



# Home4Birth

August 2014

## Upcoming Events

### ◆ Annual Gathering

Come and join us for our annual gathering at the Noblesville Forest Park Inn main banquet room Sunday, September 14th from 1-5. Please bring a dish to share. Kids are most welcome. We look forward to seeing all of our families!

Come socialize with some wonderful like minded people

### ◆ August 9th-October 11th

#### Birth Boot Camp

Starting August 9th, we are offering a series of 10 Birth Boot Camp childbirth education classes. The cost for the series is \$300.00. Classes will be held every Saturday, from 10:00AM-12:00PM. This class is ideal for families who are due November through January. We recommend these classes to any first time family or any first time to home birth family.

Please email to [info@home4birth.com](mailto:info@home4birth.com) for more information and to RSVP.

**Brandi Wood, CPM**

**Mindy Michel, DEM**

**Mindy Morton, Office Administrator**

**12987 Parkside Dr., Fishers, IN 46038**

**2616 Little John St., Anderson, IN 46013**



## Vegan Quinoa & Sweet Potato Chili

makes 6 hearty bowls of chili  
 one 29 oz can black beans, rinsed and drained  
 one 6 oz can tomato paste  
 32 oz vegetable stock  
 1 onion, chopped  
 5 cloves garlic, minced  
 1 tablespoon chili powder  
 1 tablespoon cumin  
 1 teaspoon oregano  
 1 tablespoon olive oil  
 1 sweet potato, peeled and cut into bite sized chunks  
 1 cup dry quinoa  
 salt and pepper to taste  
 avocado, cilantro for garnish (optional)



Heat the oil in a large heavy soup pot over medium low heat. Add onions, and cook until soft and they start to turn brown (about 10 minutes). Add the garlic, and cook for about 2 minutes. Add the tomato paste, chili powder, cumin, and oregano and cook for about 2 minutes, stirring constantly. Add the beans, stock, and potatoes, and season with salt and pepper . Cook for about 5 minutes, then add the quinoa. Continue cooking for about 15 minutes – 30 minutes, stirring frequently, until quinoa and potatoes are cooked and the chili has thickened. Add a bit of water if the chili becomes too thick for your liking. Top with avocado and chopped cilantro. Scrumptious!

## Quote of the month

It is the mark of an educated  
 mind to be able to entertain a  
 thought without accepting it.

– Aristotle

## Spotlight Product of the Month

Natural Factors 100% Natural  
Fruit Chew C 500 mg

This kid-friendly vitamin C is gentle on teeth and is so tasty they think they're getting a treat. Naturally flavoured and sweetened, 100% Natural Fruit Chew C is an excellent source of vitamin C for the young and the young at heart.



# Welcome to the world



**Harrison Ingram**



**Gabrielle Parsons**



**Harper Harkins**



**Elias Tucker**



<http://thebabywearer.com/forum/>

<https://www.youtube.com/user/babywearingfaith>

## **BWI of Central Indiana Meetings and Playdate**

### **August**

Thursday, August 21st 6:00-8:00p - Babywearing Meeting @ Fishers Public Library

### **September**

Monday, September 29th 6:00-8:00p - Babywearing Meeting @ Fishers Public Library

### **October**

Monday, October 27nd 6:00-8:00p - Babywearing Meeting @ Fishers Public Library