

Where Food Nourishes Body, Mind & Spirit!

June 2013

Joanne Irwin, M.Ed. 239-784-0854, 508-258-0822 joanneirwin72@gmail.com

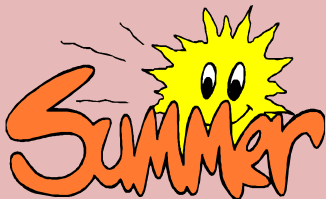
www.plantbasednana.com

Food for Life Instructor, Physicians Committee for Responsible Medicine (PCRM)

“When we begin to believe that there is greater joy in working with and for others, rather than just for ourselves, then our society will truly become a place of celebration!”

Jean Vanier

NEWS YOU CAN USE!



Food for Life Series for
Disease Prevention, Survival &
Overall Health & Wellness
June, 2013

June Green Nosh on Cape
Cod

Beautiful Testimonial - Heart
Warming & Goosebumpsy!

New Books & Recipes from
Each!

FOOD FOR LIFE SERIES JUNE 2013

Join me in exploring how a diet rich in vegetables, fruits, grains, and legumes can enhance your health, prevent disease, promote survival from chronic illness, and support your personal wellness goals.

Each class to include DVD education from Dr. Neal Barnard, noted author, researcher, and founder of Physicians Committee for Responsible Medicine, along with resources, cooking demonstrations, and enjoying all prepared dishes in a safe, supportive group environment.

WHEN: Wednesdays: June 12 11 am - 1 pm
June 19 11 am - 1 pm
June 26 11 am - 2 pm (2 sessions)

WHERE: At my home: 72 Keel Cape Drive, South Yarmouth

COST: \$80 per person

REGISTRATION: Contact Joanne (contact info above)...
Class will be limited to 10 participants.

Treat YOU, and give yourself a gift that will be life-changing,
and life-enhancing!



JUNE GREEN NOSH

Let's join the Pandas - sharing, growing, and enjoying good healthy plant based food!

**Thursday, June 27th
10:30 am**

At Joanne's: 72 Keel Cape Drive, South Yarmouth

This will be a "BREAKFAST BRUNCH"

Alvan Hathaway, one of our Green Noshers will be demonstrating how to prepare faux bacon out of adzuki beans.

Joanne will be preparing Cornmeal-Oat Pancakes.

Please bring a Plant Based Breakfast treat. At this meeting we will plan our Summer and Fall Noshes. Think of hosting if you can!!

Please RSVP: 508-258-0822 or email:

Joanneirwin72@gmail.com



A BEAUTIFUL, STIRRING TESTIMONIAL

(Sue participated in our Food for Life Series this past April in Naples, Florida. Hearing her journey sent shivers down my spine. Her healing and recovery is a testimonial to the healing gifts of a plant based lifestyle. Here is Sue sharing her incredible journey in her own words:):.....

"My name is Susan Barry and I am a 63 year old with Coronary Artery Disease. May 2002 began my downward slide into doctoring and hospitals with my first heart attack and subsequent quadruple by-pass surgery.

I was told by my cardiologist that I should continue all that I was doing to maintain, but that probably would not have a very good quality of life, and to expect future issues. I continued to exercise (walking) and eat as nutritiously as I knew how (the Standard Heart Diet). My total cholesterol continued to range in the high 200s, with the highest at 306.

I did maintain until August 2011 when I had a second heart attack and suffered congestive heart failure. As my ejection fraction remained very low, my cardiologist recommended that I be ambulated to the University of Pennsylvania for evaluation at the Heart Transplant Unit. After seeing many doctors, the lipidologist "strongly recommended LDL-apheresis" as my mode of treatment, which would be done twice monthly for the rest of my life in a hospital about 3 hours from home. (This was on 9/28/11 when my cholesterol reading was 272 and LDL of 214.)

LDL apheresis is a form of apheresis resembling dialysis, to eliminate the cholesterol-containing particle, low-density lipoprotein (LDL), from the bloodstream. Each procedure takes several hours. Going home to ponder and pray lots about having to live this way, my daughter found Dr. Caldwell Esselstyn's book, "Prevent and Reverse Heart Disease". After devouring it (Esselstyn's book), I told my lipidologist that I wanted to try plant-based nutrition to see if it would reverse my lab scores. My numbers began to improve immediately and my follow-up visit to Univ of PA found me no longer eligible for apheresis treatments. Praise God.

