



## Where Food Nourishes Body, Mind & Spirit!

April 2015

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*Let yourself be silently drawn by the strange pull of what you really love.*

*It will not lead you astray. Jalaluddin Rumi*

## NEWS YOU CAN USE!



**Green Nosh Meeting**  
Cape Cod Food for Life  
Classes

**Holistic Holiday Cruise**  
**PlantPure Nation!**  
Recipes from Holistic  
Cruise

**Savvy Girl Golf**  
News You Can Use

**Cookbook author, Colleen**  
**Patrick-Goudreau- her**  
**Special offer!**



A Spring bouquet for my northern family and friends. The snow is melting!! Warm, sunny days will be knocking on your doors real soon. Keep the faith. You deserve a beautiful Spring and Summer after, what's been dubbed, the 'worst winter in eons'.

When my 5 ½ year old granddaughter heard that more snow fell in late March, she replied to her mom's invite to go out and play in the snow, "No more snow." That says it all! She echoes everyone's fatigue over the winter of 2015!

# GREEN NOSH KICK-OFF POT LUCK MEETING



Thursday, April 16<sup>th</sup>, 5:30 pm

At

Joanne's

72 Keel Cape Drive, South Yarmouth

Business Meeting

Pot Luck

Viewing of Dr. Caldwell Esselstyn's Key-Note Presentation from the  
Holistic Holiday Sea Cruise 2015

Please Bring:

A plant based dish that is oil, sugar, and salt free (SOS)

Your ideas and suggestions

Your Motivation

Your Appetite

Your Curiosity

Your Welcoming of New Members

And

RSVP either by email or phone to Joanne (239-784-0854)



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

- When:** Wednesdays  
April 29<sup>th</sup>, May 6<sup>th</sup>, May 13<sup>th</sup>, May 20<sup>th</sup>  
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](mailto:joanneirwin72@gmail.com) **Class limited to 20!**
- Note:** This series has filled. If you're interested in attending any other Food for Life classes, please either email or call me asap to be placed on the wait list. Additional classes will be scheduled through the end of December.



Hosted by Sandy Pukel

Holistic  
HOLIDAY  
AT SEA

FEB. 27-MAR. 5, 2016

CHOSEN BY  
NATIONAL GEOGRAPHIC TRAVELER

AS  
"One of the 100 best  
worldwide vacations to  
enrich your life."

## These are the dates for the Holistic Cruise 2016!

This year's cruise was fabulous; everyone disembarking sports a natural high. I wore my own!  
What makes this cruise so special?

**The People:** Being with 1800 like-minded kindred spirits who are passionate about whole foods, plant based, and macrobiotics; folks who are open, curious, engaging and welcoming; folks with incredible health transformations to share and who prove, again, that we are what we eat.

I also had the opportunity to personally meet and spend time with fellow Food for Life instructors. Previously, our main communication was via our FFL list serve and email. We enjoyed sharing our class experiences, and exploring ways to better present our programs to the community. They are a special group of giving, caring instructors!

**The Presenters:** It's thrilling to hear from the physicians, scientists, healers, and chefs who are making ground breaking contributions in their respective fields. We enjoyed a week with Professor Colin Campbell, Drs. Neal Barnard, Michael Greger, Caldwell Esselstyn, Ronald Peters, along with holistic healer/author Tom Monte, chef/authors Jessica Porter, Chef AJ, and Colleen Patrick-Goudreau, and many others too numerous to list. Each is so warm and approachable. Our world is blessed by their gifts, passion, intelligence, and presence!

**Our Meals:** Holistic Holiday secured its main chef from Belgium along with 22 kitchen assistants to help prepare 40,000 meal! Two dining rooms were reserved for the 'vegan group', and folks had a choice of choosing from various options: straight vegan or vegan/no oil, vegan/gluten free, and/or macrobiotic. The food was healthy, delicious, nutrient dense and far from calorie laden. No gaining weight for us after a week of cruising.

