



ARBOR FARMS MARKET

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Our May 2026 Newsletter for Healthy Living

Hair Need Help?

Strong, shiny hair and fingernails (and toenails) that are smooth and uniform in color, and soft, glowing skin are typically viewed as some of the more visible signs of health. Most children have all of the above but, as you age, factors like stress hormones, oxidative stress and a less-than-healthy diet can cause your hair and nails to become dry and brittle, and your skin rough and blemished.

If you've ever roamed the aisles where supplements are stocked, no doubt you've noticed — and possibly even tried — vitamins or minerals advertising help for your hair, skin and nails. You also may have noticed that there are dozens of products to wade through. It's hard to know what will work and which will be a waste of money. How possible is it for something in a capsule to make a difference? Can something that's good for your hair also help your skin, and vice versa? While dermatologists may say they aren't in the habit of recommending supplements to healthy people, that doesn't mean they won't be beneficial. In fact, here's where they make themselves useful: besides lifestyle changes, knowing the nutritional and supplemental choices you need to make can make all the difference. When hair thins or falls out more than normal, it's often a signal that you're low on some key nutrients.



Nutrients like vitamins A, D, B12 and iron, keep your hair looking full and healthy. If you don't get enough, your locks could suffer as a result. Hair

growth follows a structured cycle with three phases: the growth phase (anagen), the transition phase (catagen), and the resting phase (telogen). This process ensures continuous renewal, much like a plant that sprouts, matures, and eventually sheds to allow new growth.

Vitamins are indispensable to this cycle, acting as nutrients that sustain hair health. For example, vitamin D sup-

“Nutrients like vitamins A, D, B12 and iron keep your hair looking full and healthy.”

ports healthy hair follicles, while B vitamins contribute to keratin production — the protein that forms your hair's structure. Insufficient levels of these nutrients disrupt the cycle, causing hair to enter the resting phase prematurely and resulting in increased shedding or thinning. In short, vitamins are the foundation for robust hair growth; without them, the cycle falters.

Additionally, healthy hair, skin and nails depend on three main structural proteins: solubilized keratin, collagen peptides and elastin. Factors that cause problems fall into two categories: Intrinsic factors such as the aging process affect the levels of all three proteins, as well as your hormone levels, while inflammation and high blood sugar damages both the integrity of collagen and its production. Extrinsic factors such as ultraviolet (UV) radiation from sun exposure can cause free radical damage and increase enzyme activity that breaks down collagen and elastin; air pollution and smoking are examples of “outside” forces that cause skin damage.

While the prescription drug finasteride is touted by the medical industry as the “gold standard” for hair loss, particularly male pattern baldness, clinical studies note that it is also prescribed for an enlarged prostate, and the side effects are hair-raising. One of the most notorious is that it can suppress sexual function. Says Harvard Health: *“In April 2012, the FDA issued a warn-*

ing on finasteride. It stated that sexual side effects could persist even after stopping the medication. Those side effects include decreased sex drive and ejaculation problems. The warning was based on about 100 reports the FDA received over nearly 20 years. Before taking finasteride, men should consider the risk of sexual symptoms and other, more serious side effects. For example, some studies have shown that men who use finasteride for extended periods and develop prostate cancer tend to have a more aggressive and faster-growing form of the disease.”

While the caveat says finasteride may not have been at fault, and the sexual side effects are “probably rare,” such problems occurred in 4% to 6% of the men who took the drug, and the effects were “usually” reversible. It's safe to say that among those numbers, none of the men who experienced them would say it was worth it. Other problems involving hair include those resulting from vitamin and/or mineral deficiencies,

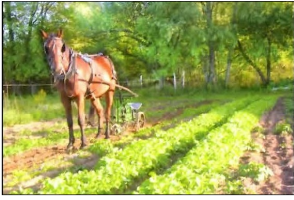
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2026 Organic Produce Club

Michigan Organic Family Farms



Farming Practices

Healthy food starts with promoting life in the soil. Our growers are certified organic. Every year these farms are inspected by a third party and certified in compliance with National Organic Program Standards. This is to assure you that no harmful chemicals, pesticides or genetically-modified organism (GMO) seeds are used in the production of your food. In the rare circumstance that an item in your box is not certified organic, we will include details and an explanation.

About Our Club

By joining our club, you become a patron of organically-grown produce. Our CSA/club has supported small Michigan family farms for over 10 years. In doing so, we have seen that the unpredictability of the seasons can significantly impact the variety, quality and value of the boxes. Simultaneously, weather variations and the availability of farm help (or not) can create problems for a single farm(er). To provide more value and variety in your weekly box, we will be working with several Michigan family farms in the 2026 season. These will include the growers from previous years: Green Valley Organics; Joyful Harvest: Pleasant Lane Farm, and Homer Organic Family Farms. You will find a weekly update in your box with info about the harvest.

