

# TEN ACRES PHARMACY

December 2020 Newsletter



3



LETTER FROM THE PHARMACIST

4

SUPPLEMENT SPOTLIGHT



DECEMBER'S HEALTHY RECIPE

6



SPOT THE DIFFERENCES PUZZLE





# LETTER FROM THE PHARMACIST

*Happy Holidays! Hope everyone is staying safe and warm this season! We are offering COVID-19 testing from 10am-3pm on the weekdays and we have also recently received our rapid COVID testing machine, so stay tuned for updates on rapid COVID testing!*

## WHAT WE HAVE TO OFFER THIS MONTH

- 15% off Avene products
- Holiday Gift Baskets
- COVID-19 Testing - Register @ [doineedacovid19test.com](https://doineedacovid19test.com)



## PRODUCTS BY LOCALS

*Stop by and check out some products from small local businesses such as MadBeez, Hu Thui, Sky Rain, and artwork from local artist, Rhean.*



# SUPPLEMENT SPOTLIGHT: WISH GARDEN'S KICK-ASS IMMUNE ACTIVATOR

*Cold season is here! Support your body's natural resistance with a powerful team of immune, respiratory, and lymphatic herbals. Just add 2-3 droppers in liquid for taste every 2-4 hours as needed.*

## INGREDIENTS



### **Lovage**

- *Warming tonic for the digestive and respiratory systems. It is a relative of Osha. Both herbs support healthy mucosal production and expectoration*

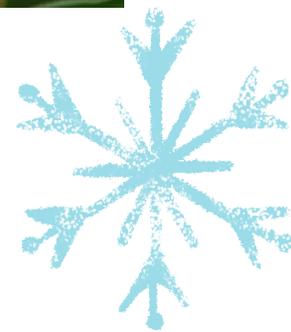
### **Wild Indigo**

- *Supports a healthy immune response and is used with other herbs for seasonal discomforts*



### **Yerba Santa**

- *Supports a healthy immune response and normalizes mucus membranes*



### **Other Botanicals in this formula:**

- *Baptisia, Osha, Echinacea, Elderflower, Yarrow, Goldenseal, Cinnamon*

## OTHER WISH GARDEN PRODUCTS



# DECEMBER'S HEALTHY RECIPE

## CHICKEN NOODLE SOUP

*Enjoy some chicken noodle soup this winter with this recipe from Taste of Home. Chicken noodle soup is great when you are feeling under the weather or when you just need something to help you warm up this season.*



## INGREDIENTS

- 2 1/2 pounds bone-in chicken thighs
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1 tablespoon canola oil
- 1 large onion, chopped
- 1 garlic clove, minced
- 10 cups chicken broth
- 4 celery ribs, chopped
- 4 medium carrots, chopped
- 2 bay leaves
- 1 teaspoon minced fresh thyme or 1/4 teaspoon dried thyme
- 3 cups uncooked kluski or other egg noodles (about 8 ounces)
- 1 tablespoon fresh parsley, chopped
- 1 tablespoon lemon juice

**CHICKEN THIGHS****STEP 1**

*Pat chicken dry with paper towels; sprinkle with salt and pepper. In a 6-qt. stockpot, heat oil over medium-high heat. Add chicken in batches, skin side down; cook until dark golden brown, 3-4 minutes. Remove chicken from pan; remove and discard skin. Discard drippings, reserving 2 tablespoons.*

**STEP 2**

*Add onion to drippings; cook and stir over medium-high heat until tender, 4-5 minutes. Add garlic; cook 1 minute longer. Add broth, stirring to loosen browned bits from pan. Bring to a boil. Return chicken to pan. Add celery, carrots, bay leaves and thyme. Reduce heat; simmer, covered, until chicken is tender, 25-30 minutes.*

**CHICKEN BROTH****NOODLES****STEP 3**

*Transfer chicken to a plate. Remove soup from heat. Add noodles; let stand, covered, until noodles are tender, 20-22 minutes.*

**STEP 4**

*Meanwhile, when chicken is cool enough to handle, remove meat from bones; discard bones. Shred meat into bite-sized pieces. Return meat to stockpot. Stir in parsley and lemon juice. If desired, adjust seasoning with additional salt and pepper. Discard bay leaves.*





# SPOT THE DIFFERENCES



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## + HAPPY + HOLIDAYS



Remember to wear a mask properly and stay safe!