

[Click to view this email in a browser](#)

## **In Touch.... with Grace**

March is such an interesting time of year. It can be similar to January and feel like the dead of winter -- or it can actually be warm with no snow at all. But St. Patrick's day for me has always been Greeny Day. Make sure you're wearing green on the 17th and catch some Irish Luck!

I hope you enjoy my first 'official' E-zine. My plan is to keep them short 'n sweet but useful, too.

Also, please send this e-zine along to anyone you think might enjoy it. There is a link at the bottom of this e-mail where you can re-send this in its entirety.

And yes, I do have Irish blood in me. My Mother's Dad was Irish.

Best 'o Luck in the year ahead to everyone!

Remember, keep Projecting Positively.

~Grace~

---

**Vol. #1**

# THE WONDER OF THE LOWLY POTATO



As we celebrate St. Patrick's Day on March 17<sup>th</sup>, our minds naturally turn to thoughts Irish and what else could be more Irish than potatoes?



Irish potatoes are white potatoes. That is, not a Sweet potato. White fleshed potatoes-- be they under a red or yellow skin are Irish type potatoes. Sweet potatoes have deep orange interiors and are actually a different plant family altogether.



Alas however, our potatoes are not really Irish at all but can trace their ancestry back *thousands* of years to the Andes mountains of Peru and Bolivia. The potato did not immigrate to Europe until the 1500s. And even then this prolific and generous food producing plant went underappreciated until crop failures threatened the food supplies and it was realized that the potato could easily rise to the rescue.



In the past, potatoes sustained civilisations by producing an incredible amount of tonnage of easily storable food in a relatively small space.



Carrying an unusually high percentage of protein for a vegetable, lots of vitamin C, several of the main B vitamins, potassium, phosphorous, magnesium and other vital minerals, packaged in a tasty starchy base which is extremely versatile in the kitchen, makes this lowly vegetable one which really deserves a higher ranking. (Ye hast'a eat the skins tho!)



"French" fries were served for the first time in the US in 1820, at the White House, and well, the rest is history. Interestingly when frozen fries are exported to Asia, they are called "American" fries.

Click [HERE](#) for downloadable .pdf



### **Upcoming:**

#### **March 8 - 12**

I will be in Swan River giving aid and increased vitality to Swan Valley residents.

#### **March 14-24**

Paying attention to my Regina and area customers.

#### **March 26**

Participating at the Handbags Health and Happiness Show in White City.

#### **March 28-Apr 2**

Paying special attention to my Regina and area customers.

#### **April 4-8**

Returning to Swan River, giving care and increased vitality to residents.

#### **April 29-May 1**

Participating in the Body Soul and Spirit Expo in Regina. Look for me at the RAC Reflexology Chapter booth.

**\*\*June 4:** Regina level 3 Reiki class is tentatively set. [Link to Reiki Class](#)

### **Let life be easy.**

The main theme to my work. Using light touch techniques I can help men and women who are suffering from stress and pain regain their vitality and joy of living.

Visit my website to find out more.

[Link to my website](#)

### **New to Touched By Grace**

Is my offer of a FREE 20 minute consultation, either in-Studio or over the phone.



Find out how my knowledge and ability can help you.

[Book](#) a 20 min. consultation online here.

Touched By Grace  
R.R.#3 Regina SK  
S4P 2Z3  
306-533-6549

---

If you no longer wish to receive these emails, please reply to this message with "Unsubscribe" in the subject line or simply click on the following link: [Unsubscribe](#)

[Click here](#) **to forward this email to a friend**

Touched By Grace  
R.R.#3

Regina, Saskatchewan S4P 2Z3  
CA

[Read](#) the VerticalResponse marketing policy.