What are the benefits?

By subscribing to our club you are supporting Michigan Organic family farms. Not only are members getting the freshest food, but they are also using their dollars to assist and ensure that these farms remain “certified organic”. In appreciation of your patronage, you also receive: a **10% discount on any “in-store” produce purchases, any day**, for the duration of the season (June 17 - October 3); your choice of three different pickup days, and a pickup location that is super-convenient. Grab and run or choose to shop a well-stocked grocery while you’re here.

What might I see in my weekly box?

Early Season: June - mid-July

Asparagus,
Leaf Lettuce,
Swiss Chard,
Kale varieties,
Collards,
Zucchini,
Peas: Snap and Shell,
Salad Greens,
Rhubarb
Strawberries

Summer Season: July/August

Lettuce, Broccoli, Cabbage,
Cauliflower, Radishes, Beans,
Zucchini, Cucumbers,
Hot Peppers, Garlic,
Carrots, Peas, Tomatoes,
Sweet Potatoes, Basil, Garlic,
Kale, Potatoes, Green Onions,
Sweet Corn, Onions, Beets,
Summer Squash, Watermelon,
Blueberries

Late Season: September

Any remaining
summer crops,
Red Peppers,
Hard Squash,
Spinach, Pie Pumpkin,
Late Greens, Turnips,
Eggplant, Parsnips,
Cabbage, Brussels
Sprouts, Watermelon,
Cantaloupe

Enroll now through May 31st

Be a Patron of Organic Produce

Hair Need Help? *continued from page 1*

such as low levels of vitamin D and iron. For those wanting to avoid taking the pharmaceutical route, a combination of specific supplements can help, including the following:

Biotin (B7) helps make keratin, the protein your hair's built from. Not enough,

Iron is essential for hair health, helping red blood cells carry oxygen to hair follicles. Without enough iron, follicles can't get the oxygen they need, slowing growth and causing shedding. While too little iron contributes to thinning hair, having either too much or too little iron

should maintain a vitamin D level between 60 and 80 ng/mL (150 to 200 nmol/L), in spite of the fact that health officials sometimes suggest much less is sufficient. Checking your levels regularly is important, and getting vitamin D via sensible sun exposure is ideal. Widely recognized for supporting bone health, vitamin D also plays a key role in hair vitality. It promotes the development of cells that develop into hair folli-

“Signs like excessive hair loss, along with fatigue or muscle pain, may point to low vitamin D levels.”

and your hair might get brittle or thin. Think of biotin as the builder stacking strong bricks for your hair.

Vitamin B12 keeps your blood cells healthy, carrying oxygen to your hair roots. When these vitamins are low, hair becomes weak, grows slowly or break easily. Thinning hair with symptoms like fatigue or pale skin often signal a B vitamin shortage. Hair loss and red, scaly rashes (especially on your face) are common signs you may need more biotin. To increase vitamin B12, incorporating B12-rich foods, such as grass fed meat and dairy, into your diet. Vegetarians and vegans, who are particularly at risk for vitamin B12 deficiency due to dietary restrictions, should consider supplements.

Oral supplementation is generally effective for mild to moderate deficiency, with dosages ranging from 1,000 to 2,000 micrograms daily. Pastured egg yolk is one of the best sources of biotin. Since biotin is water-soluble, your body will not store it. Hence, your intake needs to remain consistent. Studies on biotin (vitamin B7) once concentrated on nail growth, but because hair and nails are similar systems, supplementing with biotin will work for both.

Sunflower seeds, walnuts, pecans and avocados are all good plant-derived sources of biotin, while protein-based sources of biotin include organic pastured egg yolks as well as milk, butter and cheese made with organic raw milk from grass fed cows, grass fed organ meats such as liver and kidneys, and wild-caught Alaskan salmon.

Collagen — Found in many beauty supplements, collagen can help your hair as well as your skin. A marine collagen supplement, as a source of additional protein, may be useful for vegetarians or vegans with hair loss. Your body cannot produce the essential amino acids that make up collagen, so you must obtain them through either your diet or supplements. One industry-funded study showed that women taking 50 milliliters of a collagen-based product daily for 60 days had fewer wrinkles and less skin dryness after 12 weeks.

has serious repercussions. Iron deficiency is commonly checked for, but iron overload is a far more common problem, yet is often overlooked or ignored.

