

PatriotLedger.com

MIND BODY

■ COLUMN: MASS.-PRODUCED

Good stuff, made locally

BY VALERIE A. RUSSO
For Living Well

Brain boost: Mad Hectic Oatmeal, an all-natural mix created by a South Dartmouth mom, Beth Gallo, and made in Mattapoisett by the Gallo family, contains organic oats; organic flaxseed meal; organic sesame seeds; whey protein containing no pesticides, herbicides, growth hormone or antibiotics; as well as freeze-dried fruit, nuts and chocolate. Available in four flavors (Raspberry Almond, Chocolate Raspberry, Almond Pecan, French Chocolate). A 12-ounce package is \$7.95 at Tihonet Village Market, 146 Tihonet Road, Wareham. 508-295-5437. The one-minute oatmeal is also sold at Good Health Natural Foods in Quincy, Whole Foods in Hingham, How on Earth in Mattapoisett and The Old Company Store in Wareham.



Top it off: There's no tastier topping for homemade ice cream or pound cake than sun-cooked fruit made in the 1903 Green Briar Jam Kitchen on Cape Cod, one of the oldest commercial solar cooking operations in the country. Flavors include Apricots with Brandy, Blueberries with Kirsch, Peaches with Brandy, Plums with Rum, Strawberries and Strawberries with Vodka. Eight-ounce jars are \$6.50 each in the gift shop of the Green Briar Nature Center & Jam Kitchen, 6 Discovery Hill Road, East Sandwich. 508-888-6870. www.thorntonburgess.org.

Rash decision: Reduce your baby's carbon footprint while soothing his bottom with Un-Petroleum Jelly, which contains calendula-infused olive oil and beeswax, not oil-based petroleum jelly. Made by Pamela Tand in Quincy and sold at her bath and beauty products store, Stambry's Crescent Moon Soap Co., 1359 Hancock St., Quincy. A 4-ounce jar of Un-Petroleum Jelly is \$3.95. 617-984-0013. www.scmsoaps.com.



Lifetime losers: What does it really take to lose weight and keep it off? Creating a self-vision, setting goals, keeping an eating behavior journal and much more, writes dietitian, fitness coach and personal trainer Kathy Jordan of Stoughton in her new book, "Below the Surface ... Weight Loss Transformation." Published by Converpage in Scituate, the 200-page trade paperback retails for \$21.95 at Annie's Book Stop, 62 South Main St., Sharon. 781-784-4306.

Come across any Massachusetts-made products for healthy living in local shops? Contact Valerie A. Russo by e-mail: varusso@earthlink.net. Please put "MASS. PRODUCED" in the subject line.

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