

No news is good news.

Well lets hope so, my September newsletter was replaced by a mad burst of activity getting the wicking basket system up and running.

Have a look at my new video on wicking baskets - the first part explains how critical having nutrient rich food is in combating diabetes, hearts decease etc. while the second part shows how to grow plants with the critical phytonutrients. You can see this at <https://www.youtube.com/watch?v=Ih2XJwggMEo>

And for my friends in China who may not have access to YouTube you can go to my new web www.healthyfoodassociation.com and download directly (bit slow but it does work).

I was hoping to tell you that this new web site is now complete, I have finished the technical articles which hopefully are a good read but the e-commerce side is taking longer than expected (so whats new in the software game).

I don't believe in the big bang approach, better get things right so I am setting up a trial in the Wide Bay area (Bundaberg, Childers, Harvey Bay etc.) using the local markets as the delivery point.

I am also going to experiment with a system where the baskets are picked up directly from growers and taken to a communal stand in the market just to make life easy for growers, particularly private growers who are happy to grow but don't want to get involved with the hassle of marketing.

I am very keen to attract the private growers who I find have just an amazing level of knowledge of plants and health, which is what this project is all about. I am particularly keen to be able to offer the heirloom varieties and the speciality herbs and spices which are much healthier but are more difficult to grow and have a limited shelf life so are not generally commercially available.

When I am happy that it is working as hoped I will expand out into Brisbane and then the other capital cities then overseas.

Thats the plan anyway lets hope is all works out.

As you may know Xiulan (my wife who is diabetic and the motivation for my obsession with this project) broke her foot some time ago and it started to turn black so she is now back in China for medical attention, which fortunately seems to be working. Diabetes is the commonest cause of amputations and blindness, this problem of diet we are facing is a really serious issue.

The number of people suffering from diabetes is huge, I see estimates of over a billion people but what is more scary is how rapidly this has increased over the last decade but even more scary are the number of people who are pre-diabetic or simply overweight just waiting to turn diabetic. That is serious scary.

Many people are rightly concerned about climate change, but this is a long term challenge, the damage caused by poor diet which comes directly from the industrialised food system, degradation of our soils and the profit motive leading to excessive sugar and fats in our diets are immediate.

Lets hope we can make a contribution by making nutrient rich fresh fruit and vegetables widely available.

The uptake of the wicking system among keen gardeners has been phenomenal, they are just everywhere. Now my challenge with the wicking basket is to make healthy food available to people who do not have time or space for major growing projects themselves.

But I well understand that most of my reader base are keen gardeners so dont think I am neglecting you, wicking baskets are now available and will be promoted on the new web when completed.

In the mean time they are available directly from me, initially I am putting a price of \$25 per to get things rolling. I am also looking to supply biologically active soil kits.

For now, just contact me by email.

As they say watch this space things are moving fast in the wonderful world of healthy food.

Colin