**Activities:** My roommate, a fellow FFL instructor from the Ft. Lauderdale area, and yours truly were busy from morning till night. We volunteered as staff this cruise, and enjoyed meeting so many neat people, counting attendees at lectures, and monitoring the dining rooms. Parties on deck nightly- Bliss ice cream socials, vegan pizza, and dancing, dancing, dancing!

**The Caribbean:** Quite frankly, yours truly could care less about the various ports. Been there, done that. We docked at Ochos Rios, Jamaica, Grand Cayman, and Cozumel. We had a bit of time at each port, more to grab a glass of ice tea and with free Wi-Fi to check emails.

## "PlantPure Nation" - the film.....



Professor T. Colin Campbell and his son, Nelson Campbell

The documentary film, "PlantPure Nation", created by Nelson Campbell, Professor Campbell's eldest son, premiered on the cruise. Unfortunately, we were assigned to monitor another lecture so the film was missed. However, it is due to be released this summer.

The synopsis and trailer are riveting. Professor Campbell inspired Tom Riner, a State Rep from Kentucky, to propose a pilot program to document the health benefits of a plant based diet. Riner was motivated and on board. Enter the industry lobbyists, naturally nervous about the prospect of educating the public and possibly negatively impacting meat and dairy consumption. Nelson Campbell then steps in to introduce the project to his hometown of Mebane, North Carolina. Check out the movie and watch for a showing on Cape Cod. [www.PlantPureNation.com](http://www.PlantPureNation.com).

Let's face it - with meat and dairy consumption declining, the industry is a bit nervous. New campaigns are popping up to reintroduce the wonders of milk to the public. However, the truth regarding the negative health implications of dairy and meat consumption are spreading across the country. People are waking up, and taking charge of their health. Not with fad diets, but with truth and science at their backs. Bravo!!

Nelson Campbell in his own words.....

My name is Nelson Campbell. I am the Director of *PlantPure Nation*, an exciting new documentary that explores the history, economics and politics surrounding the plant-based diet. For the first time ever, this film answers the question so many people ask when they first learn of this amazing health concept: **Why haven't I heard this before?**

I have had a longtime interest in this health message, largely because of my dad, Dr. T. Colin Campbell (*The China Study*), considered by many to be the 'science father' of the rapidly growing plant-based nutrition movement. I've watched him answer this nagging question over the years, and this film finally gave us an opportunity to shed light on the powerful forces standing in the way of this message.



**Chef AJ and moi**



**FFL instructors:  
Leslie from SC, Barbara/Utah, moi,  
Myra/Ft. Lauderdale, Yammi/Pediatrician/CO**



**Colleen Patrick-Goudreau**



**Professor Campbell was patient  
and agreeable with so many requests  
to pose for selfies! He's one in a million.  
He's the Father of Plant Based Foods!**



**Panel Q&A with the esteemed Dr. Esselstyn,  
Professor Colin Campbell, Dr. Michael Greger, and  
hosted by Sandy Pukel, the President of Holistic Holiday.**



**Ann Esselstyn's talk was on  
the how to's of  
Plant based nutrition!  
In her 70's, she's active, vibrant,  
and passionate.**



**Chef AJ, once a stand-up comic who appeared on Jay Leno's show, is as  
talented a plant based chef and cookbook author, as she is a hilarious  
comediene.**

# The Holistic Holiday Cooking Demonstrations

(Here are some recipes demonstrated by Chef AJ and cookbook author, Colleen Patrick Goudreau - more recipes to follow in later months! And we enjoyed all these treats!)

## Recipes from Chef AJ

### Quinoa Salad with Currants, Pistachios and Pomegranate Avrils

Makes 12 cups

1 16 oz box quinoa, cooked and cooled  
1 cup lime juice and zest from limes (approx. 8)  
2 oz finely chopped scallions  
2 oz finely chopped Italian parsley  
2 oz finely chopped mint  
8 oz pomegranate seeds  
2 cups currants  
8 oz raw pistachios

Prepare quinoa according to the directions on the package. Place quinoa in large bowl and allow it to cool. Juice and zest limes. Pour over quinoa. Add remaining ingredients and mix well. Chill.

