



Preparing a Tofu Turkey!

Where Food Nourishes Body, Mind & Spirit!

November 2013

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“A fulfilled life is possible in spite of unfulfilled wishes!”

Dietrich Bonhoeffer

NEWS YOU CAN USE!



Cardiologist, Dr. Joel Kahn

Nov. & Dec. Noshes

Angiogenesis - the Who, What & Why

New Websites for Healthy Plant Based Creations: Meet other FFL instructors!



As I write this newsletter, snow is falling on Cape Cod, and actually sticking to trees and shrubs. Now where is my snow shovel?

The shift to a whole foods, plant based lifestyle is spreading across the country. We see it in the numerous websites and blogs that feature healthy, plant based recipes, and we see it in the growing testimonials from physicians who are advocating lifestyle medicine as a choice to prevent heart disease and other chronic illnesses. Perhaps our incredible species, homo sapiens, will survive!

Check out cardiologist, Dr. Joel Kahn, Director of Corporate Wellness and Preventive Cardiology at the Detroit Medical Center:

<http://www.hourdetroit.com/Hour-Detroit/February-2012/Wholeheartedly-Vegan/>

NOVEMBER 2013 GREEN NOSH

Thursday, November 21st, 5 pm

At.....

"NOT YOUR AVERAGE JOE'S RESTAURANT"

Cape Cod Mall



Eric, the restaurant's head chef, is eager to prepare a vegan meal for us. So mark your calendar, put in your reservation and let's start to celebrate the holiday season with healthy food choices! That means no animal protein, dairy and fat laden oils!

We want Cape restaurants to know that there is a need and growing demand for healthy plant based options on their menus.

To reserve your spot, call Joanne asap!!!

DECEMBER 2013 GREEN NOSH



Will be held at Joanne's home on Monday, December 16th at 11 a.m. This will be another Pot Luck Gathering. Bring your favorite, tasty and healthy plant based creation for all to enjoy. Following our meal, we will celebrate with a fun, different kind of Yankee Swap. No socks, candies, ties, wine; instead, surprise us with a plant based goody.....something for the pantry, the kitchen?? \$10 limit.

Again, give Joanne a call or send an email to reserve your spot!



CLASS SCHEDULE 2014

Naples, Florida

January 2014 Food for Life for Cancer Prevention/Survival & Overall Health & Wellness

Thursdays: Jan. 16, 23, 30 and Feb. 6th

11am - 1 pm

Cancer Alliance of Naples, 990 First Ave. South, Suite 200

Series is FREE!

To register, contact Joanne asap. Series is filling!

March 2014 FFL Series (as above) (Day schedule)

Mondays: March 17, 24, 31 and April 7

11 am - 1 pm

Cancer Alliance (as above)

Series is FREE!

To register, contact Joanne.

March 2013 FFL Series (as above) (Evening schedule)

Thursdays: March 20, 27, April 3, April 10

4 -6 pm

Cancer Alliance (as above)

Series if FREE!

To register, contact Joanne.

In early winter, I'll be announcing the 2014 Schedule for Cape Cod!! Stay tuned. And, remember, if you'd like a private consult, give me a call.

DR. WILLIAM LI AND 'ANGIOGENESIS'

Who, What and Why?

The Angiogenesis Foundation Presents Concept of Antiangiogenic Foods at IFT 2013 Annual Meeting + Food Expo

CHICAGO, July 16, 2013 /PRNewswire/ -- The Angiogenesis Foundation is leading a Scientific Session at the Institute of Food Technology's 2013 Annual Meeting + Food Expo, presenting an entirely new approach to healthy foods aimed at maintaining the body's balance of a health defense system called "angiogenesis," the process used by the body to grow blood vessels. Titled "Nutrigenomics and angiogenesis: how food influences the common denominator of health," the Session is chaired **by Dr. William W. Li, president and medical director of the Angiogenesis Foundation.** "Blood vessels are critical to the health of every cell, every organ, and for every function in the body," said Dr. Li. "Research is now showing it's possible to promote health and wellness using foods and beverages that influence angiogenesis."

For over a decade, the Angiogenesis Foundation has been applying the scientific principles used in drug discovery to analyze foods for angiogenesis-modifying properties. Working with internationally renowned researchers, the Foundation has created new methods to study foods and beverages ranging from berries to tea to soy and wine. They have identified a growing number of foods possessing antiangiogenic activity, which can prevent the abnormal growth of blood vessels from taking place. Such abnormal vessels grow in obesity, cancers, cardiovascular disease, arthritis, Alzheimer's disease, and common causes of blindness, among other conditions.

The IFT Scientific Session will highlight:

- Angiogenesis and new biology of healthy eating
 - Evidence that antiangiogenesis can control obesity
 - Industrial perspectives on angiogenesis food research
 - Impact of ingredient combinations and preparations on angiogenesis
- Session speakers represent the nonprofit, academic, and industrial sectors.

