

Dear Gluten Free Friends,

This email is to share information about 3 different products I use and have enjoyed. Some of them have been gifts from my son. They are products that help with my gluten Free walk. Some of them have kept me pretty buzy learning new skills. You can check them out online.

Item 1

Purezone Mini Portable Air Purifier by pureenrichment.com

I struggle with toxic fragrances in air fresheners and essential oils and own a large Honeywell Hepa air purifier that helps keep my home free fragrance free along with opening windows. There are several other large Hepa air purifiers available that work very well.

My son gave me this mini portable air purifier as a gift. It has a hepa filter and an activated carbon pre-filter. It has a rechargeable battery that works like how one recharges their computer. It is small and can be taken when traveling or moving around where needed. My son teases that he wondered if I would wear it around my neck Ha Ha! It is very handy.

Item 2

Desk Grow Light Full Spectrum LED Grow Light

Manufacturer: Dongguan Fenmgfan Electron Tech Co. LTD

Made in China

Mini Round Pots 3 in. 10 pack White

Made in China

Imported by Yongever LLC

Looking online you will see this product demonstrated.

I planted broccoli, cabbage, cauliflower and they came up in just a very few days! I will put them in my cold frame and in the garden or they can be put in a sunny place until past frost danger for the garden. I had been buying the plants in the past, but now I am growing them because it is so easy. I now have Kale planted and coming up. I also planted onion seed to put in the garden later after frost for green onions. I also planted parsley and will put some outside in the garden and dehydrate and some indoors for use fresh. Soon I will start my squash plants. Most of my plant seeds are planted direct in the garden, but their were always some I bought so the plants would have the longer growing time needed. Now I am growing my own.

This grow light is so tiny filling on a little desk that I am using also for my lap top computer at the moment.

It was a neat gift from my son. So I was buzy learning more things.

The gluten zero foods produced under this grow light will be be wonderful for my gluten free walk along with low oxalate foods.

Item 3

Mantis 58V Battery Cultivator / Tiller Model 3558

12" tilling width

Weighs 26 lbs.

Online you can view the tiller in use.

Wait till the ice is out of the ground. I know, I just turned my 3 compost bins and was surprised how ice is still in the soil.

Even small little me can till our 40 ft. X 40 Ft. garden with ease.

Can also do small areas.

Runs on battery for 20 minutes or so, so you will take a break while the battery recharges.

Nice!

We used our Mantis last year for the first time. It works great!

Helps hugely with my gluten zero, no grain, non GMO, organic, fresh, and put up in the freezer for winter foods.