### gRAWnola

**Makes about 40 cups.** This granola is made with just a small amount of almonds, and sweetened only with fruit juice, no oil! Chef AJ adapted this recipe from one by Miyoko Schinner.

4 pounds gluten free oats  
5 cups date paste  
1  $\frac{1}{2}$  cups almond meal  
1 T roasted cinnamon  
 $\frac{1}{2}$  T cardamom  
2 pounds raisins

Chef AJ uses a dehydrator and suggests buying one for \$40 at either Walmart or Costco.

Using food service gloves, mix all ingredients together except for the raisins until the date paste is evenly distributed. Place approximately 4 cups of the mixture on 6 dehydrator trays fitted with a Teflex sheet and dehydrate for 36-48 hours until desired crunchiness. Stir in the raisins. Keep in an airtight container.

### Date Paste: Makes about 5 cups

2 pounds pitted dates  
2 cups water

Soak dates for several hours until soft. Place dates and the soak water in a food processor and process until smooth. If you are in a hurry, you can use boiling water to soften the dates faster. (Note: save the water to use in cooking; i.e., in oatmeal.)

### **Pumpkin Raisin Muffins (These are to die for!!)**

**Makes 12 muffins.**

2 large, very ripe bananas  
½ cup non-dairy milk  
1 15 oz can pure pumpkin (NOT pumpkin pie filling)  
½ cup date paste  
2 T ground flax seeds  
1 T pumpkin pie spice  
1 T alcohol free vanilla  
1 cup raisins  
3 cups gluten free oats

Preheat oven to 350. In food processor, process bananas and nondairy milk until smooth. Add pumpkin, date paste, vanilla, flax seeds and spice and continue processing until smooth and creamy.

Transfer to a large bowl and stir in the oats and raisins. Spoon an equal amount of batter into a muffin tin lined with cupcake liners or silicone baking cups. You need to fill each muffin liner with about ½ cup batter as these do not rise. A retractable ice cream scoop works well.

Bake for 45 minutes!

### **Red Lentil Chili with Baked Tortilla Chips and a Faux Parmesan Sprinkle**

**Makes about 16 cups.**

1 pound red lentils  
8 cups water  
2 14.5 cans of salt-free tomatoes, fire roasted preferred  
1 6 oz can salt-free tomato paste  
1 large red onion, chopped  
1 lb red bell pepper, pureed  
12 Deglet dates  
8 cloves garlic  
4 T apple cider vinegar  
1 ½ T parsley flakes  
1 ½ T oregano  
1 ½ T salt-free chili powder  
2 tsps smoked paprika  
½ tsp chipotle powder (or more to taste)  
¼ tsp crushed red pepper flakes (or more to taste)

Blend the dates, tomatoes, red bell peppers and garlic in a blender and blend until smooth. In a large soup pot. Water saute or dry saute the onion until translucent, about 9-10 minutes.

Add remaining ingredients and bring to boil. Reduce heat to medium and cook until lentils are creamy, about 20 minutes.

#### **Baked Tortilla Chips**

Sprouted organic corn tortillas.

Preheat oven to 375. Cut each tortilla into fourths. Place on a cookie sheet covered with parchment paper or a Silpat silicone baking mat and lightly spray each chip with water. Sprinkle with herbs or salt-free seasonings, if desired. Bake for 10 minutes. Turn chips over and lightly spray again with water. Bake another 10 minutes till crisp.

#### **Faux Parmesan**

1 cup raw almonds or cashews or pumpkin seeds (Blend all in processor until powdery texture achieved.)  
½ cup nutritional yeast  
1 T salt-free seasoning ( Chef AJ's prefer Benson's Table Tasty)

## Some recipes from Colleen Patrick-Goudreau

### Strawberry Bruschetta (Yummy)

**Makes 20 servings.** (From her new book: "From the 30-Day Vegan Challenge: New Edition")

- 1 baguette (seeded or plain), cut into 1 inch thick slices
- 2 T maple syrup
- 2 tsps lemon juice
- 3 cups diced fresh strawberries
- Herbed Cashew Cheese (recipe below) or non-dairy cream cheese
- 4 T finely chopped basil

Lightly toast bread in toaster oven or in regular oven at 250.

