

Day 109 | Monday, 6 July 2020 **COME AND GET SOME LETTUCE!**

The holiday weekend is over, and I hope you all found a new way to celebrate Independence Day at home staying safe. Yes, it was a different observance for many of us.

Lord, help us continue our journey filled with your care for all your people. Be with those who are suffering today, especially those dealing with the corona virus. Be with those doctors, nurses and support staff doing their best to provide healing and care. Surround them with your love. Lord, hear our prayers. Amen

From the Church Mouse

Learn about the wonders of Apple Cider Vinegar

All vinegars contain acetic acid which may slow digestion and help regulate blood sugar. It can soothe inflammation, raise metabolism and control bacteria. Plus...if you suffer from dandruff, try this: Add equal parts apple cider vinegar and water to a spray bottle, spray on hair, and then shampoo after 15 minutes. It can also be used as a weekly clarifying rinse to remove product buildup.

Apple cider vinegar has been touted as helping people eat less by stabilizing blood sugar. (If you have diabetes or acid reflux, ask your doctor first.) Try this: Stir 2 Tbsp vinegar and a little stevia or honey into hot green tea.

To help maintain your skin's acidic barrier that maintains its moisture levels and protects against infection and conditions like eczema: Add to a lukewarm bath: 1 cup apple cider vinegar, ¼ cup coconut oil, and 10 drops of lavender essential oil. After soaking, apply wet skin moisturizer.

Turkish Shepherd's Salad

15-20 minutes prep time Serves 6

Ingredients:

¼ cup extra-virgin olive oil	2 Tbsp apple cider vinegar
2 Tbsp lemon juice	½ tsp kosher salt
¼ tsp black pepper	3 plum tomatoes, seeded and chopped
2 cucumbers, seeded and chopped	1 red bell pepper, seeded and chopped

1 green bell pepper, seeded and chopped

1 small red onion, chopped

$\frac{1}{3}$ cup pitted black olives, halved

$\frac{1}{2}$ half cup chopped fresh flat-leaf parsley

$\frac{1}{4}$ cup fresh mint

$\frac{1}{4}$ cup chopped fresh dill

6 oz feta cheese, cubed

Instructions:

1. In a small bowl. Whisk together oil, vinegar, lemon juice, salt and black pepper.
2. In a large serving bowl, combine tomatoes, cucumber, bell peppers, onion, olives, parsley, mint, and dill. Pour dressing over salad, toss gently and sprinkle with cheese. You can add cooked marinated chicken, if you want to add more protein.