

Home4Birth

Monthly Newsletter

OCTOBER 2013



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Hello and welcome to our October newsletter!
We hope you're all enjoying the cooler weather
and festivities of the autumn season!



If you have any fun pictures, advice or recipes,
please submit them to our office administrator,
Carrie Bland, at carrie@home4birth.com.

Please let us know if you do not wish to receive
our newsletters, and we will remove you from
our list.

Thank you for reading and we hope you enjoy!

Upcoming Events

Preserving Indiana Birth Choices Red Tent Event

Date: October 12th

Location: Common Wealth Apartments
Gymnasium, 23 N. Rural St., Indianapolis

Details: "The event is to promote awareness of Indiana birth choices, to educate families on birth options available, and to bring a sense of community to the Indy birthing community."

More details:

<https://www.facebook.com/events/150715015124435/>

March Against Monsanto

Date: October 12th

Location: Fort Wayne and Indianapolis

Details: In honor of World Food Day on October 16th and National GMO Awareness month.

More details:

<https://www.facebook.com/events/116903151849879/>
and

<https://www.facebook.com/events/374356889342707/>

Yoga with Baby

Date: October 16th

Location: Fishers office

Details: Please join us for yoga with your baby, instructed by Andy Alam of Inner Peace yoga. Please RSVP due to limited space. Donations to instructor for services are welcomed and encouraged.

<https://www.facebook.com/events/169204256604296>

Congratulations to Ina May Gaskin!

The national women's Hall of Fame will hold their 24th induction ceremony on October 12th, 2013 in Seneca Falls, NY. Ina May Gaskin will be inducted into the Hall of Fame along with eight other women, including Betty Ford, Nancy Pelosi, and Bernice Resnick Sandler. Learn more about this year's inductees and other remarkable women of the hall at

<http://www.greatwomen.org/news-and-events/induction-weekend> and

<http://www.greatwomen.org/women-of-the-hall/view-all-women>.

Congratulations to California!

California passed the midwifery bill, which removes physician supervision for license midwives. This success was the result of a huge effort by the California Association of Midwives and the consumer organization California Families for Access to Midwives. To learn more about the bill, visit

<http://www.cafamiliesformidwives.org/#%21about1/c2id>

Pumpkin Bars with Raw Pecan Crust

www.lindaskitchentable.blogspot.com



Crust Ingredients:

- 1 cup pecan pieces (add a handful more if your pecans are whole)
- 1/2 cup almond meal flour
- 5 soft pitted dates (soak first if they are dry)
- 1 tsp cinnamon

Crust Instructions:

Combine ingredients in food processor. Pulse until it begins to form a ball or is chopped up well.

Scrape down the sides occasionally. Press into 9x9 square dish. Note: You don't need to grease or line the dish first. The raw crust won't stick.



Topping Ingredients:

- 3/4 cup coconut milk
- 3/4 cup pumpkin puree
- 1/4 cup coconut sugar
- 10 drops vanilla flavored liquid stevia
- 1/4 tsp sea salt
- 1/4 tsp cardamom
- 1/4 tsp ginger
- 3/4 tsp cinnamon
- 2 tsp agar agar powder

Topping Instructions:

Simmer until coconut sugar is dissolved. Once the coconut sugar is dissolved, add 2 tsp agar agar powder (Not flakes! You would need far more if you use flakes!) Whisk agar powder into the pumpkin mixture while simmering for about one minute. Pour over crust. Refrigerate until solid. Store in the refrigerator. Enjoy!

Tip: Agar agar powder can be purchased from the bulk food section of Whole Foods.

Quote of the Month

“I’ve learned that people will forget what you said,
people will forget what you did, but people will never
forget how you made them feel.”

-Maya Angelou

Welcome to the world!

Colton Milo
9/13/13



Cayden Axel
9/22/13

