

Where Food Nourishes Body, Mind & Spirit!

October 2014

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Every blade of grass has its angel that bends over it and whispers, "Grow, grow!"



News You Can Use!

Green Nosh Happenings

Restaurants with WFPB options

Food for Life Diabetes Series, October

The truth, and nothing but on the Paleo Rage!

Health News You Can Use

Recipes from our Nosh



Isn't this a wondrous time of year?.....beautiful Autumn colors grace our landscape, jolly pumpkins and colorful mums abound, and the promise of seasonal festive memory making with family and friends awaits!

What is truly wondrous to me is the grow, grow, growing of the "Whole Foods Plant Based" movement on Cape Cod! I see it in the numbers of people calling for information on the how to's of this healthy, healing nutritional lifestyle; I see it in the numbers of restaurants now offering plant based options; and I see it among our medical community, many of whom are now advocating plant based foods as a viable pathway to health and healing.

So let us join hands and hearts as we continue to grow, grow, grow!

Our Recent September Green Nosh

We were all treated to a wonderful, informative power point presentation by Kevin Minegerode, an Organic Master Gardener who will be writing periodically for 'Prime Time' magazine. Kevin is a retired Lt. Col. pilot who has morphed into a passionate, knowledgeable teacher on the how-to's of organic gardening. Along with his wife, who shares his passion, he is creating a life that speaks of ongoing growth and vitality.

That comes not only from finding and living his 'bliss', but from embracing a whole foods, plant based way of eating. Kevin shared that some years ago a friend encouraged him to read Professor Colin T. Campbell's work, "The China Study". When, after a year that request was unfulfilled, his friend gave him a copy of the book which, Kevin admitted, he then felt obligated to read. Campbell's research changed his life, as it has for so many of us. Campbell's twenty years of research on how food impacts disease CANNOT be refuted.

Keep an eye out for Kevin's articles in "Prime Time". For us gardeners, we have a master teacher to learn from! Thanks, Kevin, for coming to our group and treating us to a wonderful presentation.



Folks describing the tasty dishes they prepared.



Kevin all smiles. His energy is contagious!



No-Meat Loaf



Eggplant Parm and Potato Salad



Farro Salad

October and November Green Noshes

October 2014

Our Nosh day will be our trip to the **Annual Boston Vegetarian Food Festival**, set for Saturday and Sunday, the 25th and 26th at the Reggie Lewis Athletic Center, 1350 Tremont Street in Boston. (Subway stop across the street.)

Saturday: from 11 am - 6 pm

Sunday: from 10 am - 4 pm

I'll be going on Sunday. If anyone wants to carpool, please contact me. The event is a happening, with speakers the likes of Dr. Michael Greger, along with an array of food providers, chefs, educational exhibits, speakers and much more. One of my fellow instructors and cookbook author, marathon runner and personal coach and trainer (wow), Ellen Jaffe Jones, will be speaking!

November 2014

November 10th, Monday at 5:30 at the Daniel Webster Inn. This event is just about filled. Dr. Sidhartha will be out guest speaker as we all enjoy a healthy plant based meal from the Daniel Webster, and 'grow, grow, grow' in our understanding of the benefits of a WFPB lifestyle! **Registration with yours truly is necessary!**

VIP

If you'd like to be included on our Green Nosh list, to be notified of meetings and events, please email your contact information, if you haven't already done so - name, address, phone, and email to Alvan Hathaway at: bennyg576@aol.com.

Alvan is co-coordinator for the Green Nosh gatherings.

Cape Cod Restaurants Recommended by Our Members

We're compiling a list of restaurants throughout the Cape that offer plant based options. This list is by no means conclusive. If some restaurant out there is preparing healthy options and we've neglected to mention you, I apologize. Readers, send us your recommendations AND, remember, when dining out request WFPB!!!! Let the owners/chefs hear what we'd like for health and wellness. Together we can change the climate.



Bistro Soleil on Stevens Street, Hyannis

Chef prepared a tasty, scrumptious veggie risotto minus the cheese, dairy & oils, served with a lovely quinoa, arugula salad. Make sure you request 'no cheese' on the salad.

Daniel Webster Inn in Sandwich has a Green Palatte Menu

Tasty Grilled Tempeh Steakl, Alkaline Stir Fry, and their own Veggie Burger.

