



The Moon Gardens Messenger

Cultivating creative ways to care for others, ourselves, and the environment.

Handling the Halloween Candy Explosion

Let's Play the Guessing Game:

Take a guess at what ingredients this makes up:

Sugar, Corn Syrup, Hydrogenated Palm Kernel Oil; less than 2% of: Citric Acid, Tapioca Dextrin, Modified Corn Starch, Natural and Artificial Flavors, Colors (Red 40 Lake, Titanium Dioxide, Blue 2 Lake, Red 40, Blue 1, Blue 1 Lake, Yellow 5 Lake, Yellow 5, Yellow 6, Yellow 6 Lake), Sodium Citrate, Carnauba Wax.

Sound yummy? Would you believe this is actually something that we eat? These are the ingredients that make up **Skittles!**

We need to decrease chemical candy munching, but this does not mean we cannot have treats as a part of the celebration and a good time. Here are some tips to enjoy the special time without canning the treats:

Be Realistic! Shoot for 80/20

Eat well 80% of the time, and 20% is your wiggle room. Halloween and the holidays happen once a year. But there's no need for it to turn into a free-for-all. The majority of the time we're eating real foods and every once in a while we may be consuming ingredients that are not the best for our health. This is a better balance than saying, "it's the holidays so I won't pay attention to the ingredients the entire time."

Rationing is Rational

Allow children one piece of candy per day. They can pick when to have it, but it cannot be before breakfast. Oh and by the way, this goes for adults too; because much of the candy seems to grow legs and march right on into our worksites.

"Attention!" Eat Attentively

Make it a rule, "when consuming a sweet treat one must be sitting down". This helps bring mindfulness to the act of eating.

Let's Build Gingerbread Houses

Help children sort through their mound of candy, and decide which brightly colored ones they'll use to decorate a gingerbread house. Encourage their friend's family to do the same, and bring them to the gingerbread house party you host.

From our Ohana to yours...we wish you joy, peace and blessings as we bring this year to a close and welcome in in a new one. We look forward to many ways to hopefully share with you in 2019!

Eating the Right Amount

Many leave the Thanksgiving meal feeling uncomfortably stuffed. But enjoyment of the meal is really about savoring every bite versus feeling like we swallowed a bowling ball. Here are a few tips that may help us leave every special meal with feeling like we simply ate the perfect amount.

- We've all heard it before..."our eyes are bigger than our stomach". A way to handle this is to put less food on your plate than you think you want. We can always go back for more, but research seems to indicate that we'll eat the majority of what we put on our plates because we don't want to waste.
- Thanksgiving does not need to be just one day. Enjoy the meal twice! Plan on having leftovers the next day.
- Slow eating is good eating! It takes at least 15 to 20 minutes to allow the brain to tell the stomach that it has had enough.
- Try to be the last one done, this is a great way to set the pace.
- Take bites with your eyes closed, and bring attention to the full flavor of each individual bite.
- Eating too fast? Take a break, and set the fork down or switch to using your non-dominant hand for a bit.



Moving Through the Holidays

During the holidays, our schedules take a shift and this could affect our typical exercise routines. One thing we must continually remind ourselves of is, that every little bit of movement does count!

Exercise has been marketed to us that it has to be long, and an extended process to benefit our health. So it's hard for many of us to believe that every little bit of movement is beneficial. In cultures all around the world people simply walk more as a part of their daily routine, and this is one of the ways we can all care for our health.

Let's focus on shifting our thinking, and lean towards fitting more movement into our day whenever and however we can. This holiday season, set the goal to keep the steps up! Take the stairs, get off the bus a stop early, or park further away. Consider doing one of the smartphone 30 day challenge apps, or commit to doing an exercise such as squats or sit-ups every time before you get a shower. Enjoy the season knowing you're not casting exercise aside, but instead you're fitting in small doses throughout your days.

Give the Gift of Your Creativity

- Air fresheners with essential oils.
- Beeswax food wraps.
- Salad dressing in a decorated jar.
- Homemade gift cards for such things as: babysitting night, car wash, or a 4-course meal.
- Homemade journals that include sections for the person to set goals. Write inspirational quotes and encourage them to be creative.
- Reusable kits. In a cloth bag, place a metal or wooden fork, spoon and knife (optional chopsticks) as a way to decrease single use plastics use when eating out. You can also include a cloth napkin.
- A frame out of pebbles, dried bamboo, sea glass or sea plastic for a fun picture and include the picture in the frame.
- Cloth napkins or aprons.

Travel Through Taste

Glazed Kabocha

Ingredients:

- 1/2 of a kabocha cut into 1-inch pieces (leave skin on)
- 2 tablespoons Mirin (cooking rice wine)
- 2 teaspoons sugar
- 2 teaspoons shoyu

Prepping your kabocha:

It's best to cut the squash in half from the stem side down. Then spoon out the seeds, and cut into 1 to 2-inch chunks.

Directions:

- Place kabocha in a pot that the kabocha can fit side by side in a single layer on the bottom of the pot. And make sure this pot can be covered.
- Pour approximately 1/2 cup of water in pot so that kabocha pieces are about a 1/4 of the way submerged in water.
- Cover pot and simmer for about 6 minutes until kabocha are slightly softened (add more water if needed).
- Add the Mirin, cover pot again and simmer for another 5 minutes.
- Add sugar and cover pot one more time, and simmer for approximately a minute.
- Test the softness with a chopstick or fork for desired softness.
- Add shoyu, and your kabocha is ready to enjoy!!