"The best way to conquer society's runaway health problems," remarked Dr. Li, "is to get in front of them by preventing them in the first place. Dietary antiangiogenesis presents an opportunity for improving health at a time that is ripe for innovation."

The Angiogenesis Foundation (www.angio.org) is a nonprofit organization based in Cambridge, MA, USA, whose mission is to improve global health through medicines, diet, and lifestyles based on angiogenesis, new blood vessel growth. To view a TED talk given by Dr. Li, see:

http://www.ted.com/talks/william_li.html.

- Website: <http://www.angio.org>; <http://eattodefeat.org>
- SOURCE The Angiogenesis Foundation
- /CONTACT: The Angiogenesis Foundation, (617) 401-2775, inquiries@angio.org

Dietary Sources of Naturally-Occurring Antiangiogenic Substances

Green tea	Red grapes	Lavender
Strawberries	Red wine	Pumpkin
Blackberries	Bok choy	Sea Cucumber
Raspberries	Kale	Tuna
Blueberries	Soy beans	Parsley
Oranges	Ginseng	Garlic
Grapefruit	Maitake mushroom	Tomato
Lemons	Licorice	Olive oil
Apples	Turmeric	Grape seed oil
Pineapple	Nutmeg	Dark chocolate
Cherries	Artichokes	Others

Source: Angiogenesis Foundation (www.angio.org)

Nutrition and Medical Science are ever evolving. Grateful for the keen, inquisitive minds who study how food impacts our health, we are again the beneficiaries of additional information on the healing properties of certain foods. Check out the above list!! Any chickens, sausage or T-bone steaks listed? How about milk, butter, and ice cream? Oh – how about Fruit Loops and Cocoa Puffs? Any Chef Boyardee products listed here? NOT!

The above listed foods have been studied as possessing properties – phytochemicals and enzymes – that cut off the formation of blood cells from those mutating cells that spread and wreak havoc on other organs in our body. Include them in your daily meal planning. Feast, hug, relish, and even give those apples and artichokes a hug! So what if you're seen in the produce aisle hugging a pumpkin!

ON CHILDREN, GRANDCHILDREN AND FOODS!

Our children are our greatest natural resource. The youngsters today will be the future leaders of tomorrow. If they consume unhealthy foods today, then their health and well being will be compromised later on in life. Their energy, thinking ability and zest for life will be less if we feed them sugar filled, processed foods now. I have to say that as a grandmother of seven, I become irate when I hear of other family members feeding my grandchildren junk food. As I tell my children, if a family member brings unhealthy items for the children, please tell them nicely that "My children are not allowed to eat processed, sugar filled concoctions, such as Fruit Loops, Cocoa Puffs, etc." Protecting our children comes in a variety of ways, and keeping them away from foods that do harm is part of protecting and holding sacred their health and well-being. Amen!

NEW WEBSITES
PLANT BASED



FOR HEALTHY,
CREATIONS

MEET SOME OF OUR CREATIVE FOOD FOR LIFE INSTRUCTORS:

Evelisse Capo teaches throughout Lee County, FL and the Sarasota areas. With a Doctor in Pharmacy degree, Evelisse holds certifications in the following: Food for Life Instructor with PCRM, certified CHIP facilitator, certified in Plant Based Nutrition via the eCornell Program, a certified Health Educator from the Wellness Forum, and has Educational training in Vegetarian Nutrition from Vegedine. Needless to say, Evelisse harbors a wealth of information and experience in teaching folks who are interested in health and wellness. Her website is filled with wonderful recipes. Check her out at www.thefoodpharmacy.com as well as on Facebook.

Her recipe for Millet Flax Buttermilk Pancakes sounded so yummy. A video on her website demonstrates how to prepare these healthy, breakfast treats. They turned out great. Evelisse gave permission to share her recipe, so enjoy and let me know how you like them!

Millet Flax Buttermilk Pancakes

4 cups rolled oats (for gluten free folks, you can find gluten free oats in your local natural food store)

$\frac{1}{2}$ cup millet (process the millet in high speed blender or coffee grinder)

1 tsp sea salt

1 $\frac{1}{2}$ tsps baking soda

2 tsps baking powder

$\frac{1}{2}$ cup ground flax meal

4 cups almond milk

2 T rice vinegar

1 T agave nectar or maple syrup

1 T pure vanilla extract

3 T applesauce

Mix the dry ingredients in a large bowl. Then mix the wet ingredients in another bowl. Mix the wet ingredients into the dry. Blend all well. Then in a high speed blender, like a Vita-Mix, process the batter till it is well blended.

Have your griddle (non-stick) heated on medium heat. When drops of water sizzle, you know you're ready to cook the pancakes.

I think you know the rest!! These can be served with maple syrup or blueberries over the pancakes or put a cup of frozen blueberries in the batter after it's been well blended.

Enjoy watching Evelisse prepare this recipe, and tell you all about the benefits of these healthy ingredients!

