks and seal them up before winter. Walk around your home on a chilly night and, using bare hands and feet, feel around your doors, windows, lights, and switch plates for cold air.

It all adds up. Energy Star estimates that sealing the leaks around your home can help you shave as much as 20% off your heating and cooling costs, thus making your home more energy efficient.

5. Check Your Furnace Filter

Before you start running your furnace, check the filter – it may need to be replaced. If your furnace filter looks dirty, then definitely replace it. During the winter months, I change my furnace filter every 4 to 6 weeks. Having a clean filter helps your furnace run more efficiently, which can save you energy and money. According to Planet Green, a clean filter can save you 5% to 15% on your heating bill.

Salmon with Red Wine-Morel Sauce



Makes: 4 servings

Total Time: 45 minutes

Ingredients

- 1 1/2-ounce package dried morel or porcini mushrooms
- 1 cup boiling water
- 2 teaspoons cornstarch
- 2 teaspoons plus 1 tablespoon extra-virgin olive oil, divided
- 1/3 cup finely chopped shallots
- 3/4 cup dry red wine
- 1 cup seafood stock or bottled clam juice (see Note)
- 1 teaspoon butter
- 1-2 teaspoons lemon juice
- 1/2 teaspoon salt, divided
- 1/2 teaspoon freshly ground pepper, divided
- 1 1/4 pounds wild-caught salmon fillet, skinned (see Tip) and cut into 4 portions

Preparation

1. Combine mushrooms and boiling water in a small bowl. Soak until the mushrooms are softened, 12 to 15 minutes. Strain the soaking liquid through a paper towel-lined sieve into a bowl. Rinse the mushrooms; finely chop. Stir together 1 tablespoon of the soaking liquid and cornstarch in a small bowl.
2. Heat 2 teaspoons oil in a large skillet over medium heat. Add shallots and cook, stirring, until softened, about 2 minutes. Add the mushrooms and cook for 1 minute more. Stir in wine and cook, stirring, until reduced to about 1/2 cup, 2 to 3 minutes. Add the remaining soaking liquid and seafood stock (or clam juice) to the pan. Bring to a simmer and cook until the sauce is reduced to 1 1/2 cups, 10 to 14 minutes.
3. Stir the cornstarch mixture and stir it into the simmering sauce. Cook, stirring, until slightly thickened, 1 to 2 minutes. Remove from the heat and stir in butter, lemon juice and 1/4 teaspoon each salt and pepper.

Meanwhile, season salmon with the remaining 1/4 teaspoon each salt and pepper. Heat the remaining 1 tablespoon oil in a large nonstick skillet over medium-high heat. Add the salmon and cook until just cooked through, 3 to 5 minutes per side. Serve with the mushroom sauce.