

fresh

WEED WARRIOR

Spring into warm weather with naturopath Sophie Atkin's tips on the uses of *Gallium aparine*.

IT sure is spring! And all around us are incentives to get our health kick on.

Everyone is looking for healthy foods, getting out for walks, basking in the sun, craving a bit of weight loss and wanting to shed the feeling of sluggish winter.

Motivation is higher when the sun is out, especially the motivation required to be healthy.

So, I am going to dedicate this article to the spring detox herb — *Gallium aparine* — more commonly known as stickyweed.

This guy is everywhere, and as the days warm up and we spend more time outside and in the garden, take the time to notice this humble warrior of the weed world and introduce him to your kitchen.

A spring tonic: Cleavers, *Gallium aparine*, common stickyweed.

What's good about it?

Stickyweed contains chlorophyll, vitamin C, iron and is rich in many other minerals.

It cleans and filters the lymph tissue and blood and so can be eaten daily as a cleansing tonic.

Cleavers cool, moisten, filter and detoxify the glands.

Cleavers in a food form can be helpful to cleanse the blood and lymph as needed for acne, eczema, weight gain from fluid retention or for dark, toxic urine (in tea, juice).

For example, to drain the lymph after glandular infection, such as tonsillitis and externally for healing scabs, eczema, wounds (as a salve or wash).

Use the whole plant and pick fresh as required. Make sure the area you are picking from has not been sprayed.

This is not intended to take the place of medical advice, but is meant only as general nutritional information.

* Sophie is a naturopath with seven years experience of herbal medicine.

For details go to nenaturalhealthcentre.com.

HOW TO MAKE A REMEDY FROM CLEAVERS

TEA: add 1 tablespoon of fresh cleavers into a mug. Cover with hot water and brew for 10 minutes.

Add honey, as the tea becomes bitter.

Drink once a day as maintenance for a mini detox.

WASH: Make a decoction (a cup of tea) let it cool and then soak a fresh face washer or muslin cloth into the water. Wash over cuts, scratches, acne or eczema skin and then pat dry with a clean towel.

SALVE: 1 tablespoon of fresh cleavers juice mixed into equal parts butter, copha or coconut oil. Store in the fridge and apply to wounds.

JUICE: The fresh juice is very high in nutrition. Simply take a few pieces of stickyweed and place in the juicer along with any fruit you like. A smoothie of banana, kiwi fruit, berries and stickyweed is a good combination.

Or juice with apple, carrot and celery for the ultimate spring detox.



● Stickyweed contains vitamin C and iron and is rich in minerals.

Attention passengers, craft beer is now flying high

As the airline industry works to improve its food and beverage options, a new trend has emerged.

US airlines are adding craft beers to their in-flight offerings.

The assumption is that as more drinkers switch from mass market beers to speciality brews, they'll be happier if they don't have to give up the good stuff when they're in the air.

"We already had our drinkers on aeroplanes, we just didn't have the beer," says Jim Koch, co-founder of the Boston Beer Company.

"They want to drink in the air what they're drinking on the ground."

It's another sign that airlines are getting better at responding to changing consumer tastes.

And Americans certainly have developed a taste for craft beer.

FOOD FOR THOUGHT

US craft beer retail sales reached \$15.51 billion in 2013, an increase of 20 per cent from a year earlier, according to the Brewers Association, the trade group for the majority of US brewing companies.

The move also helps craft brewers gain brand awareness.

While some Delta shuttle flights have offered Sam Adams in bottles for about 20 years and Virgin America has offered beer from San Francisco's 21st Amendment Brewery for a few years, a critical

mass of other airlines has joined them recently.

Reasons for the surge include the craft beer industry's new preference for cans over bottles — which are lighter and easier to store on drink carts — as well as greater availability of the beers.

Southwest Airlines began selling cans of New Belgium Brewing's Fat Tire on its nearly 700 Southwest and AirTran planes earlier this year.

Cans of Sam Adams joined the mile-high club with JetBlue over the northern summer, Alaska Airlines and its sister carrier Horizon Air offer brews from the Pacific Northwest and Hawaii, and last month regional carrier Sun Country partnered with Minneapolis' Surly Brewing to sell craft beer from its home base.

"Pretty much any time there's an opportunity to have a beer, whether it be at a sports venue, or at a club, or on a plane, I'd like to be able to have some craft beer," says Omar Ansari, founder of Surly Brewing.

"One of the big pieces to making that all work is that we finally have enough beer. ... There's a demand for it and a lot of breweries are making a lot more beer."

And that's what passengers are telling airlines, too.

"(Customers) began asking more and more for craft beer," says Sonya Lacore, senior director of base operations for Southwest.

Of course, it's not all good news.

Much like the taste of food generally suffers inflight, craft brews also lose a little oomph at that altitude.

Drinkers' sense of taste can be a little dulled to the aromatics of the beers and bitterness can be accentuated, reducing the overall taste, Mr Koch says. Naturally, he says, a balanced malty and hoppy beer is best.

"It is interesting, your tastebuds operate slightly differently," he says.

Still, beer — craft or otherwise — isn't typically the most popular alcoholic beverage sold on aeroplanes.

Passengers aboard six North American airlines spent more than \$US11.3 million on beer during a five-month period last year, according to GuestLogix, which processes about 90 per cent of onboard credit card transactions for North American carriers.

Liquor sales neared \$US38 million and wine sales topped \$US14 million during that same period.