What are Heirloom Seeds?

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You Need a Variety of Foods in Your Diet

When your loved one has bipolar disorder, it's easy to see that something is missing in his or her body that is clearly causing negative effects in the brain. Could it be that your loved one is missing some of the medicinal constituents normally found in non-genetically engineered food? This certainly makes a lot of sense since the status of our health as a whole nation has really gone downhill in the last few decades.

The key is to flood the body with these medicinal constituents over the two years it takes to regenerate the cells in every part of the body. This could be why juicing is so effective. So, what are heirloom seeds? Heirloom seeds are non-genetically engineered. You can find these types of seeds online at www.heirloomseeds.com and www.rareseeds.com.

Some packages of heirloom seeds may be found at your local nurseries or home improvement stores as well.

What types of foods should you be planting?

Any fruits and vegetables that you can get which are heirloom are good choices. If you're lucky to have a climate that supports nut trees, get some of them, too. You need a variety of these plants in order to get your health back. Here are some examples:

Artichoke

You'll need a huge garden to include artichoke, as it will need a lot of sun and a lot of space. Allow for about a four-foot circular diameter of ground space per plant. Artichoke leaves are used in herbology as a liver cleanser, which can help anyone with mental disorders. You can make tea out of them and eat the heart of it.

Different Varieties of Carrots

Carrots are high in beta-carotene and other carotenoids. Different varieties of carrots will fill in the spectrum of carotenoids so your loved one could get all of them into the body. These carotenoids do act on the entire body, the metabolism, and every tissue, cell, organ and protein in the body. Here are a few varieties:

The Pusa Rudhira Red Carrots are light red in color and emanate from India.

The Umburgse Gele Van Mollenstaart Carrot is a rare carrot that is golden yellow in color. It's from Belgium. You can plant them any place where carrots grow.

The Spanish Black Carrot is also high in anthocyanidins, but not as high as the Pusa Asita Black Carrots from India. Interestingly, these are black/brown on the outside and look like an onion on the inside. It’s a super rare carrot. When you grow them, keep some back so you can get the seeds.

Different Types of Melons

Melons can be sweet or ones suitable for salads (not so sweet). Here are two varieties to consider:

- Madhu Ras, Rajasthan Honey Melons – These originated from India where there are hundreds of varieties of melons. This heirloom crop is very sweet and tasty. The Madhu Ras Rajasthan Honey Melons are so small they will fit in your hand. Plant them in hot, dry areas. The melon is yellow orange on the outside with thin “pumpkin-like’ green stripes.

- Arancino Melon – This Italian melon weighs about a pound and looks like a cantaloupe. But once you cut into this heirloom melon, you will be enamored with its sweet aroma as well as its sweet taste.

You can add many more to this list! There are amazing types of corn that are heirloom, some that have kernels as large as a penny.