Fannizi's in Provincetown

Good veggies and veggie burgers.

Green Lotus, Hyannis

Many plant based sandwiches; can be prepared without oil or avocado.

Land Ho, Harwich Port

Veggie Burger

Panera Bread, Hyannis

Mediterranean Veggie Sandwich (ask for no feta cheese).

Roberto's, Hyannis

Veggie Wrap

Common Ground, Main Street, Hyannis

They have a Prince Wrap with tofu; also wrap with Hummus, Nice salads.

Scargo Café, Dennis

Roasted Red Pepper and portobello sandwich or wrap
Eggplant sandwich
Raspberry sorbet, dairy free

Hearth and Kettle Restaurants

Veggie burger

Dune Dogs Pub, Dennis Pines Golf Course

Chef has celiac disease, and offers many gluten free options. They seem nice and open to accommodating requests.

Acapulco's, Rt. 28 Yarmouth

Veggie burrito.

Van Rensselaer's, 1019 Rt. 6, Wellfleet (right after light at Maconi Station, on left)

One chef is vegan. There are 3 vegan options, a soup, two appetizers, and a huge salad bar.

Owner's name is Diane Hall; their phone number: 508-349-2127. They close in October for the season.

Underground Bakery, Rt. 6a, Dennis

Tofu scramble wrap

Philly 'cheez steak sandwich' make with seitan

Hummus wraps

Royal 2, Yarmouthport

Chef/owner is Paul. They make their own delicious veggie burger and will prepare any dish you ask for. They made a vegan pizza that was excellent!

If anyone has had a positive experience with other Cape restaurants preparing plant based dishes, email your recommendation to Alvan Hathaway at bennyg576@aol.com. (Alvan is co-coordinator of our Green Noshes.)

4-Week Series for Diabetes Prevention and Treatment

Why Food for Life for Diabetes?

Diabetes is an epidemic.....

11% of US adults have the disease.....

1/3 of folks 65 and older have been diagnosed.....

One in three children born in 2000 is at risk of

type 2 diabetes in his/her lifetime.....

Diabetes can lead to health complications from head to toe – stroke, vision loss, heart disease, kidney failure, etc.....

Diabetes is largely a disease of over-nutrition and a sedentary lifestyle.....

This disease can be prevented and reversed.



developing

WHERE?

Holy Trinity Parish

Classes to be held in Parish Center Building located at:

245 Main St. (Rt.28), W. Harwich

WHEN?

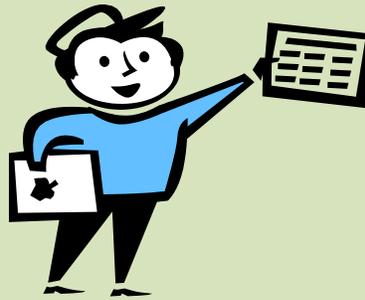
Wednesday Evenings, 5:30 – 7:30 pm: October 15, 22, 29 & November 5

Cost: \$100 for 4-week series

(Classes include DVD education, resources, cooking demonstrations, and enjoying all prepared foods!)

To Register: Contact Joanne Irwin, Instructor,

508-258-0822 or email: joanneirwin72@gmail.com. Class limited to 35 participants.



Hot off the Press: News You Can Use!!!!

The Silence of the Bees



A few weeks ago, at the Berkley Arts and Crafts Fair, I met Cherise Hoak, beekeeper and advocate extraordinaire. Cherise presents programs on Protecting Bees and other Pollinators to schools, businesses, and any group that is concerned over our fragile ecosystem. She can be reached at choak@comcast.net or call 508-823-3187.

Some of her advice:

To save our pollinators, read labels when buying gardening products and **DO NOT** buy any containing the following: Acetamiprid, Clothianidin, dinotefuran, Imidacloprid or thiamethoxam.