Hair loss along with fatigue, memory problems, or pale skin could mean an iron deficiency. A straightforward blood test, known as a serum ferritin test, provides valuable insights into your iron status. You want your ferritin level below 100 ng/mL; the ideal range is 20 to 40 ng/mL. Below 20 ng/mL is an indicator that you are iron deficient, while a level above 100 ng/mL indicates inflammation, high iron or both. Eat iron-rich foods like grass fed red meat and pair them with vitamin C from citrus fruits to improve absorption. Before considering supplements, be sure to get a serum ferritin blood test, as too much iron is harmful.

Vitamin A keeps your scalp healthy by controlling sebum production, the natural oil that moisturizes hair.⁶ Too little dries out hair, while too much contributes to thinning and scalp issues. Vitamin A is like a dial that needs to be set just right for optimal hair growth. Dry, brittle hair is often a sign you need more vitamin A, but thinning or scalp irritation could signal excess. To optimize your vitamin A status, focus on consuming a variety of vitamin A-rich foods. Good sources include liver, egg yolks, butter from grass fed cows, and orange and yellow vegetables like sweet potatoes and carrots. These foods provide either preformed vitamin A or provitamin A carotenoids that your body can convert to active vitamin A.

While supplementation can be beneficial if you're deficient, it's important not to exceed recommended intake levels, due to negative effects from excessive supplementation. If you're concerned about your vitamin A status, consider having your levels tested before starting any supplementation regimen.

Vitamin D — Another common cause of hair loss is a vitamin D deficiency, which in some cases leads to alopecia. Vitamin D stimulates hair follicles to grow, so when you don't get enough, your hair can be affected. You

Michigan Grass-fed Beef: *Humanely-raised on Person Farm in Camden, MI*



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cles, the microscopic structures responsible for hair growth. Vitamin D levels are often low in people with hair loss. A deficiency impairs follicle production, leading to thinning hair. Consider vitamin D as the catalyst that initiates healthy hair renewal.

Signs like excessive hair loss, along with fatigue or muscle pain, may point to low vitamin D levels. The best way to know if you're in an optimal or deficient state is to get your vitamin D level tested. The best way to boost your vitamin D level is with regular, sensible sun exposure. Minimize direct sunlight during peak hours (10 a.m. to 4 p.m.). If sun exposure isn't possible, vitamin D3 supplementation may be necessary.

Your hair often reflects your inner health, with thinning or shedding hinting at deficiencies in vitamins D, B12, or A, and possibly iron. Each plays a unique role in hair growth, strength, and scalp health. The good news? Fixing these gaps is simple. A diet rich in nutrients, based on a variety of whole foods, gives your hair what it needs.

Reference: Cleveland Clinic March 17, 2016. *Verywell Health* May 21, 2019. Skin Cancer Foundation 2019. *International Journal of Cosmetic Science* March 4, 2011. *Harvard Health* January 2013. NIH May 14, 2019. American Academy of Dermatology 2019. University of Iowa 2019. *Advances in Therapy* June 23, 2017; #S(7):1594-1609. *Clinical Interventions in Aging* 2014; 9: 1747-58. *Medical News Today* April 30, 2018. *PLoS One* June 15, 2018. FDA.gov February 24, 2019. *Endocrine Society* April 11, 2016. National Sleep Foundation February 2, 2015. *Science Daily* July 22, 2013. Case Western Reserve University, *Effects of Sleep Quality on Skin Aging and Function*. *Nature* 2018. Posepy Dermatologii Alergologii July 16, 2020; 37(3):407-11. *Verywell Health* January 24, 2026. NIH, *Iron Fact Sheet for Consumers*.



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2026 Organic Produce Club Michigan Organic Farms

**Duration: 16 weeks/
June 17 - October 3**

Cost: \$550

Share Size: 1/2 Bushel box
(2-person size, about 7-8 lbs
will vary w/ seasonal contents)

Subscriber Information

Name(s) _____

Phone # _____

Address _____

Phone # _____

City/Zip _____

E-mail _____

Choose your Pickup Time: (circle one)

Wednesdays @ 7:30AM or **Thursdays @ 2:30PM** or **Saturdays @ 7:30AM**

Boxes are clearly marked with surname of subscriber and are placed on the dedicated pickup rack adjacent to the main entrance, outside the store under our canopy. **You will be able to park, pick up your box, and be on your way in as little as 60 seconds!** Boxes not picked up within 36 hours will be donated to Food Gatherers. If you will be unable to make your pickup, please e-mail info@arborfarms.com the week prior to change your day. You may also gift your box to a neighbor or friend willing to pick it up. E-mail info@arborfarms.com with questions.

Choose your Payment Schedule: (circle one) **Please make checks payable to Arbor Farms**

\$550 paid in full

\$275 now, remaining \$250 by May 31st