

WE ARE CURRENTLY ACCEPTING NEW PATIENTS!
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MIND YOUR MOUTH

DENTISTRY • YOGA • WELLNESS

May is National Dental Care Month..

..and a great time to evaluate your home care hygiene routine. Proper dental care starts with you! We are here to help you maintain a healthy mouth and promote overall health. However, often we only see you twice a year for checkups and cleanings. The other 363 days are your chance to shine.

Take charge of your dental health!

Here are some simple oral health habits you can start today!

- Floss 2-3x/day after meals
- Follow up with brushing 2-3x/day for 2 minutes
- Rinse with fluoride mouthwash for that fresh and clean feel
- Keep your appointment with your dentist for your routine care- if we haven't seen you in over 6 months, call to schedule today!
- Replace your soft bristle toothbrush every 3 months- or if you've been sick recently
- If you're not a fan of regular floss, you can use a waterpik instead to clean in between your teeth



We now carry a variety of mushroom tinctures from **North Spore!**

They offer multiple benefits such as energy, focus, immunity boost, mental clarity, memory, relaxation and more!

Read below for an informative forage overview from North Spore's Louis Giller!



A Foraging Blurb

By Louis Giller of North Spore

"We all interact with the spring bursting of life and change in weather in different ways, but if foraging for mushrooms is an activity you would like to engage in this coming season, I think I have some basic knowledge to help!

- As we know, conditions vary a lot year-to-year and this is only getting more pronounced. Generally speaking though, the desirable edible mushroom species don't begin to appear with much regularity until sometime in May and the season lasts through November. The peak months with the best species are usually July-October.
- No mushroom species in Maine is known to be harmful unless it is ingested. Touching and smelling is fine! You can even lick or nibble and spit out a mushroom to get more information without being harmed (Please be careful with this!)
- There is no general easy rule for identifying whether a mushroom is edible or poisonous. In other words, old wisdom that says something like, "all mushrooms that grow on wood are safe" or "all mushrooms with white gills are poisonous" or "If I boil the mushrooms with silver coins and they turn black, they're poison" should be totally disregarded.
- The best book for beginners that pertains directly to our region is David Spahr's Edible and Medicinal Mushrooms of New England and Eastern Canada. Have multiple sources for comparison including apps and social media groups.
- Make sure you have permission (if needed at all) to forage in a location!
- Gear specific to foraging that I recommend: A good knife that can be opened and closed with one hand, a soft brush, a couple guidebooks, magnifying glass, basket (handheld is preferred), paper bags and/or empty tool/tackle box for collecting.
- 13 beginner species to familiarize yourself with: Oyster, Lions Mane, Chanterelle, Black Trumpet, Maitake aka Hen of the Woods, Chicken of the Woods, Meadow Mushroom, Shaggy Mane, Pheasant Back, Lobster Mushroom, Puffballs, Morels and Hedgehog. Learn scientific (binomial) names too!
- Learn your tree species.
- Don't rush this! Always cook mushrooms well and just eat a little as a test when you are 100% sure of ID. Individuals can be sensitive to even the choicest varieties.
- When harvesting mushrooms, leave as much behind in the habitat as possible. If you know what a mushroom is already cut rather than pull and otherwise brush off debris as much as possible before home. If you are foraging to familiarize yourself with a species, get as complete a specimen as possible home (dig out the base), perhaps multiple of varying ages. Take lots of pictures (cap, gills, cross section).
- Store mushrooms in paper bags in the fridge for short periods of time or consider other preservation methods for long-term storage. Be prepared to preserve before you bring too much home!
- Only take what you and your immediate loved ones need. Be conscious of the impact on the land and other foragers."



Mind Your Mouth had the pleasure of visiting Ten Acre Farm with our friends, family, and community. We went on a lovely goat hike, enjoyed fresh goat milk and cookies, and even got to bottle feed new goat babies!

Thank you to everyone who joined us, and to Karl and Margaret for welcoming us to your farm.

