

EAT TO LIVE



Session 3 Comments? patmos@sbcglobal.net to dr. todd giese

Synopsis of session 2 {Todd: record} mea culpa Dwn

Snack: naturally found sweetness as fruit or dates

Effort required with kids IF IT GROWS HERE IT GOES HERE

Periodic food supply as a gardener knows: “a time for everything”

Not necessary to be meticulous about counting your vitamin intake

Nutrients are co-transported and many are unnamed

Your taste buds can be altered with time and a little bit of effort

Preparation time can be family time. Eggplant is “vegetarian meat” and olive oil can substitute for most fats and oils (or applesauce)

B12 can be monitored by your physician if you are a strict vegan

White vinegar either from grain alcohol or petroleum-based alcohol

Swiss Vegetable Trio Peeler Set, By Kisag

Chiffonade what I did to kale (thin slicing a “jelly roll”) Honey Yellow Honeydew is name of honeydew we had

Quicker kale salad with chiffonaded kale, thin sliced carrots, equal part olive oil and apple cider vinegar

TODAY SESSION 3

Wheat and deeper roots on older less stable varieties (heirloom)

PASTA take 100 grams of semolina flour per person and a ½ tsp salt per person and slowly add warm water while kneading with strength until the consistency of playdough...shape or roll and dry a little before boiling

WHOLE- T Colin Campbell

BIOAVAILABILITY: body's need, 8x beta-carotene, iron 19x; food content 19x, Ca: 3x, Ca can decrease iron availability 4x while beta-carotene increase by 3x

More osteoporosis in the United States than only two countries: Australia and New Zealand both of which consume more milk per capita than the US (the 3 highest in the world),

Animal protein is also correlated with excretion of calcium in the urine (stones!!!)

Fat and saturated fat correlates with Alzheimer's and dementia

EATING ON THE WILD SIDE- Jo Robinson

Lettuce- colored always richer in nutrients than iceberg (dark potatoes also better)

Risotto saves veggie nutrients because boiling leave 75% of nutrients in the water!

PUMPKIN RISOTTO

1 cup cooked cubed pumpkin
1 ounce dried sliced shiitake mushrooms
1 tablespoons olive oil
1/2 onion, minced
1/2 cup Arborio rice
1/6 cup dry white wine
2.5 cups hot veggie broth
salt and ground black pepper to taste
1/4 cup chopped fresh flat-leaf parsley

REFRIED BEANS

boil up some pinto beans overnight in a crockpot (or some white French Haricot beans). Chop finely one onion and sauté in olive oil and have a hot pepper in there but don't cut that up. Make sure there's a little extra olive oil and start adding first beans without any fluid and smash them around with a wooden spoon and as you near the end of the beans start adding some of the fluid. I put 1/2 cup of homemade catchup in sometimes for flavor but that is optional. Serve while hot and quickly refrigerate in small jars as it does spoil rather quickly. ON A TORTILLA OR BREAD WITH A FRESH SLICE OF TOMATO IS GREAT

Purple carrots: anthocyanins; bigger carrots more nutrients, better for you cooked, better to cut up after cooking (steam best); falcarinol

Beets: batalain reduces CV and CA risk... w leaves

Sweet potatoes lower glycemic index

Tomatoes: smaller more nutritious; cooking releases lycopenes

Brussels sprouts 1/2C/yr (250x more white potatoes), cauliflower: colored good!

Blueberries and dementia; frozen retains nutrients (dried not so good)

Peaches sensitive to turning 'meally' anytime the storage temperature goes over 50°F

Prunes increase bone density, reduce inflammation

Jam/jelly joint health

Blood oranges healthier: (CA 35x anthocyanins than FLA); shipping unripened necessary

COLLARD GREENS

1 lb fresh collard greens
2/3 C red onions
1/2 T 1 t olive oil
1/4 C cider vinegar
3/4 C vegetable broth
2 t brown sugar
1/2 t salt
Saute onions
Add broth, collards and cider, cook 20'

HERB RISOTTO

3 tablespoons olive oil
1/2 cup trimmed, diced fennel
1/2 red bell pepper, diced
1 tablespoon chile pepper
1/2 yellow onion, diced
2 cloves garlic, minced
1.5 tablespoons chopped fresh mint
1.5 tablespoons chopped fresh parsley
1 tablespoons chopped fresh rosemary
1 teaspoon grated lemon zest
1/4 teaspoon coriander seed
3/4 cups uncooked Arborio rice
1/4 cup dry white wine
1 3/4 cups veggie broth
salt and pepper to taste

SPAGETTI SQUASH

Poke holes all around
Steam for not too long
Break open and remove seeds
Then use fork and if not
overdone looks like spaghetti
Serving with the roasted
tomato sauce

ROASTED TOMATO SAUCE into 9x13" pan put: 4 lb tomatoes, quartered, one large red onion roughly chopped, 2 jalapeno peppers, (up to) 16 cloves garlic, 1/4 C olive oil, 1 T oregano, optional basil too...

Put on grill and cover for several hours, stirring every hour (I loosely cover with foil).. put in blender then can