Welcome to this month's edition of our e-newsletter. Our goal is to provide solutions for having a healthy lifestyle through our blog, recipes, health tips and other resources. We also showcase a few of our products available online for purchase. For more information about Midwest Mermaid Muse, come visit us at our website.

Visit our Website

In the News...

Midwest Mermaid Muse is featured in the February issue of Simplykc Magazine and we couldn’t be more thrilled! The article does a very nice job of profiling Midwest Mermaid
Featured Product

Land & SEAsoning is our most popular and versatile product. It’s an all-purpose seasoning packed with nutrients, that can be used on your favorite salads, vegetables, meats or seafood. It’s all natural, chemical-free and made in small batches for freshness. It boosts flavor (it’s delicious!) as well as boosts your health:

- Supports a healthy gut
- High in antioxidants
- Reduces inflammation
- Promotes hair growth
- Boosts memory
- Shown to fight diabetes
- Helps with weight loss
- Boosts libido
- Revs up your metabolism
- Reduces bloating

Ingredients include: Organic seaweed powder, Hawaiian sea salt, Dried Hawaiian Seaweed, Raw nori flakes, Mushroom blend, Onion powder, Tumeric, Cumin, Coriander, Garam masala blend and Roasted red chili powder.

You can use this as a light rub for meats, as an additional seasoning (about a teaspoon or more to taste) for your favorite soup, stew, chili and casserole recipes, or you can use it as added flavoring and energy by simply sprinkling it on salads, vegetables, scrambled or fried eggs and more.

For additional ideas on how to use it, check out our recipe section on our site, including the recipe for Country Style Pork Ribs featured below.

We want you to add this to your spice cabinet! Buy four 2 oz. packets and get two free! $6.72 per packet. Or buy a sample pack for just $1.68.

ORDER NOW

This Month’s Recipe:
Country Style Pork Ribs

The other day, a customer let me know that on one of the very cold snowy days we’ve been having, she was inspired to put something in the oven then curled up on the couch and watched old movies while it was cooking. Earlier in the week her grocery store had Country Style Pork Ribs as a special (fresh pork is more plentiful during the winter months and therefore the prices are usually lower), so she bought some and used our Land & SEAsoning mix as a rub, adapting it to her recipe. These are slow-cooked in the oven and are so tender and delicious. Here’s the recipe!

Upcoming Event:
Best of Missouri Life Market Fair at Powell Gardens

Mark your calendars to join us on April 27 & 28 at the beautiful Powell Gardens for a festival featuring Missouri-made products you can buy straight from artists and producers like Midwest Mermaid Muse.

Peruse nearly 100 booths while marveling at the spring show of daffodils and other early-bloomers in the Gardens. Food trucks and tastings available. Register now for early bird savings and come by and see us!

[Click for Further Details]

Seaweed Showing Dramatic Results as Livestock Feed Supplement

Did you know that innovative livestock producers are now putting seaweed in the feed they give to their cattle and swine? In various studies, results have indicated a small amount of marine algae added to feed can reduce methane emissions by as much as 99% and improve the overall health of the animal.

Howard Hanna, a nationally recognized Chef from The Rieger here in Kansas City, MO stated: “At the end of the day, I care about how pork tastes, that is the key test for me. We were proud to be the first restaurant in North America to try this seaweed fed pork, and as a chef, I can attest to the quality and my customers like it. The fact that this product also furthers the humane treatment of pigs in addition to being a high-quality pork, adds to my support of this type of product.”

THERE’S LOTS MORE TO THIS STORY: READ OUR ARTICLE

February Health Tip

Seed and vegetable oils have become a pantry staple including soybean, cottonseed, sunflower and canola oils. Unfortunately, these oils are highly processed and high in omega-6 fatty acids, but deficient in omega-3s. This ratio can lead to inflammation and has been linked to chronic diseases, such as heart disease, cancer, osteoporosis and autoimmune diseases. So swap these unhealthy oils for healthier alternatives, such as extra virgin olive oil, avocado oil or coconut oil.

The Incredible Cauliflower

Recently, you may have seen restaurant menu items, frozen specialty foods, and recipes using cauliflower in unique ways. Yes, it’s sort of a humble vegetable, with its pale and bland look, and to be frank, its smelly odor when steamed.

With all of that going for it, how can it be the versatile wonder vegetable that it now is? Thanks to culinary cauliflower pioneers, cauliflower can be consumed and enjoyed in a variety of ways. Read about its many
About Kathleen Foland
The Midwest Mermaid Muse

Kathleen makes small batch, all natural topical and culinary products in Kansas City. A certified health coach, her products take a dual approach to wellness and beauty, both inside and out. Most of Kathleen's skincare and food products contain seaweed and/or healing mushrooms which have been in use since ancient times for their nutritional benefits. Kathleen shares her thoughts on superfoods, wellness and beauty tips, inspirational stories, recipes, and ideas for using many of her products in her blog "Musings."