

## Where Food Nourishes Body, Mind & Spirit!

June 2015

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*"Many persons have a wrong idea as to what constitutes happiness. It is not attained through self-gratification but through fidelity to a worthy purpose." Helen Keller*

## NEWS YOU CAN USE!

Hello  
**JUNE**

June Green Nosh  
Green Nosh News

Food for Life Classes  
Cape Cod Hospital &  
Creative Energy Center

Special Event in June!

Recipes for Health!

Info on Human  
Trafficking

Dr. Sidhartha & Diane  
Suhm's Business Venture



Isn't it exhilarating to witness the new life throughout the Cape? Driving along the still quiet roads is a feast for the senses.... Rhododendrons in full bloom, hydrangeas budding, and folks crowding local nurseries to load their carts with nature's beautiful, healing bounty.

On our home front, the vegetable garden is popping. Nothing like going out each morning to see the new growth! That birthing process never ceases to amaze me.

New life is sprouting in other areas, as well. Our Green Nosh Group of Cape Cod is growing. People are more aware than ever that food is the new medicine! The Food for Life classes are being sponsored by the Community Benefits Program at Cape Cod Healthcare, and a first time ever event on Cape Cod is being planned by our group for this October.

The other day my angel card read 'Abundance', and I'm grateful for so many wonderful people who have come into my life through Food for Life and our Green Nosh Group!

# JUNE 2015 GREEN NOSH

This is going to be a bit different. Be open, read on!

A suggestion: Get a good night's sleep on Sunday, June 21<sup>th</sup>. Awaken early on the 22<sup>nd</sup>, be open, curious, and ready for a new experience. We're having an early Green Nosh get together at:

**The Pickle Jar Restaurant**  
**170 Main Street, Falmouth**

**8 AM**



Cassandra Gallant, one of its chef/owners, is eager to greet and welcome our Group to her popular restaurant which is known for featuring healthy, creative plant based options on its breakfast menu. Since school ends that week, Cassandra noted that their days get crazy busy and suggested we come early to beat the crowds.

She will need numbers so **RSVP asap**. Either call me at 508-258-0822 or email [joanneirwin72@gmail.com](mailto:joanneirwin72@gmail.com)



**Hear Ye, Hear Ye!! Check us out on Facebook: Google:  
Green Nosh Group of Cape Cod**

## Our May Green Nosh

On May 27<sup>th</sup>, twenty-four Green Noshers gathered to enjoy a healthy, delicious pot luck feast, welcome new members, and hear from one of the best, Dr. Caldwell Esselstyn, author of "Prevent and Reverse Heart Disease". Dr. Esselstyn was a keynote speaker on the recent Holistic Holiday at Sea cruise which I went on last March and, of course, yours truly returned with a wealth of DVD's from the week long lectures. His research on preventing and reversing heart disease is astounding. His recent study with a large group of patients clearly evidences that what we put on our forks matters. To read that study, go to: [www.dresselstyn.com](http://www.dresselstyn.com)



Bobbi telling about her culinary creation!



Folks getting ready to dive into the food!



Tricia, Green Nosh Secretary and Charlotte, Treasurer



Vic along with Mary and Joe



The feasting begins. If only Cape restaurants would serve some of these healthy and tasty foods!!



**Eggplant Cannelloni**



**Chana Masala**



**Vegetarian Chili**



**Organic Hummus**



**Rainbow Bean Salad**



**Sweet Fruit & Nut Chocolate Treats**

We enjoyed many more wonderful dishes: Butternut Squash Risotto, Faux Crab Cakes with Remoulade Sauce, and more! So come to one of our Pot Lucks to learn more about the good meals you can enjoy among the new Four Food Groups: Fruits, Veggies, Legumes & Grains! Your cells will thank you and your heart will truly smile!

# GREEN NOSH BUSINESS

Now that you know our mission, get to know our officers:

Coordinator	Yours truly
Co-Coordinator	Alvan Hathaway
Secretary	Tricia Debs
Treasurer	Charlotte Edgecombe

Our group became more formalized last December, as folks expressed a need to initiate dues for a variety of reasons. We decided on dues at \$20 per year; however, it was decided that folks could attend 3 meetings without any dues investment to ensure that our group was right for them.

Dues will be used to pay for venue site, guest speakers, special events, and to begin developing a lending library.

We currently have a little under \$300 in our account and some of that money will be used for our first ever Plant Based Chef Challenge, which is being organized by our Chef Challenge team.



**The Chef Challenge:** To date we have 6 restaurants committed to the Challenge. The purpose of the Challenge is to expand awareness among our restaurant community of a need for plant based options, and to have participating restaurants include on their menu for the entire month of October a healthy, creative, and whole foods plant based option.

We will be sharing more details as we go along, but our team is excited to make this event a reality on the Cape. We want to make sure that our plant based community can eventually go into any restaurant and be able to enjoy a healthy, plant based option other than the regular veggie wrap and pasta marinara that is most often suggested for us plant based foodies.

We're always in need of more folks to help us out, especially when it comes time to visit restaurants in October. If you'd like to participate, and be part of our team, give me a call.

