



Where Food Nourishes Body, Mind & Spirit!

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"Find the thing that stirs your heart and make room for it. Life is about the development of self to the point of unbridled joy." Joan Chittester

NEWS YOU CAN USE!



Cape Cod Food for Life Classes

Naples Classes

Recipes from Class Members

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Produce & Pantry Storage Guide



A message for all my family and friends up north, especially in Massachusetts, "Spring is less than two months away!" Hang on to that thought, while you create soothing images of crocuses, daffodils, and tulips gracing the landscape. And for you snow lovers, like my son, be safe and enjoy those ski trails!

Even though this news won't be much of a consolation for those experiencing record breaking snow and freezing temps, it's cold down Florida way right now. I can just hear you, "Yeah, 40 at night, 50 in the morning and up to 70 in the day, and you're saying it's cool!" I know, just trying to be helpful and hope-filled!

With snow most likely on the ground till early April, I'm preparing to be buy a pair of boots down here for my trip north on April 3rd! Don't think sandals will cut it when I land at Logan!

Wherever you are, I hope you are experiencing safety, warmth, good health and joy in your life!





**Cape Cod Food for Life Classes
For
Cancer Prevention/Survival/Overall Health & Wellness**

- When:** Wednesdays
April 29th, May 6th, May 13th, May 20th
1 - 3 pm
- Where:** Cape Cod Hospital's Lorusso Board Room
- Cost:** This 4-week series is **FREE** to the public, **thanks to funding from Cape Cod Healthcare.**
- The Series:** Presents evidenced based research on the foods known to not only prevent disease, but enhance survival for those living with chronic illnesses. Each class is comprised of DVD lecture on a specific topic (i.e. How Foods Fight Disease), cooking demonstrations, and then enjoying all prepared dishes. Resources provided.
- Registration:** Is necessary. Please either call or email instructor, Joanne Irwin, at 239-784-0854 or joanneirwin72@gmail.com **Class limited to 20!**

Spread the word! We want to foster health and wellness throughout Cape Cod!



Food for Life Classes, Naples, Florida

The three FFL series are all filled for this season. It has been such a joy to meet so many open and growth-oriented people who desire to take charge of their health and wellness. I hope my class participants know how much they give to me!

For folks who are interested in more classes in the off season, please contact our other **PCRM instructor in Naples, Terry McQuillin**. Terry is currently doing classes for staff at NCH. She'll be offering classes throughout the year, so send her your email and she'll put you on her waitlist. Email her at terry@naplesairforce.com.

Some pics from our recently completed Kickstart to Health series:



For our last class, I invite class participants to prepare a plant based dish for a potluck feast. We were all treated to a variety of delicious, healthy vegan foods minus oil and other dastardly artery clogging, toxic ingredients.



Zucchini pasta (made with spiralizer), eggplant meatballs & marinara sauce. Delectable!



Indian Basmati brown rice, Curry Lentil & tomato stew, Enchilada Pie in background.



Fresh fruit from participant's trees, baked beans, sprout salad, fresh Veggies and cashew cream dip.



Mouth-watering lentil loaf with mushroom sauce.



Everyone feasted on a little bit of everything, with plenty of seconds enjoyed!

If anyone thinks that eating whole foods-plant based is tasteless, dull and boring, give this a try. Your palette will be surprised and delighted, and your cells will no longer shed tears. They'll be celebrating your healthy and heart saving food choices!!



Recipes from our Kickstart Your Health Potluck Graduation!

Vegan Eggplant Meatballs

Class member found this recipe here: <http://www.skinnytasate.com/2014/05/vegan-eggplant-meatballs.html> (I've made a couple additions.)

1 lb. unpeeled eggplant, cut into 1-inch pieces

1 tsp kosher salt

$\frac{1}{2}$ tsp black pepper

1 medium onion, chopped

1 T minced garlic

1 cup cooked white beans (or drained, rinsed canned beans)

$\frac{1}{4}$ cup chopped fresh parsley

1 cup whole wheat breadcrumbs or panko (Participant used $\frac{1}{2}$ breadcrumbs and $\frac{1}{2}$ oat flour)

Pinch red chili flakes (optional)

Class member also added about $\frac{1}{4}$ cup nutritional yeast and $\frac{1}{2}$ cup ground walnuts.

This Sicilian Italian would add 2 tsps dried oregano!

Heat oven to 375. Spray a large rimmed baking sheet with cooking spray or line sheet with parchment paper and avoid the oil!

Using paper towel dabbed with a wee bit of oil, coat a non-stick skillet. Heat till hot. Add the eggplant and $\frac{1}{4}$ cup water. Season eggplant with salt and pepper and cook, stirring occasionally until tender. Takes about 10-15 minutes. Transfer the eggplant to a food processor.