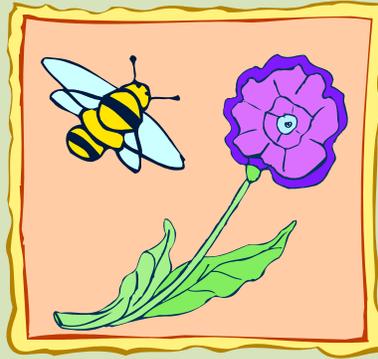
To save and increase pollinators **DO PLANT** these Bee-Friendly Plants:

Aster	hackberry	wild rose
Bearberry	honeysuckle	willow
Bee-balm	indigo	woodland pinkroot
Black cohosh	joe-pye weed	
Black-eyed susan	lilies	
Blazin star	lupine	
Blueberry	maple	
Buttonbush	milkweed	
Cardinal flowers	phlox	
Columbine	purple coneflower	
Crossvine	sage	
Dwarf sumac	sassafras	
Eastern redbud	sunflower	
Elderberry	trumpet vine	
Geranium	violets	
Goldenrod	white turtlehead	

Always buy organic to avoid seeds and plants pre-treated with bee-killing pesticides.

BeeInformed.info

Some Important Bee Facts:



Less than half of the world's bees are capable of stinging. Only female bees sting.

Foraging bees collect pollen and nectar to feed their young and themselves. They are not flying around looking for someone to sting!

You are completely safe watching bees as they fly from flower to flower.

Most bees only sting if you pinch or step on them, or they get caught in clothing.

Honey bees and some bumble bees are defensive within 10 or 20 feet of their nests. Keep back!

Keep children from disturbing bee or wasp nests.

Ground-nesting yellow jackets are likely to sting and pollinating bees get the blame.

Yellow jackets are minor pollinators. The best approach to eliminate yellow jackets is to set queen traps in the spring before they establish new nests.

So Bee Happy, Bee Safe, Bee Protective and Bee Loving!



The PALEO DIET - The truth, the whole truth, and nothing but....



With the Paleo Diet being the latest rage, it's important to understand what's true and nonsensical about this fad. Brenda Davis and Vessanto Melina are both considered experts in the field of nutrition. Davis is a member of the Vegetarian Hall of Fame, a past Chairperson of the Vegetarian Nutrition Dietetic Practice Group of the Academy of Nutrition and Dietetics, and, along with Melina, have co-authored 14 books, 7 jointly. Davis has also studied nutritional anthropology and is an expert in disseminating fact from fiction regarding the Paleo craze. So when your friends yell, "Paleo", you'll have the facts in your back pocket or front, whatever!

Some facts disseminated from their recent analysis of the Paleo Diet:

Preagricultural diets consisted of wild plants, wild animals, and wild fish. They did not consume oil, sugar, or salt; anything from a box or carton, or consume the milk of other mammals.

Today's Paleo people eat meat, poultry, fish, eggs, vegetables, fruits, nuts, seeds, and avoid processed foods, grains, legumes, and dairy products.

Today's Paleo people believe their diet is akin to early man's. That's far from accurate!

Nutritional anthropologists report that it's the vegan (plant based) diet that actually comes closer to matching the nutritional intakes of cavemen.

Vegan diets more closely match the macro and micro nutrients of early Paleo man.

The data comparisons in the table presented below, and compiled by the authors, came from examining the recommended paleo menus, plant-based menus, and a true Paleolithic diet eaten by early man. The table also gives dietary reference intakes (DRIs) for adult males (M) and adult females (F) who aren't pregnant or lactating. Nutrients and dietary factors in the new paleo or vegan diet that are more similar to that of early man are highlighted - Red numbers for new paleo and Green numbers for vegan diet.

Table below. Very interesting.

	DRI	True Paleo Diet	New Paleo Diet	Plant Based Diet
Energy (cal/day)	2200-2900	3000	3000	3000
Macronutrients				
Protein (%)	10-35	25-30	32	14
Fat (%)	15-30	20-35	53	29
Sat Fat (%)	<10	6-12	19	6
Cholesterol (mg)		480	1308	0
Omega6: omega-3 ratio		2:1	11:1	4:1
Fiber (g/day)	25 (F), 38 (M)	70-150	31	70
Vitamins				
Riboflavin (mg)	1.3 (F) 1.7 (M)	6.5	2.6	2.8
Thiamin (mg)	1.1 (F) 1.2 (M)	3.9	2.7	4.6
Vitamin C (mg)	75 (F) 90 (M)	500	226	417
Vitamin A (mcg RAE)	700 (F) 900 (M)	3797	2436	1513
Vitamin E (mg)	15	32.8	24	31.3
Minerals				
Iron (mg)	8 (M) 18 (F)	87.4	25	32.3
Zinc (mg)	8 (F) 11 (M)	43.4	33	21.3
Calcium (mg)	1000-1200	1000-1500	643	1847
Sodium (mg)	<2300	768	4193	2005
Potassium (mg)	4700	7000	4762	6724

“The research evidences that the new paleo menu supplies protein, vitamin A, and zinc in amounts closer to a true Paleolithic diet than do the vegan menus. However, its fat and saturated fat levels are about double, cholesterol almost triple, and sodium five times as much as true Paleo diets. The new paleo diet contains about a third of the carbs, half the vitamin C, calcium, and fiber of true Paleo man.

