

Gail & Ingrid's... NEIGHBORHOOD NEWSLETTER

Monthly Tips & Timely Advice For May

*How To Reduce The Amount Of Trash
You Make In 5 Days!*

Day 1: Refuse plastic bags

Today, start getting into the habit of bringing reusable cloth bags with you to stores.

Day 2: Switch to a reusable water bottle

Bottled water is a huge contributor to society's waste problem—over 35 billion plastic water bottles are discarded per year!

Day 3: Start composting

Did you know that two-thirds of our household waste can be composted and naturally biodegrade on its own? Today, consider starting a small compost pile in your kitchen or backyard, or look into a community composting program to divert your biodegradable waste from the landfill.

Day 4: Use a reusable coffee cup

Considering we Americans drink a LOT of coffee—587 million cups per day to be exact—we send an enormous number of disposable coffee cups to the dump.

Day 5: Avoid single-use disposables

Straws, plastic cutlery, take-out containers, napkins, I could go on.... We are consistently tempted with single-use items that are meant to be discarded after just a few minutes. To finish out your waste-free week, create an assortment of reusable alternatives.



*Establishing lasting
relationships
all over Los Angeles...*



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Stressed Out? Try Sipping Some Kombucha



Kombucha is an adaptogen

Adaptogens are generally very good sources of antioxidants, which eliminate free radicals that cause oxidative stress.

Kombucha contains B vitamins and vitamin C.

Kombucha contains vitamins B1 (thiamine), B6, and B12, all of which are known to help the body fight depression, stabilize mood, and improve concentration. It also contains vitamin C, which suppresses the release of cortisol (one of the stress hormones).

Drinking kombucha can reduce caffeine and sugar intake.

Choosing kombucha over coffee as your morning eye-opener means less caffeine in your system. And the L-theanine in tea counteracts the harmful effects of caffeine, providing focused, calm energy.

Low amounts of alcohol have a beneficial effect on the body.

Kombucha is not an alcoholic ferment like beer or wine, but it does contain trace amounts of alcohol. These naturally occurring low levels of alcohol increase feelings of well-being and decrease stress.

2 Easy-To-Grow Plants to Kickoff Your Garden

1. Kale - Kale is highly nutritious and easy to grow in a container. First, fill a large container with soil. Plant the kale seeds in the soil. Leave at least 6 to 8 inches of space between each seed. Kale seeds germinate in 5 to 10 days. Keep your kale plant out in the sun, and be sure to keep the soil moist, but not too soggy. If your kale seedlings grow too close together, transplant each kale plant to a larger space so the plants can grow to their full height. Kale matures in 50 to 60 days. As the leaves mature, constantly harvest them so the plant can produce new leaves. You will be surprised by how much kale you will harvest during the summer and fall months!

2. Sweet Basil - Sweet basil requires more than 6 hours of sun a day, so if you live in a sunny area, basil is the perfect herb to grow. Plant sweet basil seeds or seedlings in a large container filled with soil. Place the container where the basil will get a lot of sun and keep the soil moist. As the basil leaves grow out, regularly harvest them so that the basil plant will continue to produce new leaves. I like to start from the bottom of the plant when harvesting. The aroma of sweet basil is amazing!

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