



Follow us on [Facebook](#) to keep up with what's happening!

News and Updates

Green Goods

Native Perennials

Native plants have formed symbiotic relationships with native wildlife for hundreds of years. Therefore, native plants offer a more sustainable environment. These plants can significantly reduce water runoff and, consequently, flooding. They also provide shelter and food for wildlife.

Native plants support pollinators and attract a variety of birds which include hummingbirds as well as butterflies and other wildlife by providing diverse habitats and food sources.

These native perennials are more hardy to our zone so there's no need to hold your breath during those wicked winters. They are also of the few plants that are non-hybridized. In their true and pure form, these plants were here before we humans were and will remain long after we're gone.

We have a large selection of native perennials that offer beautiful foliage to pollinating blooms.

Our current selection includes:

- Cinnamon Fern
- Eastern Hay-scented Fern
- Golden Star

- Turtlehead
 - Marsh Marigold
 - Barren Strawberry
 - Jeana Garden Phlox
 - Ruby Star Coneflower
 - Culvers Root
 - Geranium M. Espresso
 - Pink Manners Obedient Plant
 - Summer Nights Oxeye
-

Plant Spotlight of the Month: Oso Easy Rose

Imagine, a beautiful and vibrant rose that continuously blooms throughout summer. A rose that requires no deadheading, pruning, spraying or any maintenance at all. Sounds a little too good to be true...

Well, not anymore! The newest hybrid of the rose family is here and it's conveniently called the Oso Easy Rose. This newest collection to the rose family is exactly what everyone has been waiting on.

This low maintenance rose blooms prolifically from early summer to frost. There are varieties with either a single flower or semi-double flower with color variations that range from pink, red, yellow and orange. They offer a sweet and subtle fragrance to enjoy.

Touted as being "so easy" to grow, the roses in the Oso Easy series are becoming known for being deer resistant and disease resistant. They are not as susceptible to black spot or powdery mildew which means there's no spraying or preventative measures needed. The Oso Easy roses are self-cleaning and require little to no pruning. If you needed or wanted to prune, Spring is the best time.

Just like with any other rose, the Oso Easy roses are best grown in full to part sun and benefit from good air circulation. They are hardy to zones 3 through 9 and can handle down to -40F. Perfect for our intense winters. They are also considered a landscape rose and are often used as borders, in mass plantings and even in containers. Perfectly compact, there is a size and color that's perfect for your landscape or garden.

Aroma Cafe Drink of the Month

KOMBUCHA!

Kombucha is a traditional fermented drink made of black tea and sugar. It contains a variety of vitamins, minerals and enzymes and has been prized by traditional cultures for its health-promoting properties.

The SCOBY, or Symbiotic Colony of Bacteria and Yeast, is the collection of microbes responsible for turning sweet tea into a probiotic beverage. Essentially, it is a living colony of beneficial organisms that turn sugar into healthful acids and probiotics.

As mentioned, this tangy fermented beverage contains beneficial probiotics and acids. It is lower-calorie than other carbonated beverages like soft drinks, with only about 30 calories per cup (8 ounces). Kombucha is fat-free and does not contain any protein.

Kombucha Benefits and Probiotics

This ancient health tonic is attributed with several health benefits. The nutrients it contains are wonderful at supporting the body in various ways. It is important to note that while there is an abundance of anecdotal evidence from avid supporters, studies about kombucha are lacking. But then again, so are studies about flossing but everyone seems to be pro-flossing.

To be clear- it isn't some magic pill or silver bullet, but it may help the body function well by supporting:

- Liver detoxification
- Increased energy
- Better digestion
- Helps nutrient assimilation

Natural Detoxification and Liver Support

The liver is one of the body's main detoxification organs. Kombucha is high in Glucaric acid, which is beneficial to the liver and aids its natural detoxification.

As Kombucha also supports healthy gut bacteria and digestion, it helps the body assimilate food more easily and provides quick and easy energy without caffeine.

Immune Boost

Kombucha is naturally high in antioxidants and supportive of the immune system. Again, there is no magic pill or silver bullet when it comes to immune function- it is best to support the body in its natural immune process.

Bottom Line

Many people love Kombucha because of its taste. The internet abounds with anecdotal stories of its benefits. Research doesn't yet support its health-promoting properties, but it is generally considered safe to drink if

from a reputable source.

We do know that it is a good source of probiotics, enzymes, and beneficial acids, and a decent source of B-vitamins. It can be made at home or found in many stores. Like with any raw/fermented product, those with any health condition or who are pregnant/nursing should check with a doctor before consuming.

For more information on Kombucha, follow our link below!

www.thegreenthumbers.com/blog/Aroma-Kombucha

[Follow us on Facebook!](#)

TWISTED TRUNK OLIVE OIL & VINEGAR

Our pairing of the month is...

Wild Mushroom and Sage Olive Oil & Neapolitan Herb Balsamic Vinegar

Spinach Stuffed Portobello Mushrooms

Ingredients:

3 tbsp Twisted Trunk Wild Mushroom & Sage Olive Oil
2 tbsp Twisted Trunk Neapolitan Herb Balsamic Vinegar
2 cloves garlic pressed
4 large Portobello mushroom caps, stems removed, gills scraped out
10 oz frozen chopped spinach, thawed, excess water squeezed out
3/4 cups Parmesan cheese divided
2-3 tbsp heavy cream
1 shallot, finely chopped
1/2 tsp dried Italian seasoning
1 egg, beaten
1 cup shredded Mozzarella cheese
Salt and pepper



Directions:

In a small bowl, whisk together olive oil, balsamic vinegar and garlic. Place mushroom caps in a large, zipper seal plastic bag and add the marinade. Shake. Marinate for 20 minutes. Preheat the oven to 450F. Place marinated mushrooms stem side down on a rimmed baking sheet. Bake 10 minutes. Meanwhile, prepare the filling by combining spinach, 1/2 cup Parmesan cheese, cream, shallot, seasoning, egg and season to taste with salt and pepper. Remove the mushrooms from the oven and flip. Divide the spinach filling over the mushrooms, then top evenly with Mozzarella cheese and remaining Parmesan cheese. Return the mushrooms to the oven for 12 minutes or until

the cheese is melted and beginning to brown. Drizzle with a little more olive oil before serving.

Purchase 375 ml size of each pairing and receive \$1 off each pairing bottle!

Twisted Trunk Cooking Classes

Don't miss our Twisted Trunk Olive Oil cooking classes with local chef, Carrie Hillman! This is a great class to enjoy with family and friends while learning new cooking techniques, styles and recipes. Collect ideas, recipe cards and enjoy sampling some prepared foods made with our Ultra-Premium Olive Oils and Balsamic Vinegar's, a great supplement to help you stay healthy!

June 2019

6/18/19 – Pasta, Pasta, Pasta

July 2019

7/2/19 -- Great for the Grill

7/16/19 -- Healthy Poolside/Party Snacks (Hors D'oeuvres)

August 2019

There will be no classes this month -- See you in September

September 2019

9/3/19 -- Fabulous Fresh Produce

9/17/19 -- Mexican Food with a Healthy Spin

Sign up for one of our two time slots (2:00 pm or 6:00 pm). It's only \$12.50 per person and class is approximately one hour.

Call Today!
(563) 323-4984

Have questions for our experts? Contact us through facebook or our website. We would love to hear comments, questions, and feedback with how we can better serve you.

Contact Us