The new Paleo diet avoids processed foods, refined carbs, fried foods and fast foods. That’s good. BUT they indulge in far more meat, thus ignoring the research on meat consumption’s link to chronic disease. Grains and legumes are dispensed with, even though these foods have a long and impressive track record as valuable sources of calories and protein for the world’s populations. The value of legumes and grains is validated by people of the Blue Zones - the longest lived, healthiest populations in the world, all of whom consume legumes and grains as part of their traditional fare.”

The bottom line is that the new paleo diet is a pale imitation of the diet of early humans.”

Blue Zones: [Okinawa](#), Japan; [Sardinia](#), Italy; [Nicoya](#), Costa Rica; [Icaria](#), Greece; [7th Day Adventists in Loma Linda](#), CA.



MORE NEWS

YOU CAN USE!

MORE MEAT ASSOCIATED WITH INCREASED DIABETES RISK

A study of more than 150,000 people looked at how their meat consumption changed over a 4-year period and the effect of changes on diabetes risk. The results were sobering. Compared with those who ate fewer than 2 servings of red or processed meat weekly and whose meat consumption was stable, those who increased their red or processed meat intake by more than half a serving a day almost doubled their risk of diabetes. While part of this was due to weight gain associated with higher meat consumption, increased red meat consumption also independently increased the risk of having diabetes. (This study did not look at vegetarians; other studies have found a lower risk of type 2 diabetes in vegetarians.) JAMA Intern Med 173:1328-35.

PROSTATE CANCER (PC): CAN DIETARY CHANGES AFFECT SURVIVAL?

One out of every six men in the US will receive a prostate cancer diagnosis. It is the second leading cause of cancer-related deaths in men in the US. Recent research suggests that diet may play a role in prostate cancer outcome.

About 4500 men with PC were studied for a number of years. During that time 315 men died from the disease. Men whose diets were higher in vegetable fats (mainly oils and nuts) and lower in carbohydrates had a lower risk of dying from PC and had lower death rates overall. Other studies have suggested that excessive use of **refined** carbohydrates may be associated with PC. It's not clear whether it is higher vegetable fat intakes or lower refined carb intakes that could explain the lower risk of death from PC seen in men with higher vegetable fat intakes. Replacing animal fats with vegetable fats also reduced the risk of death from prostate cancer. Men whose diets were higher in saturated fats and trans fats after their diagnosis of prostate cancer had a higher risk of death from all causes. JAMA Intern Med 173:1318-26 and 173:1326-7.

Dr. Dean Ornish has researched the effects of diet on prostate cancer. According to Ornish and also PCRM, men who embrace a whole foods, plant based lifestyle, plus exercise, not only prevent recurrence, but, may reverse PC. A good book to read, though older is "Recalled by Life" written Dr. Anthony Satalaro who was President of Methodist Hospital in Philadelphia. He reversed a metastatic prostate cancer diagnosis by embracing a macrobiotic way of eating. His 6 month diagnosis extended beyond 10 years!

VEGETARIANS HAVE LOWER RISK OF HIP FRACTURES

A study involving more than 62,000 Chinese men and women examined their diets. Those whose diets were highest in fruits, vegetables, and soy products had the lowest risk of breaking a hip. Their risk was 21-34% lower than those whose diet was lower in fruits, vegetables, and soy products. In addition to bone health benefits, this eating style also reduces the risk of heart disease and diabetes. J Nutr. (Epub ahead of print.)

