



Safe Tree

Seasonal Spotlight

I See Skies of Blue and Soon Green Trees Too!

Blue Monday... was originally "created" by a travel company in the UK and used a variety of factors to calculate that the third Monday in January (this year it was the 16th) to be the saddest day of the year. So, if you were feeling a little down mid-January, maybe this was the reason why? Now if you have been feeling a little off more than usual overall you might be suffering from "Seasonal Affective Disorder" or (SAD) which researchers believe is due to shorter days, grey weather, and lack of sunshine. Here are **just a few** things we should know and things you can do to help with the winter blues.

Be aware of personal signs...

- Fatigue/Low energy/Sluggish
- Loss of Interest in activities
- Withdrawn
- Irritability
- Feelings of helplessness

Things that can help...

- Get Active/Exercise
- Light Therapy/Get Outside
- Eat Well
- New Hobby/Fun activities
- Bring the outside in...indoor trees, flowers and houseplants can help provide your home with energy
- **Get Help**
The winter blahs affect many people to varying degrees, but they are manageable. However, if you're experiencing symptoms of depression that are disruptive or debilitating, and that last for a prolonged period, you should speak to a medical professional.



Worship the Sun Gods



Meet ?????? Help Safe Tree Name Our New Environmental Superhero. Submit suggestions on our social media platforms @safetreetd on Facebook and Instagram

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When the Lorax speaks, we should listen!

Trees and the Environment:

Trees play a critical role in maintaining the balance of the environment. They are nature's lungs, producing oxygen and removing carbon dioxide from the air. They also provide habitat for wildlife, reduce soil erosion, regulate the climate, and improve air and water quality.

Forests, which are comprised of trees and other vegetation, cover approximately 31% of the earth's land surface and support 80% of the world's terrestrial biodiversity. Unfortunately, deforestation and loss of forests is a major problem, resulting in the loss of habitat for wildlife, increased carbon dioxide in the atmosphere, and soil degradation.

Planting new trees and preserving existing forests including our Urban Forests, is crucial for the health of the planet. Trees absorb carbon dioxide through photosynthesis and store it in their wood, leaves, and roots. By doing so, they help to slow down the rate of climate change. In urban areas, trees provide shade, reduce air

A Vital Connection

temperature, and improve air quality by filtering pollutants. They also reduce the amount of stormwater runoff, recharge groundwater, and prevent soil erosion.

In addition to their environmental benefits, trees also have social and economic benefits. They provide recreational opportunities, such as hiking and camping, and are used in the production of paper, furniture, and other products. They also increase property values and contribute to community aesthetic.

To support the health of our environment, Safe Tree has created the Environmental Superhero Certifications Program. A movement that will recognize clients that not only share our passion but also take the steps to enhance it. With continued education and new programs, Safe Tree will be the leader in engaging our Urban Forests. By taking care of our trees, we can ensure a healthy future for both the environment and ourselves.

Help Safe Tree name our new Environmental Superhero, pictured above. Send your suggestions to Safe Tree via our Social Media platforms... @safetreetd on Facebook and Instagram.

Good News For “A Change”.

THE MAN ON A MISSION TO PLANT 5 MILLION TREES

Click or copy and paste the link into your browser.

<https://happyeconews.com/2023/01/03/the-senegal-man-on-a-mission-to-plant-five-million-trees/>



From The Tree Recipe of The Month

(THE QUICKEST WAY TO HIS OR HER’S HEART AT VALENTINES)

SWEET AND SAVOURY STUFFED DATES

INSTRUCTIONS:

1. **Line baking sheet** – For easier cleanup, line a rimmed baking sheet with parchment paper.
2. **Remove pit** – Use a **pairing knife** to slice the dates lengthwise on one side and remove the pit.
3. **Stuff cheese** – Generously stuff each date with goat cheese.
4. **Wrap bacon** – Wrap the bacon tightly around the date so the ends meet under the date. (Cut bacon in half for thinner wraps)
5. **Drizzle Honey** – Place the dates onto your baking sheet with the bacon seam side down. Drizzle with honey.
6. **Bake** – Bake @ 375 for 12 – 15 mins or until the bacon is crispy.

Ingredients:

- **24 Medjool dates** – We like using **Medjool dates** as they are large and have that perfect sweetness to them. **You can use your favorite dates for this recipe.**
- **4 OZ Goat cheese** – Your favorite plain soft goat cheese will work.
- **12 Slices Bacon** – We prefer thin bacon because it gets crispy in the oven faster. Thick-cut bacon will take longer, and the dates and filling will end up a little overcooked.
- **2 Tbls Honey** – Though honey can be optional, the added drizzle of flavor is welcoming.

Can I make this without bacon?

Yes! You can just skip the bacon and no baking will be required. Just drizzle the honey over the dates and goat cheese.

Variations and Substitutions:

- Cream cheese instead of goat cheese
- Peanut butter stuffed and coated with chocolate.
- Substitute prosciutto for bacon
- Top or stuff with crushed pistachios or almonds
- Skip the bacon for a no-bake option.

NEXT EDITION

March Madness

Plant Healthcare Hotline and Membership

Good News For “A Change”

From the Tree Recipe (Good Morning Munch)

Please share your thoughts with us regarding our Newsletter. You can send correspondence to info@safetree.ca