



# Fountain of Youth Shake



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This recipe is full of ingredients to help keep your body feeling young! The coconut water keeps skin hydrated, and wheatgrass is a superfood that keeps damaging toxins from invading your skin. Coupled with a slew of powerful antioxidants, this shake provides a perfect mix of healthy ingredients that will detox your body and keep your skin looking fresh.



### Ingredients

1 cup coconut water

2-3 wheatgrass ice cubes (juice fresh wheatgrass and freeze)

2 handfuls spinach

3 pineapple spears

1/2 lemon, peeled

1 small green apple

1 tbsp. ginger

### Directions

Pour all ingredients into a blender, blend to desired consistency, and enjoy!

—Courtesy of <http://www.doctoroz.com>



### Schedule of Events



- \* Aug. 2-4— Boise 1st Salsa Festival @Red Lion Hotel Boise
- \* Aug. 8—Boise Soul Food Extravaganza 11 am -4pm @Julia Davis Park
- \* Aug 11—Learn to Kayak @Boise River 208-850-7637
- \* Aug 17-26—Western Idaho Fair @Expo Idaho
- \* Aug 18—Bill Maher @Morrison Center for the Performing Arts
- \* Aug 22—MOVIES IN THE GARDEN @Idaho Botanical Garden
- \* Aug 25-26—The Dirty Dash @Bogus Basin 801-318-4848
- \* Aug 25— 5K Foam Fest @Eagle Island State Park

## I ♥ REFERRALS!!!

Many of the home buyers and sellers I work with come to me from referrals from satisfied customers. If you should hear of anyone thinking of buying or selling a home I'd sure appreciate you keeping me in mind 😊

## → Proper Watering in the Summer

- **When watering your plants make sure to water early in the morning and later in the evening when it is cooler.** This helps plants absorb more of the water than if you watered in the heat of the afternoon, in which case most of the water would evaporate rather than be absorbed for use by your plants.
- **The method with which you water is also very important.** One great method is drip irrigation or to use soaker hoses. This allows the water to slowly be absorbed into the soil; much less evaporation occurs, the water is able to all the way down to the roots, and it conserves a lot of water which is a huge issue with rising temperatures.

**Another simple way to keep your plants looking great is to mulch.** Mulching helps retain moisture in the soil by protecting it from the damaging Summer heat. Mulching will also help conserve water because you will not have to water as often saving you time and money. All you need is a 2 to 3 inch layering around your plants and it adds great color to your garden. It is never too late to mulch, so apply and start saving today!