In a little bit of water, saute the onion and garlic for about 3-5 minutes. Add them to the processor along with the drained beans and parsley, and pulse till well combined and chopped, but NOT pureed! Combine the above mixture with the breadcrumbs, chili flakes, if using and any other Italian spices you like to add. (I always like to use dried oregano and ground fennel seeds.) Roll into 12 meatballs. Transfer to baking sheet and bake until firm and browned, about 25 to 30 minutes.

Zucchini Noodles: Spiral cut the zucchini, salt them, drain in colander to pull out the liquid, then saute in either a little water or wine for 2 minutes.

Vegan Parmesan Cheese:

$\frac{1}{4}$ cup nutritional yeast

1 cup raw, unsalted cashews (I used almonds to make mine - so good)

1 tsp salt

Process ingredients till consistency of parmesan cheese. Tastes very much like the real thing! You'll be surprised.

Our class member used Whole Foods Organic Pasta Sauce, and she added yellow, red and green peppers to the sauce.

Mung Bean Salad

2 cups unsprouted mung beans (Makes about 5-6 cups when sprouted.)

$\frac{1}{2}$ cup celery, minced

1 bunch scallions, chopped

1 red pepper, chopped

1-2 T fermented soy sauce

Pinch of cayenne powder

Mix all ingredients and marinate for at least 1 hour.

Sprouting Mung Beans: soak beans in water for 8 hours; drain in fine strainer; rinse 3-4 times/daily. They will be ready in about 2-3 days!

Class participant used Chef AJ's Yummy sauce for dressing (on my website).

My Gift to YOU! BANANA ICE CREAM

When your bananas begin to ripen, and they become too soft for your liking, peel and freeze.

Then when you have a hankering for ice cream, and you want to avoid the soy and rice cream substitutes (that are tasty but filled with fat, sugar and loads of ingredients), put 2 of those frozen bananas in a high speed blender (like a Vita Mixer or NutriBullet), add 2-3 T of almond milk or other favorite non-dairy milk, a tsp of vanilla, a handful of walnuts, and blend till reaches ice cream consistency. Dollop into bowls, dress with a sprinkle of cinnamon, and you'll experience a taste sensation!! (Note: You can either add or decrease non-dairy milk to achieve consistency of your liking!)

Cheese and ice cream seem to be the two foods that folks have a hard time bidding adieu. I guarantee that once you begin to eat the foods that heal, you won't miss these foods at all. Your cravings will stop. I haven't had ice cream since 2006, and even then it was a rare treat. I can sit outside an ice cream shop and watch folks indulge, and my cells are shouting, "Yippee, thank you, you love us, you're taking care of us. Bravo!!"



**Cape Cod February Green Nosh
At Kabob n Curry in the Cape Cod Mall
Saturday, Feb. 28th, 2 pm**



Here's what Alvan had to say about this new, exciting establishment: "Kabob n Curry features traditional Indian cuisine that includes appetizers, kabobs, freshly baked unleavened bread, sweets, and more! The restaurant is fast casual; the food can be spicy depending on what you choose; you can get a taste before you purchase, if you like. Prices range from a couple of dollars for appetizers to \$6-8 for an entrée. The food is fresh, gluten free, and there are vegetarian and vegan options, along with chicken and lamb.

Saturday at 2 pm might be a good time since it's the end of luncheon time. Bring a friend. Let's support those restaurants that offer vegan options."

RSVP to Alvan at: bennyg576@aol.com.

He also encourages everyone to watch the video attached, only a few minutes via TED talk. It's by Ori Shavit of Vegan's on Top. She gives a lively talk.

<https://www.youtube.com/watch?v=STdSfeMDeI4>

Note and VIP: Remember, Green Nosh members, send your \$20 yearly dues for our Green Nosh Group to Charlotte Edgecombe, Treasurer. Make check out to: Green Nosh of Cape Cod. New members and persons checking out our group, can attend 3 meetings at no cost!! Charlotte's address: 36 Whistler, Dennisport, MA 02639

PRODUCE AND PANTRY STORAGE GUIDE



Lindsay Nixon, author of the Happy Herbivore series of plant based cookbooks, sent these helpful hints for food and pantry storage. I often get asked how long can a certain fruit or veggie be safely stored in the frig or pantry. Here's your answer!

