

Bounty of the Season

As the growing season draws to a close, food is in abundance.

Seasonal eating refers to consuming fresh fruit and vegetables at the time when they are naturally available. The advantages are many:

- Buying locally grown foods helps to reduce the pollution and burning of fossil fuels to ship and refrigerate from greater distances.
- When picked at peak ripeness the flavor is enhanced and the full potential of phytonutrients, vitamins and minerals are available.

In a report comparing nutrients of organic vs non-organic foods in the British Journal of Nutrition, findings indicated that the concentration of antioxidants and phytonutrients was higher in organic foods. Conventionally grown foods had higher occurrences of pesticide residues which included cadmium, a poisonous toxin found in phosphate fertilizers and pesticides (among other things).

If these foods undergo processing, such as blending into 'prepared' foods or canning, some of these nutrients are lost. Freezing is somewhat less detrimental, but any application of heat, such as parboiling, initiates some of this loss. Even so, I highly recommend taking advantage of this abundance and preserve some for the winter months. For 'how-to' information visit www.preservefood.com or for storing without refrigeration www.motherearthnews.com under the Real foods tab.

Many whole foods contain natural enzymes that aid in the digestion of that food, these are also degraded with processing. Dehydration and fermentation are options that help retain nutrients and enzymes – or just

eat them raw! Raw foods should always be a part of your weekly menu.

Shredding or steaming is recommended for those with any IBD issues.

Get to know local producers and don't be shy to ask about their farming practices, and/or visit a trusted grocer who carries naturally produced, local foods. Know that you are supporting families, business and economy.



When growing some of your own foods, be conscious of nurturing the soil and producing chemical free, natural foods.

Tidbits A to Z

Blueberries this little, low calorie powerhouse has robust DNA repair abilities. This means they can increase your lifespan! When combined with a balanced, low calorie diet, they will optimize immunity, protect against UV damage, and help prevent CVD, cancer and diabetes.



Provide the **Brain** with essential fatty acids, B-vitamins, folic acid, sulfur and methyl compounds for neutralizing toxins, magnesium and plenty of antioxidants like zinc, Vitamin C and E, and your IQ, memory and mental state will improve. Salmon, sardines, walnuts, flax, chia & pumpkin seeds, avocados, eggs, gluten-free whole grains, olive oil, beans & legumes, onions, garlic, dulse, lots of fresh fruit, veggies and dark leafy greens are some of the foods that will provide these nutrients.



Buckwheat is technically not a grain, but a multi-purpose, gluten free member of the Sorel and rhubarb family. It has been shown to aid in lowering LDL cholesterol, strengthen capillary walls and is a reasonable source of protein. It has been used around the world for centuries to make Soba noodles, Kasha porridge, crepes, pancakes, whiskey, beer and even tea known as Sobacha.

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Food preferences also change with the seasons, particularly in Canada with our distinct climate differences.

- Hot humid days encourage us to consume foods that are higher in moisture, fresh fruits and softer vegetables that are also high in vitamin content. ‘Cooling’ herbs such as mint, lemon balm, lemon grass, are also enjoyable.
- With the colder weather we reach for ‘warming’ foods, herbal teas and dishes made with those fall favorites, root vegetables and dark leafy greens that can be lightly steamed. Warming spices such as cinnamon, nutmeg, ginger, clove, curry and turmeric also foot the bill and are a great source of antioxidants.

Just remember – **“your health is your most valuable resource”**. As a Nutritionist, I encourage you to engage in genuine cooking – by this I mean from scratch, with quality, seasonal foods as often as possible. The benefits are subtle, but in the long term can provide you and your family with a long and vital life.

Recipe of the Month

Roasted Beetroot with Yogurt Zing

Baked, barbequed or cooked right on a campfire!

Although roasting in foil would not be my first choice of cooking methods, these colourful delights can be cooking while the rest of the meal is being prepared.

Cut cleaned, topped and tailed beets into 1 – 1.5” chunks

Spread on a double layer of foil, large enough to crimp into a rectangular pouch.

Dab with 2-3 tablespoons of butter, season with salt, pepper.

Fold/roll two long edges together to form a sleeve roughly 4-5” wide,

Then fold/overlap ends to seal.

Cook for about 40 – 45 minutes beside the coals of a fire or on a barbeque, turning often.

Other root vegetables can be used in combination, the softer the vegetable the larger the pieces should be.

Yogurt Zing – to dip or drizzle over cooked beets.

1/3 cup mayonnaise, 1/3 cup plain yogurt, 1 tblsp horseradish, fresh chopped parsley.



Q&A

Is there something I can do about the dry, rough skin on the back of my arms? C.R.

The skin is considered our largest organ. It is affected by many external factors as well as internal. Deficiencies of essential fatty acids, B-vitamins, vitamin A and sulfur may be the cause of rough, dry skin and are implicated in more serious issues such as eczema, dermatitis, and psoriasis. Food sensitivities may also play a role in these conditions, and may require further investigation to narrow down the offending foods. Sensitivities to personal care products may also be a possible contributing factor. Vitamin A is recommended for improving dry, bumpy skin. If you also notice dandruff, acne, poor night vision, are Diabetic or have hypothyroidism you may be deficient. Good food sources include liver, fish liver oils, egg yolk and some in dairy products. Beta Carotene which converts into vitamin A, is found in dark leafy greens, orange vegetables and fruits, so be sure to include plenty from both sources to ensure adequate intake!

Foods That Harm, Foods That Heal. Readers Digest Association Inc., 2004

New Optimum Nutrition for the Mind, Patrick Holford, Basic Health Publications, Inc, CA, 2009

Staying Healthy with the Seasons, Elson M. Haas, Celestial Arts, Berkeley CA, 2003

www.wholegrainscouncil.org