Meanwhile, heat a medium skillet or saucepan over medium high heat. Add the maple syrup and lemon juice, and cook, stirring, until the mixture begins to bubble, about 30 seconds.

Add the diced berries, and stir to combine with the liquid. Allow the berries to cook down a little and get heated through, about 2 minutes. Remove from heat.

Spread approximately 1 T Herbed Cashew cheese or commercial nondairy cream cheese on each piece of toast. Using a spoon, top the cream with the warm berries.

Sprinkle the chopped basil onto each slice. Add a little shaved chocolate along with or instead of the basil, if serving as dessert!

### Herbed Cashew Cream Cheese

**Makes 1 ½ cups or 12 servings**

- 2 cups raw cashews soaked in 3 cups water for at least an hour or overnight
- 2 T lemon juice
- $\frac{3}{4}$  tsp salt
- $\frac{1}{8}$  tsp ground pepper
- 2 T minced basil
- $\frac{1}{4}$  cup water (at end if needed)

After soaking cashews, drain and rinse them in a strainer.

Place them in a food processor, along with the lemon juice, salt, pepper, and basil. Turn on the machine, and let it run for a few seconds to start combining the ingredients.

Add most of the water, and process till mixture is completely smooth, about 2-4 minutes, turning the machine off periodically to scrape down the sides of the bowl. Before adding all of the water, Colleen likes to first see what the consistency is; it's always easier to add more than it is to take any out!

Add salt or miso paste to the cashews. The consistency should be thick but spreadable.

Note: Instead of basil, add chives, dill, parsley, or any combination you desire. Add finely chopped sundried tomatoes and/or olives instead of or along with the fresh herbs.

## **Herbed Lentil Soup (From "The 30 Day Vegan Challenge.") (This is soooo good!)**

**Serves 6-8.**

2 T olive oil or water, for sautéing  
3 carrots, coarsely chopped  
1 large yellow onion, coarsely chopped  
1 medium fennel bulb, chopped  
8 oz, about 15 cremini mushrooms, sliced  
3 garlic cloves, minced  
2 tsps dried parsley  
2 tsps dried tarragon  
2 tsps dried oregano  
2 tsps dried thyme  
 $\frac{1}{2}$  tsp fresh rosemary, chopped  
1 tsp Dijon mustard  
8 cups veggie broth or water  
3 dried bay leaves  
2 cups Puy or brown lentils  
1  $\frac{1}{2}$  tsps. Salt

Heat water in a large soup pot over medium high heat.

Add the carrots, onion, fennel, mushrooms, and garlic; saute until the onions are translucent and the mushrooms are soft, about 5 minutes.

Add the parsley, tarragon, oregano, thyme and rosemary, and stir to combine with the vegetables. Then, saute for about 1 minute. Add the mustard, and cook for another 30 seconds, stirring to combine it with the veggies and herbs.

Add the veggie broth or water (with a veggie bouillon cube for added flavor), bay leaves, and lentils. Cover and bring to a boil, then turn the heat to medium. Keep covered, and cook until the lentils are tender, about 40 minutes (you may also find it helpful to keep the lid half-on and to check the soup periodically to make sure the water doesn't evaporate and burn the lentils.)

Add the salt and pepper once the lentils are cooked, and stir to combine.

If the lentils need more time, continue cooking, but check every 10 minutes. If the broth is evaporating, you can add more, or only add enough to make it a thick consistency rather than a stew with a slight broth. It's up to you.

When the lentils are done, remove the bay leaves and discard them. Taste the lentils and adjust the seasonings.