FRUITS

Apple	Frig drawer	Naked	3 weeks
Avocado (whole)	Countertop (then frig when ripe)	Naked	4 days once ripe
Avocado (half)	Frig shelf	Lemon juice Squeezed on flesh, wrapped in plastic	1 day
Banana (whole)	Countertop	Naked	3 days once ripe
Banana (half)	Frig shelf	Peel on, wrapped in foil	1-2 days
Berries	Frig drawer	Uncovered, vented container	3-5 days
Citrus (whole)	Frig shelf	Naked	2 weeks
Citrus (half)	Frig shelf	Wrapped in plastic	2-3 days
Grapes	Frig drawer	Perforated plastic bag	1-2 weeks
Melon (whole)	Countertop	Naked	5 days once ripe
Melon (half)	Frig shelf	Wrapped in plastic	7-10 days
Peach/Plum	Countertop (then frig when ripe)	Naked	5 days once ripe
Pear	Countertop	Naked	4 days once ripe
Tomatoes	Countertop	Naked	5 days

VEGETABLES

Asparagus	Frig shelf	Stems in water, lightly covered in water	4 days
Beets	Frig shelf	Plastic bag	2 weeks
Bell pepper	Frig shelf	Plastic bag	1 week
Broccoli	Frig drawer	Plastic bag	5 days
Cabbage	Frig drawer	Wrapped in plastic	2 weeks
Carrots	Frig drawer	Plastic bag	3 weeks
Cauliflower	Frig drawer	Wrapped in plastic	5 days
Celery	Frig drawer	Wrapped in foil	2 weeks
Cucumber	Frig drawer	Wrapped in plastic	1 week

Dark leafy greens	Frig drawer	Plastic bag with dry paper towel	1 week
Eggplant	Countertop	Naked	2 days
Garlic	Dark pantry	Naked, whole	2 months
Ginger (uncut)	Frig shelf	Naked	1 month
Ginger (cut)	Frig drawer	Plastic bag with dry paper towel	1-2 weeks
Ginger (peeled & cut)	Freezer	Plastic bag	2 months
Head of lettuce	Frig drawer	Plastic bag with dry paper towel	5 days
Mushrooms	Frig shelf	Paper bag	3 days
Onion (whole)	Dark pantry	Naked	1-2 months
Onion (half)	Frig drawer	Sealed plastic bag	3-5 days
Parsnips	Frig drawer	Plastic bag	2 weeks
Potatoes	Dark pantry	Paper bag	1-2 months
Radish	Frig shelf	Plastic bag with dry paper towel	2 weeks
Salad greens	Frig drawer	Large plastic container, layered with dry paper towels	10 days
Summer Squash *	Frig shelf	Plastic bag	5 days
Sweet potatoes	Dark pantry	Paper bag	2 weeks
Winter squash** (whole)	Dark pantry	Unwrapped	1 month
Winter squash** (half)	Frig drawer	Wrapped in foil	2-3 weeks

Note: * Zucchini, yellow squash

** Acorn, butternut

FRESH HERBS

Basil	Countertop	Stems in water, lightly covered with plastic	1 week
Chives	Frig shelf	Wrapped in damp paper Towel, wrapped in plastic	5 days
Cilantro	Frig shelf	Stems in water, lightly covered in plastic	1 week
Parsley	Frig shelf	Stems in water, lightly covered in plastic	1 week
Rosemary & Thyme	Frig shelf	Wrapped in plastic	2 weeks

PANTRY STAPLES

Flour (unopened)	Dark pantry	Original package	2 months
Flour (opened)	Freezer	Glass, metal or heavy duty plastic containers	6-12 months
Sugar	Dark pantry	Air-tight plastic or glass container	2 years
Grains	Dark pantry	Air-tight plastic or glass container	6-12 months
Sandwich bread	Countertop or frig*	Plastic bag	1-2 weeks
Hard crust bread	Countertop	Paper bag	2-3 days
Nuts & Seeds	Frig	Air-tight glass jar	1 month
Dried herbs & spices	Dark pantry	Air-tight plastic or glass Container	1-3 years

Note: * Depends on climate and season!

OPENED CONDIMENTS AND INGREDIENTS

Salsa	Frig	Air-tight plastic or glass container	1-2 weeks
Pickles	Frig	Air-tight glass jar	1-2 years
Tofu	Frig	Air-tight plastic or glass container, covered in water	2-3 days
Nutritional Yeast	Dark pantry	Air-tight plastic or glass container	1 year
Vinegar	Dark pantry	Air-tight plastic or glass container	2 years
Ketchup & Mustard	Frig	Air-tight plastic or glass container	1 year
Vegetable broth	Frig	Air-tight plastic or glass container	7-10 days
Plant based milks	Frig	Air-tight plastic or glass container	7-10 days

Note: **"Eating on the Wild Side"** is a most informative book on the history of fruits and vegetables by Jo Robinson. The author suggests that to keep those greens that are sold in plastic bags or plastic containers fresh, open the greens and soak in ice cold water for 10 minutes. Then drain well, using salad spinner, place in plastic bag, seal, getting air out as much as possible, then using a pin, punch about 5 holes in the bag. Your greens will last up to 2 weeks. After reading her book and trying this technique, I'm happy to report that it works well!



During this month that celebrates love, hearts, warmth, and closeness, remember to love your wondrous, miraculous body! Feed and fill this gift with foods that create a fertile ground for health and wellness. And I'll close with Dr. Michael Klapner's famous words, "Remember, your body is never not looking!"