Dilip Barman has been a Food for Life Instructor with PCRM for the past two years. In addition to being a member of the PCRM family, Dilip is a teacher, photographer, scientist and health coach. As president of the Triangle Vegetarian Society in North Carolina, he organizes the country's largest vegetarian Thanksgiving with almost 900 people in attendance in 2011. A vegetarian advocate for many years, Dilip has made many appearances on local and international television and print media. He has spoken on vegetarianism, given cooking demonstrations, and been a guest chef in many venues across the US, Canada, Europe, and Brazil. A number of his cooking articles are published in books and newspapers like the *Durham Herald-Sun* and *Raleigh News and Observer*. He has also taught vegetarian cooking for several organizations.

For photos and recipes of his creative meals, go to: www.dilipdinner.blogspot.com

Enjoy some of his recipes below:

Sweet Potato-Ginger Soup, Soft Curried Vegetables, Brown Basmati Rice



I realize that today's is a long post on my blog, so let me start off with the way I made the dishes today. There is ample discussion following this :-)

Sweet Potato-Ginger Soup (makes about 3 cups)

1. Chop a medium or large sweet potato quickly into maybe a half dozen chunks to allow it to cook faster, and put in boiling water; it should be mostly cooked (a fork can go into the flesh relatively easily) after about 5

minutes, after which you should drain the potato; add the potato to a VitaMix blender (you can try another kind of blender)

2. Add to the blender half of a medium tomato (ideally, a heirloom variety; for color, try to use red or yellow, and avoid (mature) green tomato varieties like green zebras)
3. Add to the blender half of a large apple (I used Pink Lady, perhaps our favorite variety)
4. Put in to the blender a medium carrot, quickly hand broken into quarters or so
5. Add a teaspoon of fresh ginger, a little hot pepper (I used about a fifth of a habanero pepper but was careful to not touch the pepper; certainly a quarter jalapeno would have been a fine choice, as well), and one shallot (with the skin removed!)
6. I like soups thick, so added about 1/4 cup of raw cashews to thicken this soup, but the cashew could be left out
7. Finally, add a vegan bouillon cube and 1 1/2 cups of water, along with a dash or two of salt
8. Blend on low (I used "4" on VitaMix's 10-point scale) for 15 seconds or so, and then run on high for 5-6 minutes till steamy
9. Serve with a little freshly ground black pepper

Changes I'd make next time: I loved the soup but would make it just a little less hinting of sweetness by using less than a half apple - perhaps a quarter apple. The soup had a subtle ginger flavoring, but optionally could use a little more ginger. I loved the habanero flavor and was happy that the pepper was perhaps not so hot as habaneros are reputed to be. A small pinch of ground cumin might be beneficial. I wonder if a little crushed peanut on top would be good. But the soup was also great as I made it this time!

Soft Curried Vegetables (for 3-4 people)

1. Cut up about 10 small red potatoes into a fine 3/8" dice and put them into boiling water.
2. About 2 minutes later, add a crookneck squash cut into 1/4" slices then quartered
3. After another 2 minutes, add about 18 okras, sliced to 1/2" thick sections
4. When the potato is cooked (after a total of about 12 minutes), remove the vegetables from the heat and drain
5. In a saute pan, saute half of an onion that has been cut to a 1/4" dice
6. A minute later, add half a dozen cremini mushrooms, sliced 1/4" thick
7. Cook another minute or so, then add the drained vegs
8. Add 1/4 teaspoon grated fresh ginger and 1/8 teaspoon cumin seeds; a little jalapeno can be added (I didn't), as well
9. Cook another minute or so, then add 1/4 cup water, 1/4 teaspoon turmeric powder, 1/8 teaspoon paprika, and a pinch of salt
10. Cook 2 or 3 minutes till the vegetables are softened even more as the water has been absorbed, then serve.

Brown Basmati Rice

1. Put a ratio of 1 part rice to 2 parts water into a heavy-bottomed pan.
2. Bring to a boil, and simmer for 45-50 minutes.
3. Let stand a few minutes then fluff and serve.

As we open our doors during these upcoming holidays to family, friends and loved ones, the following words of wisdom, found on a brochure in a local Cape restaurant, speak volumes as to where we are as a society. These words may be a good source for reflection as we begin to think of the upcoming New Year and any changes we want for our lives and relationships.

I wish each and every one of you a most blessed Thanksgiving, a time for gratitude to take root in our hearts. And healthy eating be yours!

The Paradox of Our Age

We have bigger houses, but smaller families;
More conveniences, but less time;
We have more degrees, but less sense;
More knowledge, but less judgment;
More experts, but more problems;
More medicines, but less healthiness;
We've been all the way to the moon and back,
But we have trouble crossing the street
To meet the new neighbor.
We built more computers
To hold more information
To produce more copies than ever;
But have less communication;
We have become long on quantity,
But short on quality.
These are times of fast foods
But slow digestion;
Tall man but short character;
Steep profits but shallow relationships.
It's a time when
There is much in the window,
But nothing in the room.