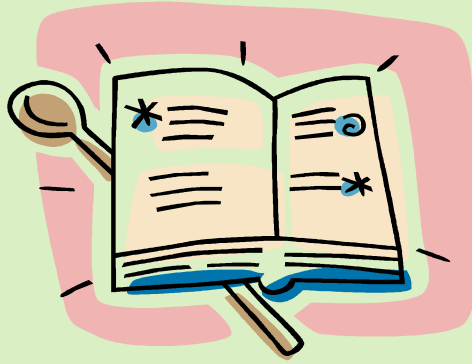
I continue to follow a plant based nutrition regimen, and continue to experience great lab scores. My current TOTAL CHOLESTEROL IS 152, HDL 47, LDL 86. My weight has come down from 142, while at the hospital at Univ of PA, to 118 today. I feel good, exercise often, and share my story as often as I can: PLANT-BASED NUTRITION HEALS."

Thank you so very much, Sue, for taking time to share your experience.

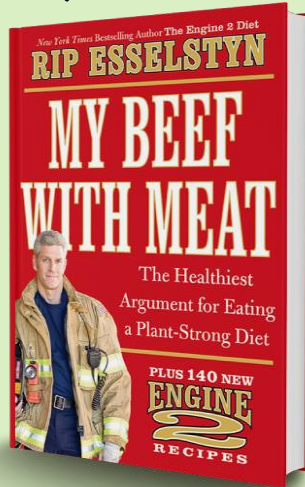
If you don't have goosebumps after this, then time to see a therapist! Susan's story is, again, proof positive that plant based nutrition heals. Susan has had conversations with Dr. Esselstyn who told her that she needs to educate her doctors. You think????

I know individuals with heart disease who have cardiologists who have no knowledge and understanding of how plant based nutrition can prevent and reverse heart disease. As this friend said, "My cardiologist told me it's genetic." So after his by-pass surgery, and living with multiple meds, this person continues to eat his ice cream, donuts and other artery clogging confections.

Is it time to hold physicians responsible for not dispensing current, proven medical research? I wonder.

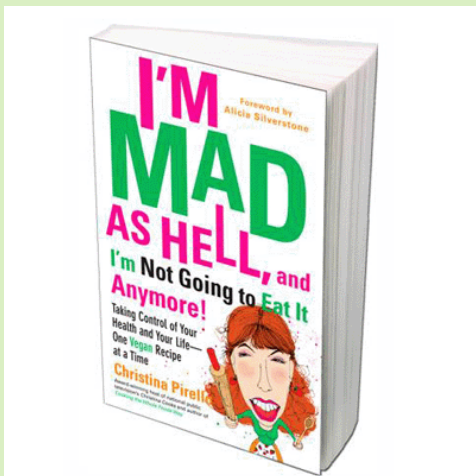


Rip Esselstyn's news book, provides the healthiest argument for eating what he calls a "plant-strong diet". In strong, no nonsense language, Rip presents every medical rationale possible for embracing a plant-strong way of life. Dr. Neal Barnard writes, "One of the most enlightening and practical books you'll ever read. Rip Esselstyn tackles every key health issue and provides exactly the information readers need to achieve the best of health and peak performance. As one of the most respected leaders in the movement for better health, Rip Esselstyn tells it exactly as it is."



Christina Pirello, is the Emmy Award-winning host of *Christina Cooks*, one of PBS's longest running shows dedicated to vegetarian cooking. She is a passionate teacher and advocate for healthy eating, and her own recovery from leukemia is proof positive, once again, of the healing powers of plant based nutrition. Dr. Barnard makes this testimonial of her book: "If you've had it with being manipulated by food commercials and lied to by food manufacturers, and you're confused about what's healthy and what's not, Christina sorts it out with wisdom and humor, and makes it phenomenally easy to change your life for good."

Good friends went on the 2012 Holistic Holiday at Sea cruise where Christina Pirello did many entertaining and educational cooking demos. According to my friends, she is entertaining, funny, bright and creative!



I love to try and adapt new recipes. My motto is something totally new and different 3 times monthly!

This is from Rip's new book: "Black Bean and Sweet Potato Quesadillas" (fabulous!)

10 minutes prep time

1 hour to cook

Makes 4 large quesadillas

1 large sweet potato

1 cup cooked brown rice

1 cup salsa, plus more for serving

1 cup fresh spinach

1 cup black beans, drained and rinsed

8 oz vegetarian, no-added-oil refried beans

$\frac{1}{4}$ tsp onion powder

$\frac{1}{4}$ tsp chili powder

$\frac{1}{4}$ tsp ground cumin

6-8 whole wheat tortillas

1 jalapeno pepper, diced (optional) (I added small can diced chili peppers.)