Only TOGETHER, can we make this dream a reality!

# SPECIAL JUNE EVENT



**112 West Main Street, Hyannis (Upper floor of By Design Salon)**

Please join us for a 2-part series about healthy living through a plant based diet.

**Friday June 12<sup>th</sup>, from 7 - 9 pm**

Dr. Kumara Sidhartha

Proper Nutrition Prevents Illness

Investment: \$20.00

**Friday June 19<sup>th</sup>, 6:30 - 8:30 pm**

Joanne Irwin, M.Ed.

Food for Life Cooking Demonstration

Investment: \$20.00

**The first presentation will be given by Dr. Kumara Sidhartha.** He will explain how nutrition can be used to prevent and treat chronic diseases such as diabetes, high blood pressure, heart disease, and arthritis.

Dr. Sidhartha completed his residency training in Internal Medicine at Lincoln Medical and Meantl Health Center - affiliated with Cornell University, New York. He is a graduate of the Master of Public Health (MPH) in Nutrition program at the School of Public Health and Department of Nutrition at the University of Massachusetts, Amherst, MA (USA). He is certified in Plant Based Nutrition by eCornell University and Colin Campbell Foundation in New York. His interviews on plant based nutrition and sustainable food production has been featured in the National Public Radio (<http://capeandislands.org/post/plant-based-diet-benefits-your-health>) and the *Cape Cod Times*: (<http://www.capecodtimes.com/article/20120418/LIFE/204180301?template=printart>.) In 2009, he received the Fragile Earth Award given by Housing-for-All Corporation of Cape Cod, awarded in recognition of his ongoing efforts to educate the public about plant-based food and its inter-connectedness to human and planetary health.

**The second follow up presentation will be given by Joanne Irwin, M.Ed** a certified Plant Based Educator/Consultant with Physicians Committee for Responsible Medicine and the eCornell Program at Cornell University and the Colin Campbell Foundation in New York. Learn the foods that heal, enjoy cooking demonstrations, and sampling of all prepared dishes.

**To Register: contact Susi Bertini 508-274-7204 or email us at [creativeenergycenter@gmail.com](mailto:creativeenergycenter@gmail.com)**

# FOOD FOR LIFE CLASSES



Two more series are being funded by Community Benefits of Cape Cod Healthcare:

## August 2015

"How Foods Prevent Cancer, Enhance Survival & Promote Overall Health & Wellness"

Wednesdays from 1 - 3 pm  
At the Mugar Cancer Center, Cape Cod Hospital

August 5, 12, 19 and 26

## November 2015

"How Foods Prevent Cancer, Enhance Survival & Promote Overall Health & Wellness"

Wednesdays from 1 - 3 pm  
At the Mugar Cancer Center, Cape Cod Hospital

November 4, 11, 18 & December 2

Series limited to 20 participants. This is FREE to the public. Registration necessary. Either call or email Joanne at: [508-258-0822](tel:508-258-0822) or [joanneirwin72@gmail.com](mailto:joanneirwin72@gmail.com)

Tuesday, June 16<sup>th</sup>, 6 pm

Yours truly will be giving a presentation at the Marstons  
Mills Library  
"Creating an Inner Terrain for Healing"

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## Recipes to Delight



I'm going to try something new this month. Instead of writing the entire recipe in the newsletter, I'll post a photo with its name and where it can be located on my website ([www.plantbasednana.com](http://www.plantbasednana.com)). This will save duplication efforts on my part, and save you some extra printing. Let's keep the trees happy and the forests flourishing!





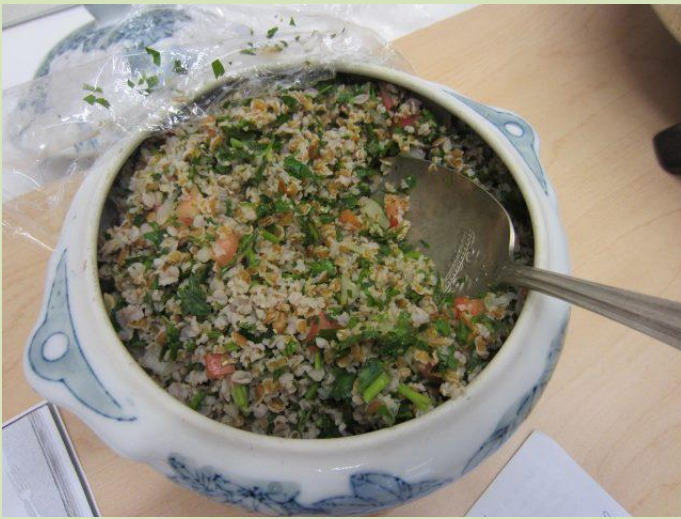
From our last class potluck at FFL class at CCH - "Rip's Sweet Potato Bowl". Recipe from Rip Esselstyn's "The Engine2 Diet". Check out the colors, the fiber, loaded with calcium, protein, and a wealth of immune boosting foods. *Filed under Main Dishes.*



