



Home4Birth

September 2014

Upcoming Events

◆ Annual Gathering

The annual Gathering is coming soon! Please come to our Pot luck. It's a great time to meet other families. Regardless of how old your babe is, bring a dish to share (please include the ingredients) and let us love on you and your family. This year, it will be inside at the Noblesville Forest Park Inn main banquet room on Sunday, September 14th from 1-5. Kids are most welcome, there is even a park right outside. We look forward to seeing all of our families, both long time and brand new!

Birth Boot Camp

Starting October 25th, 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 January through March. We recommend these classes to any first time family or any first time to home birth family. Sign up now!

Please email to 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

Quote of the month

"You can do
what I cannot
do. I can do
what you
cannot do.
Together we can
do great
things."

- Mother Teresa

Curried Lentil Soup

INGREDIENTS

3 tablespoons olive oil, divided
 1 medium onion, chopped
 1 medium carrot, finely chopped
 2 large garlic cloves, chopped, divided
 2 tablespoons (or more) curry powder
 1 cup French green lentils
 4 1/4 cups (or more) water, divided
 1 15- to 16-ounce can chickpeas, drained, rinsed
 1 tablespoon fresh lemon juice
 2 tablespoons (1/4 stick) butter
 2 green onions, thinly sliced
 1 lemon, cut into 6 wedges



Heat 1 tablespoon olive oil in heavy large pot over medium heat. Add onion and carrot; sprinkle with salt and pepper. Cook until onion is translucent, stirring occasionally, about 4 minutes. Add half of chopped garlic; stir until vegetables are soft but not brown, about 4 minutes longer. Add 2 tablespoons curry powder; stir until fragrant, about 1 minute. Add lentils and 4 cups water. Sprinkle with salt and pepper. Increase heat and bring to boil. Reduce heat to medium; simmer until lentils are tender, about 30 minutes.

Meanwhile, puree chickpeas, lemon juice, 1/4 cup water, remaining 2 tablespoons olive oil, and remaining garlic in processor.

Add chickpea puree and butter to lentil soup. Season to taste with salt, pepper, and additional curry powder, if desired. Add water by 1/4 cupfuls to thin to desired consistency. **DO AHEAD** Soup can be made up to 1 day ahead. Cool, cover, and refrigerate. Rewarm before continuing.

Divide soup among bowls. Sprinkle with thinly sliced green onions and serve with lemon wedges.

Highlighting

INGredients is a comprehensive, field-to-fork food experience incorporating a market, takeout, cafe, commercial kitchen and cooking school with a heavy emphasis on local, sustainable, nutrient-dense, organic and homemade foods. **INGredients** provides healthy foods for home cooks, quick nutritious take home meals for busy professionals and families, a fully equipped kitchen for food processing, catering, special dinners, and a robust schedule of cooking classes ranging from fermentation and sauces to ethnic and practical meal preparation utilizing local and organic **INGredients**! We have an onsite garden and a welcoming atmosphere for those new to healthy food cooking as well as an indispensable resource for the seasoned chef. We are pleased to highlight this wonderful local business. For more information visit their website <http://ingredientsindy.com/> or visit their Facebook <https://www.facebook.com/pages/INGredients/501841056568299?sk=info>



Mention Home4Birth and get 10% off any order over \$10 for the month of September.

Welcome to the world



Avalei



Ari



Elijah



Audrey Mae

Spotlight Product of the Month

Curlymonkey

6 organic baby wipes, eco-friendly washcloths 7

Organic wipes for baby's face, little hands or diaper change. They make great washcloths and are essential to any eco-friendly baby shower list. Natural and reusable, our CurlyMonkey wipes are made of 1 layer of hemp / organic cotton fleece. Use them for everything! Super soft, super absorbent and naturally antimicrobial. They dry very fast and are the best choice baby sensitive skin.

Dimension: 7" x 7" square. Qty: 6 pk.

Made by CurlyMonkey in the USA.

Composition: 55% hemp 45% organic cotton fleece. Natural.



<http://www.etsy.com/shop/curlymonkey>

BWI of Central Indiana Meetings and Playdate

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



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

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