Preheat oven to 375. Line a sheet pan with parchment paper.

An hour before you plan to eat, peel and quarter the sweet potato. Bake the potato on the lined pan for 45 minutes to 1 hour, or until soft.

Meanwhile, prepare the rice on the stovetop or in a rice cooker. (Costco sells organic brown rice in bowls that cook in 10 minutes. You can also purchase quick cooking brown rice. Use time savers!) Remove the sweet potato when done, and transfer to a mixing bowl. Mash the sweet potato with the salsa, rice, and fresh spinach. Place the sweet potato mash in a saucepan and mix in the black beans and refried beans and heat the mixture thoroughly over medium heat. Add the onion powder, chili powder, and cumin to taste, and stir to incorporate.

Place a tortilla in a nonstick frying pan over medium heat and slather the side facing up with the sweet potato-bean mixture. Add jalapenos, if using. Place a second whole wheat tortilla on top of the first. Press down on the top tortilla with a spatula, then cook in the pan for about 3 minutes. Flip the tortilla with the spatula and cook the opposite side for 3 minutes more.

Cut into desired number of sections. Serve topped with salsa.

You can use other beans if you'd like. Also, taste for spices. You may want to add more chili powder and cumin, depending on your taste preferences.

This is easy, very tasty,
and healthy. Enjoy!

PENNE FRA DIAVOLO (From Christina Pirello)

Christina says this dish is spicy, and makes for a 'smokin' hot dinner!' (I haven't made this one, yet, but it resembles an arrabiata sauce that I love.)

Christina uses olive oil; I don't, and we shouldn't!

5 garlic cloves, crushed

3 cups whole peeled tomatoes with liquid, coarsely chopped

1 tsp sea salt

1 tsp crushed red pepper flakes

1 T capers, drained, but not rinsed

$\frac{1}{2}$ cup kalamata olives, pitted, but left whole

1 pound your favorite penne pasta - whole wheat, brown rice, your choice!

3-4 sprigs fresh basil, leaves removed, coarsely chopped

Sauté garlic in a little water or veggie broth in a deep skillet over medium heat. Do not let it brown. Keep adding more water or broth as needed. Saute for 30 seconds. Stir in

tomatoes, salt, red pepper flakes, capers, and olives. Cover, reduce heat to low, and simmer 25-30 minutes to fully develop flavors.

While the sauce simmers, bring a pot of water to a boil. Cook the penne al dente for 8-9 minutes. When cooked, using a slotted spoon, transfer the penne right to the sauce and stir well. Remove from heat and stir in fresh basil. Serve hot.

Buon appetite!



Since returning to Cape Cod the end of April, hubby and I have been working 24/7 to get both house and gardens in order. Working the soil and planting those wonderful, healthy, tasty greens - kale, collards, Swiss chard, escarole, endive, and other lettuces - fills me with joy! So far the garden is flourishing! I'm grateful.

And I'm thankful, too, for special moments spent with my kids and grandchildren - catching up, watching them play T-ball and baseball, and just having fun.

Two weeks ago I babysat my daughter's two children. Logan is 6 1/2 and Evelyn is 3 1/2. We had a fabulous time. After some hours at the Fall River Children's Museum, I took the kids for lunch at the Newport Creamery. I was delighted to see a veggie burger on the menu with steamed broccoli as a side choice. That was my order. The kids had their regular SAD foods.

We had fun talking, sharing and doing word searches on the menu. My wonderful grandson looked at me seriously and asked, and this is just how he phrased it....."Nana, do you EVER, EVER, EVER eat anything unhealthy?"

I told him that sometimes when we have family gatherings, I'll have some potato chips and pretzels. Again, he wondered, "DO you EVER Nana eat something else?"

This was my response to my dear grandson who I dearly love, "Logan, if I ate the way most people eat, do you think I'd be able to run around the yard with you, play freeze tag and baseball?" To which he replied, "No."

I continued, "One of the reasons I choose to eat plant based is because I want to be able to still run around and have fun with you. I couldn't do that if I were eating unhealthy foods."

Logan appeared to understand. One day I pray he'll go plant-strong and give the SAD lifestyle a well-deserved kick in the kista.

So, to all my friends and family out in cyberspace - May you be blessed with good health this upcoming summer season, and may you experience wonderful memory making moments with family and friends.

AND IF YOU ARE INTERESTED IN ANY ONE OF OUR FOOD FOR CLASSES FOR FAMILY, FRIENDS OR YOUR PLACE OF EMPLOYMENT, CALL ME. I'M NOW READY TO BEGIN TEACHING!!!!

