Obtain the Best Nutritional Value from Your Vegetables

Food – the Plant and Soil Biome

The holidays might have come to an end, and most of us might be back from a trip elsewhere to inspire our soul and spirit, exposing ourselves to different climates, cultures, fauna and flora.

We might feel nourished and stimulated by these experiences, and yet the most nourishment we ultimately receive comes from our own local soil and plant biome.

Modern nutritional research confirms the old traditions, when food was exclusively grown locally for the best health benefits.

It has also been found that the more people eat the same food together and eat from the same bowl, as in a family or community – still very common in other cultural communities – the less conflict exists in their social interactions.

Certainly, this provides some food for thought.

In other words, I would suggest that we need to find a balance between eating our individual diets, mixed with food from other cultures, and eating food that is locally sourced and shared in small or larger communities.

Other Criteria to Assess Food Quality

Food quality is not just about nutrient density and organoleptic qualities. Rather, it is also about the cosmic light (Fritz Popp's investigation) and environmental sound information (cymatics) that nourish plants and the soil and, in turn, our own life or biological body, soul and spirit.

As modern men and women, children and elders, we need to develop a world consciousness, which we can gain through eating international food from all climatic and cultural backgrounds, as long as we eat 80% locally produced food, with the remainder being of the former origin.

Considerations of Growth Patterns in Different Vegetable Groups

An additional consideration when eating food with superior quantitative and qualitative nutritional values is the best time of day for harvesting different types of vegetables.

The Day Rhythm

3 am – Maximum cell division, auxin production and starch accumulation, and minimum excretion of plant sap.

Sunrise – The Earth is breathing out. Plants start assimilating new substances in their leaves for chlorophyll production, and are respiring and secreting more sap.

Midday – Assimilated substances are deposited into the fruit of vegetables.

3 pm – Maximum glucose production and cell elongation.

When the sun goes down – Assimilates, particularly starches, are translocated into the roots and integrated there (according to Dr. Wachsmuth).

The Rhythm of the Moon and the Best Time to Harvest for Storage

During the descending Moon

I hope that this short description of optimising the quality of your food sources will help you make more informed decisions about when best to harvest your veggies and fruit for optimal nutritional quality and to ingest healing foods.

For more detailed indications and other tricks, join us in our Masterclasses or Grow Your Own Health Course.

With happy gardening wishes,

Hans-Gunther

Please note that next Tuesday, the 8th September, we will hold the 12th Masterclass on the subject of:

Harvest at optimal times and store your produce effectively

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