HIGH SCHOOL FOOD CHOICES MAY HAVE LASTING EFFECTS

Colorectal adenomas are precancerous polyps. Researchers asked more than 17,000 women, aged 34-51 years, to remember foods they ate in high school and as adults. Those whose diets were high in vegetables, fruits, and fish had a low risk of developing a rectal adenoma as adults. Women whose high school diets were high in red meat, processed meat, desserts, and other sweets had a higher risk of developing adenomas as adults. The risk was especially high in women who ate more red or processed meat and sweets during both high school and adulthood. Int J Cancer. 134:2458-67.

Reports are from the Vegetarian Resource Journal.



WHAT TO NIBBLE ON??

(By the way, this strong animal is plant based!!!)

Check out some recipes from our recent September Green Nosh:



Farro Salad with Fresh Peas, Grape Tomatoes and Mint

- 1 $\frac{1}{2}$ cups faro (an ancient grain with nutty flavor; cooks quickly)
- 1 cup fresh or frozen organic peas
- 12 ounces grape tomatoes, halved
- 1 cup red onion, cut into half-moon slices
- 6 T chopped fresh mint

Dressing:

Original recipe called for $\frac{1}{2}$ cup olive oil (that's a ton of calories); instead, I'd do the following:

- $\frac{1}{4}$ cup fresh lemon juice
- 1 clove garlic, crushed
- 2 tsps Dijon mustard
- $\frac{1}{4}$ cup white wine vinegar
- 1 tsp agave nectar

Cook the faro in boiling water for 10-15 minutes until tender. Drain and transfer to a large bowl to cool. Drop the peas in boiling water for 1-2 minutes. Drain.

Whisk dressing in a small bowl.

Add the peas, tomatoes, onions, and mint to the farro. Remove the garlic from the dressing and mix into all the ingredients. Pour dressing over farro et al, stir and enjoy. (This is a nice side dish or served over mixed greens.)

From Dr. Joel Fuhrman's wonderful cookbook, "Eat to Live Cookbook"

Thanksgiving Nonmeat Loaf



2 T arrowroot or cornstarch powder

4 T water

2 tsp Bragg Liquid Aminos or low-sodium tamari

1 box soft tofu, drained and patted dry (I like to use Mori-Nu Silken Tofu in aseptic box)

$\frac{3}{4}$ cup chopped walnuts (optional)

1 $\frac{1}{4}$ cup chopped onions

$\frac{1}{2}$ cup chopped celery

2 cups chopped Portobello mushrooms

1 T water

No-salt seasoning blend, adjusted to taste

2 tsps Spike (no salt)

1 tsp dried oregano

1 $\frac{1}{2}$ tsps dried basil

$\frac{1}{2}$ tsp dried sage

$\frac{3}{4}$ cup whole-grain bread crumbs

1 $\frac{1}{2}$ cps cooked brown rice (To save time, can use Success brown rice - cooks in minutes.)

Preheat oven to 350.

Mix arrowroot powder, water, aminos, and tofu together in a high-powered blender. Add the walnuts and blend until smooth.

Saute onions, celery, and mushrooms in water with seasonings and herbs until veggies are soft, stirring occasionally.

In a bowl, mix together tofu mixture, vegetables, bread crumbs, and cooked rice.

***Using a paper towel, spread a small amount of olive oil in a loaf pan. Add mixture to pan and bake for 1 hour and 15 minutes. Let cool for 30 minutes. Turn loaf out and slice.

***What I like to do to avoid using any oil, is line the loaf pan with parchment paper, cut to fit bottom of pan and leaving enough parchment to hang over sides of loaf pan. This way it is easy to lift loaf out when ready to slice. Enjoy!!

Garden Veggie Medley



- 1 can black beans, drained and rinsed
- 1 can corn kernels (or use fresh, steam and cut off the cob)
- 1 red onion, sliced thin then cut in half
- 1 red bell pepper, chopped
- Chopped cherry tomatoes (amount to your liking)

Dressing:

- 1 T balsamic vinegar
- $\frac{1}{2}$ tsp Dijon mustard
- 1 T olive oil (For those omitting oil, you can substitute orange juice or white wine vinegar with a splash of agave nectar.)

If anyone has a healthy oil, salt and sugar free dish that you'd like to share with our group, please send it to me. I'll include on my website with your name, if you'd like!

Also, anyone have a success story/health transformation from embracing a WFPB life-style, please share your story with me. I'd like to include in a newsletter testimonials that will motivate and inspire others to embrace this life changing way of eating.

Until next time, may joy, peace, and love abound in your life!