

Natural Healing Express Weekly

Column 223 8 Habits of Love and another Cajun Favorite

Well. Well. Well.....Thank you to everyone who came out to our “soft” opening at Natural Healing Express last weekend. We sold out of a few teas, breakfast sandwiches and turkey chili. We passed out a lot of samples and had a wonderful day. THANK YOU THANKS YOU THANK YOU.

As many of you know, the Lena Community--- via our powerhouse group ---Lena Area Special Event Runners (LASER) revived WINTERFEST. As part of the multi day celebration, on Saturday, bed races were held near Main Street. Turns out, they were a team or two short (or just wanted a group that was willing to sacrifice their bodies in the name of FUN) and Team Natural Healing Express was born. So a huge thanks you to Donny, Jake, Annalisa, Angie and Justin for the heave-ho effort. At least we looked good in our shirts!

Needless to say, we didn't finish all that well and on our second “run” we combined with our friends at Twisted Metal to become Twisted Healing. And that is where we hit the STUPID button. I know these beds were fabricated by one of the best in the business, Joe Green of HVALA Industrial Welding (who also happens to be the Winterfest King 2016) but seriously, five people lying on a bed pushed by five people? Looked like and became TROUBLE...Not sure at what speed we hit the snowbank, but I can tell you it was hard....very hard...and stopped us right then and there. I am still a bit sore as of this writing and I can now personally testify to the strength and healing power of our Sprain and Strain salve by Kuumba. It does work wonders. There are also plenty of pictures on the Facebook page Winterfest 2016 for those of you interested in the crime scene. The overall winners were our fine friends from AJ's Lena Maid Meats with a close second by Lena Brewing Company. Both of those teams were a little, shall we say, out of our league, but I digress.

So, thank you to everyone who participated and experienced Winterfest 2016. The Village of Lena, LBPA were great sponsors and several individuals gave of their time, experience and resources to make this happen. And thank you to all who came out to the events. You made it all worth the effort.

And this week we received a lot of feedback about our Cajun recipe last week, so I am including one more of our favorites this week, Seafood Gumbo

Seafood Gumbo- Ingredients- ¾ cup olive oil, ¾ cup flour, 1 cup chopped onions, 1 cup chopped green peppers, ½ cup chopped celery, 2 cloves minced garlic, 1 cup chopped green onion tops, ½ teaspoon sea salt, 7 cups of water, 2 Tbsps. Tabasco Pepper Sauce, 1 pound of shrimp, peeled, 1 pounds of jumbo crabmeat.

In a heavy pot, heat oil. Slowly add flour, stirring constantly over low heat for about 30 minutes, until browned to the color of caramel. Add onions, green peppers, celery, garlic, ½ cup of green onions, sea salt, stirring constantly until vegetables are tender (about ten minutes).

Add water and Tabasco pepper sauce and simmer for 45 minutes, Add shrimp and crabmeat and simmer for 20 minutes. Add remaining green onions while stirring gently and simmer for 5 minutes, Remove

from fire. Serve over rice. You may garnish with cilantro, additional green onion and more Tabasco if desired.

Next week we will start a 2 part series on the 8 habits of Love to coincide with Valentine's Day.

Enjoy! Hope to see you soon and as always, please contact us via one of the following methods. Natural Healing Express: Phone 815 990 8732, email: skscham@aol.com 204 W Main St, Lena, IL 61048.

Website: www.naturalhealingexpress.com Facebook: Natural Healing Express