Again, from Pot Luck at CC Hospital - "Cauliflower Soup". This was so hearty and tasty. I could have downed the entire bowl. *Filed under (you guessed it) Soups!*



"Zucchini Salad" (*under Salads*) Behind it is Enchilada Pie, always a big hit and on my website under *Appetizers.*



*"Toubouli" (under Appetizers)*



*"Brown Rice Salad" (you know where!)*



*"No Fu Love Loaf" from Dreena Burton, cookbook author. I've made a variety of different faux meat loaves, and this, by far, is the absolute best. Served with a rich Mushroom Sauce (also on my website), you'll have your carnivore friends thinking, "This is really good; I might give it a try."*



**"Eggplant Chana Masala" (under Main Dishes)**  
Indian food tastes so healing. This Masala is loaded with anti-inflammatory spices and heart healthy chickpeas - also referred to as garbanzo beans. They have the most iron of all the beans.



**"Black Bean Brownies" (under Desserts)**  
My grandkids love these brownies! A good way to add a bit more protein to their diets.



**"Eggplant Cannelloni with Pine Nut Romesco Sauce" (from Dr. Joel Fuhrman's "Eat to Live Cookbook") (under Main Dishes)**

Check out my website for Lindsay Nixon's fabulous 'Faux Crab Cake recipe'. You won't believe it's not the real thing. So tasty, good for health and the oceans!

# Important to Know!



The Unitarian Universalist Parish in Barnstable features monthly films on the last Friday of the month sponsored by the Cobb Hill Community series. The monthly event features a pot luck dinner, movie, and follow-up discussion. This month's feature film was titled, "Tricked".

TRICKED is a character-driven documentary revealing the world of human and sex trafficking in the US, currently a \$3 billion per year industry. The film is gripping, and at its conclusion you could hear a pin drop followed by a collective sigh. I think most of the participants had to catch their breath at this gripping story which introduced the viewers to the world of pimps, johns, police, parents, and victims in the world of sexual exploitation. It took a raw look at the reality of this industry, an industry which is, tragically, alive and well on Cape Cod and throughout New England, not to mention the rest of our country and world.

Peter DiMarzio, a Vicim Assistance Specialist with the Department of Homeland Security Investigations, and Dr. Kumara Sidhartha, a local physician, and the current Chair of the Cape Cod Anti-Trafficking Task Force, led a discussion following the viewing.

As Dr. Sidhartha so aptly explained, "This is a public health concern." Apparently, perpetrators are continually on the lookout for vulnerable boys and girls to snare in their web of deception, fraud, coercion, seduction and slavery.

As someone once involved in child protective work and parenting education, there is nothing more important than creating a family environment where parents KNOW and LEARN how to parent their children.....how to discipline lovingly and firmly, how to set limits, how to give children the perception of their own capabilities, how to teach children that they are responsible for their choices while allowing them the experience of consequences, how to talk so children will listen, and listen so your children will talk and open up, how to use the language of active listening, and how to react when your child owns a problem and how to respond to a child when you, the parent, own the problem.

Children who are vulnerable to being seduced into the world of trafficking often come from extreme dysfunction. They're looking for love in all the wrong places and to belong to something greater than themselves. We, the community of Cape Cod, need to be aware of this current epidemic. If you see suspicious activity, report it. Educate your children.

PATH (People Against Trafficking in Humans) is the active organization on the Cape. Dr. Sidhartha is currently Chair of the Committee. To learn more and how you can help, go to: [www.capecodpath.org](http://www.capecodpath.org). If you witness suspicious activity, call 24/7 hotline: 888-373-7888.

# Hear Ye, Hear Ye!

## A new business venture for the Cape Community!

Our respected and much loved plant based physician on the Cape, Dr. Kumara Sidhartha, has partnered with health, environment, and human rights advocate, Diane Suhm, to form a new business - "*Just Abundance Permaculture Design & Policy*".

I asked Diane if she would submit a summary of their business for the newsletter. Let's spread the word. Both Dr. Sidhartha and Diane are invested in sustainability of our Cape environment. Hopefully, many will take advantage of their skills, expertise, and passion. This is what Diane had to share:.....

Permaculture designer Diane Suhm will be giving an introduction to permaculture this Sunday, June 7, at 1pm at Hyannis Country Garden, 380 West Main Street in Hyannis. Permaculture is a system of design that combines old practices and wisdom with modern science to create living spaces that are in balance with nature and generate abundance for all living creatures.

Diane is a health, environment, and human rights advocate who has partnered with Dr. Kumara Sidhartha, a physician, public health advocate, and fellow permaculture designer, to form a new business, *Just Abundance Permaculture Design & Policy*. Their mission is to bring to life a vision of abundance and well-being for everyone, no matter their location or size, whether in an urban or rural environment, a business, town or region. They are committed to everyone's health, happiness, and overall well-being. For more information, write to [info@justabundancedesign.com](mailto:info@justabundancedesign.com).

Time to put this baby to bed - both yours truly and the newsletter. Hope everyone is enjoying the delights of the season, and that the upcoming days bless you with health, joy, and inner peace.

*Let Food be Thy Medicine and Medicine be Thy Food!*