Serve them in a shallow bowl, season with freshly ground pepper, and garnish with some fresh parsley.

**Check ending of newsletter for special offer from Colleen Patrick-Goudreau!!**

## A Special Treat

When I say I meet incredible people through my Food for Life program, read on and find out what I mean. Two sisters recently attended a FFL series in Naples, FL. They are delightful, and open, eager learners who want to take charge of their health. In getting to know them, I learned that these talented sisters formed their own company to meet the needs of lady golfers who seem to be in a perennial hunt for that magical purse to carry all their golf necessities. **Diane McCue and Debora Story** met that need.

They so kindly gifted me with one of their purses as a thank you for the program. I'm amazed at the workmanship of the purse. Very well made with much needed interior compartments. Especially neat is that the compartments are sided with mesh so one can see what's packed away. That's an answer to a woman's purse prayer! I'm including a photo of their remarkable work - which does not involve cruelty to any animal! Check out their website, listed below:



My Savvy Girl Golf Bag



The interior



Signature Bag



Birdie Bag

Check out: [www.savvygirlgolf.com](http://www.savvygirlgolf.com)

## News You Can Use!

Dr. Esselstyn's newest cardiac research study of 198 serious cardiac patients .....

Out of the 198 research participants, 177 were adherent to his plant based diet restrictions (89% adherent). (Adherents eliminated dairy, meat, fish and oils in their diets.)

21 of the 198 were not adherent to the diet

Of the 177 adherent, only ONE evidenced a further cardiac event.

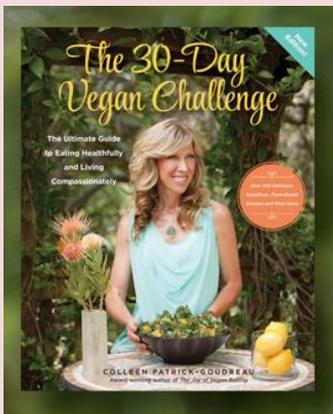
Of the 21 non-adherent, 13 experienced adverse cardiac events.

Read the entire research study on: [http://dresselstyn.com/JFP\\_06307\\_Article1.pdf](http://dresselstyn.com/JFP_06307_Article1.pdf)

Dr. Esselstyn also spoke of new parameters regarding cholesterol. According to Dr. Ess, for folks who are not injuring their endothelial cells with the Standard American Diet - those folks eating plant based minus oil, salt and sugars - but who still evidence cholesterol levels of 180-200, there is now no reason to be overly concerned, as long as other lipids are in good range.

Keys to health involve more than just diet and nutrition. The mind/spirit connect is vitally important for health and healing. What we think - the thoughts that run through our minds on a daily basis - impact health. Are we angsty? Are we holding on to resentments and anger? Are we bitter? Are we living in a state of depression and hopelessness? Do we have a hard time forgiving? What we say and what we think impact our cells and health.

Important to find time for quiet, and to engage in a daily spiritual practice - whatever form that takes for you.....be it prayer, meditation, visualization, yoga, affirmations. Make that a part of your daily life. And - find your bliss, life it with passion and joy!



AVAILABLE AS  
Book  
E-Book  
Online Program  
[30DayVeganChallenge.com](http://30DayVeganChallenge.com)

Colleen Patrick Goudreau, author of 6 books, has a special offer. If you purchase her book, "The 30 Day Vegan Challenge", and send her a photo of you holding the book, you'll be able to download her challenge 'free' online, and have it for your use. For the entire month of April, Colleen will be teaching and guiding people into the world of healthy plant based foods.

Colleen was a presenter on the recent Holistic Holiday at Sea cruise, and she is a wonderful teacher, warm, humorous, and passionate about helping people achieve their health goals.

Check out her website to learn more. [www.joyfulvegan.com](http://www.joyfulvegan.com)

I just downloaded the book and will look forward to more learning and growing over the month of April!

*In closing, I send all my readers best wishes for health, happiness, continued growth, and a warm reminder to follow your bliss! Spring is here - Yeah!!*

