



# Home4Birth

March 2015

## Upcoming Events

### Meet the Midwives

Have a pregnant friend? Refer them to an upcoming meet the midwives:

March 25 or April 8 from 6:30 to 8:30 p.m.

### Momma & Baby Yoga

Exciting Class with instructor Andrew Alam of Inner Peace Yoga, March 19, 7 to 8 p.m. Join us for an evening of yoga with your little one! Space is limited, so please RSVP if you plan to attend. Donations encouraged. Arrive early to mingle.

### Birth Boot Camp

Birth Boot Camp Starting March 21, Saturdays, from 10 a.m. to noon. We recommend these childbirth education classes to any first time family or any first time to home birth family. Sign up now!

### Chocolate & Canvas with Ashley Thomas of Artsy Canvas

Create art and eat delicious chocolate with your midwives March 26 @ 6:30 to 8:30 p.m. This exciting evening has limited space so register now. \$30 food and supplies provided.

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

**Brandi Wood, CPM**

**Mindy Michel, DEM**

**Kelly Graham-MacDonald,**

**Office Administrator**

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

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

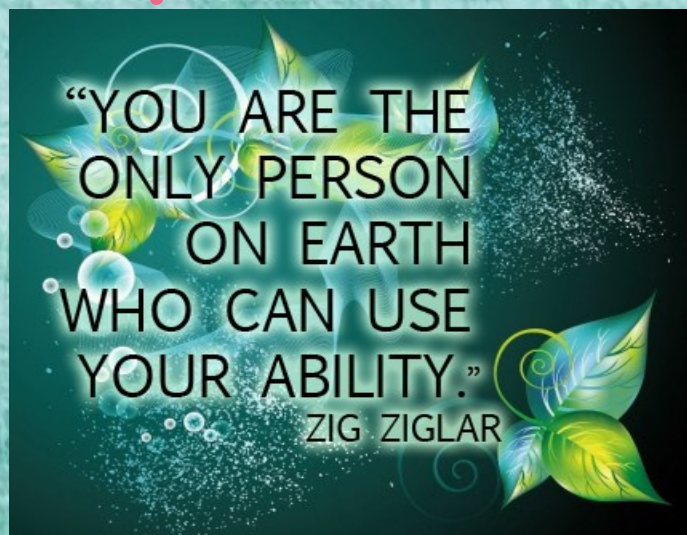
**765-MIDWIFE (765-643-9433)**

**[www.home4birth.com](http://www.home4birth.com)**

## Quote of the month

“YOU ARE THE  
ONLY PERSON  
ON EARTH  
WHO CAN USE  
YOUR ABILITY.”

ZIG ZIGLAR



## Meatballs with Enchiladas Sauce using Grass-Fed Bison and Pork Sausage

Recipe adapted by Linda Collier from Sarah and John Fragoso @everydaypaleo.

[Start here](#)

1 large onion finely chopped and divided 2/3rd and 1/3rd for sauce and meatballs

### Enchiladas Sauce

2/3rd of the chopped onion

2 Tbsp. coconut oil

2 cups tomato puree, I used a large can drained diced tomatoes

1 Tbsp. minced garlic, I used the organic garlic from tube

2 Tbsp. chili powder

1/2 tsp cumin

1/2 tsp oregano

1/2 tsp sea salt

Sauté the onion in the coconut oil until translucent.

Add the rest of the ingredients to the blender and whirl for a few seconds. Pour into the pan with the cooked onions. Reduce heat and simmer while preparing meatballs.



### Meatballs

1 lb. [grass-fed bison burger](#), I bought this from [End of the Trail Ranch](#) at the local [farmers market](#)

1 lb. ground pork\*\*, I used breakfast sausage from [Archers Meat Market](#) in Fishers IN

1 1/2 tsp sea salt

3 cloves garlic, I used 1 Tbsp. dried minced garlic

1 Tbsp. oregano

Remaining chopped onion

2 tsp cumin

Mix all the ingredients together and form golf ball size meatballs. I used my hands to mix everything together. Place the meatballs into a glass casserole dish. This makes about 24 meatballs so you might need a large dish or two dishes. Bake at 350 degrees for 15 minutes. Remove from the oven and pour the sauce that was simmering over the meatballs and bake another 15 minutes.

\*\*substitute ground turkey for the ground pork.  
<http://blog.lindaskitchentable.com/>



Mason



Willow

## Breastfeeding Support

The Drop-In Center is centrally located at the Catholic Center 1400 North Meridian Street, Indianapolis. This free service occurs Wednesday's from 4:30 to 8 p.m. Park in the back of the building. On the bus route. Use the backdoor entrance to the conference room, and follow the signs. Children of all ages welcome.

## Spotlight Product of the Month

### KeVita Lemon Ginger

Tangy lemon with gingery heat, KeVita Lemon Ginger is soothing and uplifting. Many choose it as their favorite "de-stress" drink. As our first "baby" this one holds a special place in our hearts. A perfect blend of cold extracted lemon and ginger, KeVita Probiotic Culture and reverse osmosis water. KeVita Lemon Ginger is certified organic and non-GMO, vegan, and dairy, lactose, and gluten free. Lightly sweetened.

<http://keVita.com/products/sparkling-probiotics/lemon-ginger/#sthash.PmujwYB3.dpuf>



Contains 2% juice

### Nutrition Facts

Serving size: 8 fl oz (240 mL)  
Servings per container: about 2

Amount Per Serving	
Calories 45	
	%Daily Value†
Total Fat 0 g	0%
Sodium 5 mg	<1%
Total Carbohydrate 11 g	4%
Sugars 9 g	
Protein 0 g	
Vitamin C	8%

Not a significant source of Calories from Fat, Saturated Fat, *Trans* fat, Cholesterol, Dietary Fiber, Vitamin A, Calcium or Iron.

†Percent Daily Values are based on a 2,000 calorie diet.

### PER BOTTLE:

Contains the live probiotic cultures *Bacillus coagulans* GBI-30 6086, *L.rhamnosus*, *L.paracasei*, *L.plantarum* (4 billion CFUs at time of manufacture)

### lemon ginger

Ingredients: Purified Water, Organic KeVita Probiotic Culture (*Bacillus coagulans* GBI-30 6086, *L.rhamnosus*, *L.paracasei*, *L.plantarum*), Organic Evaporated Cane Sugar, Organic Apple Cider Vinegar, Organic Ginger Whole Plant Extract, Organic Lemon Whole Plant Extract, Organic Fig Concentrate, Fruit and Vegetable Juice Color.

### Certified Organic

by Organic Certifiers, Inc.  
[www.organiccertifiers.com](http://www.organiccertifiers.com)

**This product may contain trace amounts of alcohol.**

Lightly Carbonated.

## Baby Wearing International of Central Indiana

**Next meeting: Wed, March 18, 6 to 8 p.m. Fishers Public Library, 5 Municipal Dr.**

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

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

<https://bwiofcentralindiana.wordpress.com/calendar/>





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PHOTOGRAPHY