

Nutrition Education Newsletter for Members of the California Grey Bears

“Let me see...I think it was on the table!”

Two newly published studies once again confirm that a ‘Mediterranean diet’ is linked to lower risk for mortality and chronic diseases, and may also protect against mental decline with aging. Thus comes the suggestion this **May, Mediterranean Diet Month**, to understand that one of the key components of memory-saving is to keep the rest of one’s body healthy! (And eat lots of *fresh* vegetables and berries.)

In other words, many medical conditions - from heart disease to depression - can affect your memory. So how about a trip to the farmers market, your garden, your Grey Bears bag of goodies, or your friendly neighborhood market to pick up some memory-building Mediterranean veggies, especially those top-of-the-chart-nutrient-rich greens?



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|----------|-----------------|---------------|----------------|------------------|
| Arugula | Brussel sprouts | Daikon radish | Landcress | Shepherd’s purse |
| Bok Choy | Cabbage | Horseradish | MUSTARD GREENS | TURNIP GREENS |
| Broccoli | Cauliflower | KALE | Radish | WATERCRESS |
| | Chinese cabbage | Kohlrabi | Rutabaga | |
| | COLLARD GREENS | | | |

It’s on the tip of my tongue. Just give me a minute. I’ll remember.

A few years ago while cutting the stems and veins away from a pile of chard leaves, Grandma Minnie’s curiosity got the best of her. She asked, “Sandi, why are you cutting off those stems of gold? The stems (and veins) are the channels by which the plant receives all those valuable minerals from the soil that help our bodies to pump and chug?” What could I say, except for “Oh!”

I know now that *thinly* slicing the stems/veins and *coarsely* chopping the leaves is a great way to make these hefty greens palatable. And again Grandma is right. Minerals help regulate body functions and balance fluids. In this sense they are great pumpers and chuggers.

Yet, these fabulous GREENS offer MUCH MORE. They are some of the MOST NUTRIENT-RICH FOODS around. The veggies listed above are known as the cabbage or cruciferous family (cruciferous means ‘cross-like,’ as their flowers form little cross shapes). These veggies offer a plethora of compounds (antioxidants and glucosinolates) that supercharge one’s immune system, thereby providing protection from chronic diseases (cancer, diabetes, heart disease) and premature aging (and memory loss).

Without getting toooo scientific, it’s enough to know that lutein and beta-carotene are key antioxidants that protect our bodies from oxidative stress, and sulforaphane is an outstanding glucosinolate that exhibits anti-cancer, anti-diabetic, anti-microbial protection. WOW!!!

You might think of eating greens as 'buying more memory' for your body's 'hard drive.' But what Minnie would be thinking and saying would be more along the lines of "Did you chop some fresh garlic to adorn those green goodies?"

Well, I did put some garlic in my latest kale salad recipe along with a few other tasty delights. I actually can't wait to share this, my *Starflower Kale Salad*, with her and show her my blue, 1st-place ribbon! Yes, this recipe that I am sharing this month won top award at the Homeless Garden Project's Kale Fest Recipe Contest this past weekend. Yeah!!!

This is the way to experience greens and yummy living. The *Starflower Kale Salad* is not cooked, contains no oil, no dairy or animal ingredients, and is full of FIBER and micronutrients that will help you *to remember to eat more memory-saving greens!*

Experience the *Ca-shew, Bless You Spread* as a fabulous accompaniment to any Mediterranean vegetable medley. (See following recipes.) Yes, DO THIS AT HOME and then take a neighborhood walk!!!

Award Winning *Starflower Kale Salad*

(Kale Fest 4-29-2012)

Toss a bunch of finely chopped kale with ½ cup fresh lemon juice. Let sit for 4-8 hours.* After kale has 'marinated,' drain off excess juice and thoroughly stir in ¾ cup '*Ca-shew, Bless You*' Spread (recipe below). Lastly, add ½ chopped red bell pepper, ½ thinly sliced red onion, ¼ cup pumpkin seeds. Toss. Decorate your salad with circles of borage flowers for a real visual treat (and eat some great essential fatty acids)! If you don't have blue borage starflowers, substitute rose petals, pansies, or nasturtiums for great color. *Hand massaging marinated kale for 5-10 minutes hastens the 'wilting' process.

'*Ca-shew, Bless You*' Spread

First Add to food processor or blender in this order:
1/2 cup raw sesame seeds
1 1/2 cups raw cashews (or almonds)
1/4 cup nutritional yeast
1 teaspoon garlic powder
(or 1-2 fresh cloves, chopped)

Next add 'wet' ingredients and process until smooth
1/2 jar of roasted peppers (16 oz red fire-roasted peppers)
1/2 cup roasted pepper water, or plain water
1/4 cup lemon juice
1 Tablespoon Bragg's Liquid Aminos, Coconut Secret
Coconut Aminos, or Tamari (soy sauce)

Leftovers can be saved in a sealed container in the refrigerator for 3-5 days.

'*Bless You*' Spread actually won't last too long, since there are so many ways to enjoy this cashew delight. This can be a super next day lunch option as is, or in a pita pocket with temphe, cucumbers, tomatoes, and/or shredded carrots.

Eat your Greens. Eat your Greens. Eat a Rainbow of Veggies. And remember to Eat your Greens.

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