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SARAH ANDREWS finds a new way to meditate

Relax amongst the plants

Plants have long been associated with healing when used in medicines and remedies. Now the Potimarron vegetable, is being hailed as both a food and a relaxation aid, by a Stratford man.

The unusual orange coloured vegetables are being grown in the town by Choyous Choy one of the directors of the Creative Being Centre in Albany Road.

He started growing the plants last year and found that they adapt well from their natural habitat of Africa.

"The potimarron is great for cakes and for delicious steamed or stir-fried dishes," he said.

"It tastes like chestnut, carrot and pumpkin all in one."

But Mr Choy has also found that the plants have other properties which he has discovered through his work at the centre.

"Many of our relaxation people have found meditating amongst the plants or doing relaxation movements in front of them calm them even faster than doing the same movements indoors with very inspiring and relaxing music," he said.

Mr Choy thinks that with the changes in eating habits which are currently taking place the strange rugby ball shaped vegetable could become commonplace at the dinner table.



● Choyous Choy with six-year-old Tao Chin and seven-year-old Triune Chin.