



## Where Food Nourishes Body, Mind & Spirit!

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**"The more you sense the rareness and value of your own life, the more you realize that how you use it, how you manifest it, is all your responsibility. We face such a big task, so naturally we sit down for a while!"**

Kobun Chino Otogawa Roshi

## NEWS YOU CAN USE!



**July Green Nosh -  
A Plant Based  
Barbecue!**

**Food for Life  
Classes**

**Breaking News!**



I promise! This newsletter will be a quickie. We can all eye the above photo and think nothing but relaxation on Cape Cod, but for most, the wheels begin spinning when summer rolls in on our sandy soil.

Funny, but my wheels began churning in April when I arrived back on the Cape. After soaking in heart-warming dance recitals, fun time with family, Little League play-off games, Food for Life classes, and great Green Nosh gatherings, we're now gearing up for our son's wedding on July 4<sup>th</sup>. Following what promises to be a week of fun-filled pre and post wedding celebrations, this gal and hubby are going to hibernate for a week! Thus the reason for announcing some news while I'm still functioning!!!

# July Green Nosh



*Wait a minute!!!! Dallas Barbecue & Plant Based??  
That's not congruent! Isn't Texas the state where  
grilling beef, pork, lamb & poultry is a state sport?  
Come experience what a real healthy barbecue is like!*

**What:** A Whole Foods, Plant Based, Outdoor, Fun Barbecue  
**When:** Tuesday, July 28<sup>th</sup>, 4 pm  
**Where:** Charlotte Edgecombe's Home  
36 Whistler Lane, Dennisport, MA 02639  
**Note:** Rain Date will be Thursday, July 30<sup>th</sup>  
**RSVP:** Joanne - either email or phone (contact 1<sup>st</sup> page) We  
need numbers!!

Bring a favorite dish to share along with either a veggie burger or tofu dog to toss on the grill. Ok, we're getting a bit processed here, but it's summer and, every now and then, it's fine to indulge. Just think - sauerkraut, Dijon mustard, a tasty dog on a bun. Tis the season!

For anyone wondering about tasty, healthy vegan summer recipes, check out these sites for some ideas or google: summer vegan barbecue recipes.

<http://www.peta.org/living/food/10-best-vegan-bbq-recipes/>

<http://www.buzzfeed.com/deenashanker/recipes-that-prove-nobody-barbecues-like-a-vegan#.yyK20oYO2>

**Please remember to send in your membership dues - \$20/year/single; \$30/couple to Charlotte Edgecombe, our Treasurer. Make check out to: Green Nosh Group of Cape Cod.**

Our June Green Nosh at the Pickle Jar Restaurant in Falmouth was a big hit. Given that this is such a busy time of year, we were thrilled with such a large group.

The food, company, and conversation were invigorating! The Pickle Jar is located on lovely Main Street in the heart of Falmouth. Though some consider it a hike to that part of the Cape from mid-Cape, the trip is well worth it. Their breakfast is both delicious and healthy. Loved their Breakfast Tofu Scramble and vegan potatoes. Thanks to Cassie and crew for making this a lovely Green Nosh! We'll be back.



Stay tuned for info on our Plant Based Chef Challenge for October. To date ten restaurants are participating, and we're awaiting responses from 18 more by our deadline date. Keep your fingers crossed. Word is spreading and plant based foods are taking hold all across the country.



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

**August series** has filled.

Wednesdays from 1 - 3 pm at the Mugar Cancer Center's Lorusso Board Room.

August 5, 11, 19 & 26

**November series:** Still taking reservations.

Wednesdays from 1 -3 pm at above location.

Nov. 4, 11, 18 & Dec. 2<sup>nd</sup>

Each class in the series focuses on a specific topic - How Foods Fight Disease, Importance of Low-Fat, High-Fiber Foods, Alternatives to Meat & Dairy, and Cancer Fighting Compounds & Immune Boosting Foods. Along with DVD presentation by Dr. Neal Barnard, President of Physicians Committee, there will be cooking demonstrations and then time to enjoy all prepared dishes. Come LEARN, ENJOY, TASTE, AND SHARE in a safe, supportive environment.



Have you heard? **Ben and Jerry's** will be offering non-dairy ice cream in 2016! How's that for consumer influence? We can make a difference!

Not so good news...."**U.S. Obesity Rates** to Soar by 2030". Current data reports that 35.7% of US adults are obese; 16.9% of children age 2 to 19 are obese. (Reported by the Centers for Disease Control and Prevention [CDC]). Obesity raises the risk for a plethora of chronic illnesses and disease. More disease means higher medical costs. Change needs to happen!

**Carbohydrates maligned for too long.** What's the skinny on carbs? First off, certain publications have scared the public with carb myths: Carbs are bad for you, they make people fat and sick; carbs cause disease and destroy brain function. It's amazing how much misinformation is spread among the populace.

The scientific truth: Good carbs, the intact carbs, the unrefined carbs are GOOD! They are nutritious for both brain and body!

Veggies, legumes (bean group), fruits, and whole grains are intact carbs. They are full of important fiber, vitamins, minerals, and immune boosting compounds.

The refined carbs (white flours, table sugar, white rice, cornstarch and corn syrup) are stripped of fiber. These carbs initiate a more pronounced insulin release to carry sugar to cells whereas unrefined carbs slow the absorption of sugar in the blood.

In countries with the lowest diabetes rates, carbohydrates were a major part of their diet. Dr. Neal Barnard's research (conducted by George Washington University and University of Toronto) on Type II diabetes evidenced ground breaking research. Their study showed that it's the fat in the muscle cells that interferes and hinders insulin's job of using glucose. Fat acts like gum in a lock, and prevents insulin from pushing the sugars (glucose) into the cells. That blockage causes sugar build up in the blood stream. Read more on the PCRM website.

**Pesticides in Food:** Check out this website:[www.whatsonmyfood.org](http://www.whatsonmyfood.org)

Not such good news:

47 pesticide residue found in apples; 16 suspected of being hormone disruptors.

Atrazine, a herbicide, found in 94% of US drinking water. Atrazine is banned in Europe as it disrupts hormone systems.

An average American child gets 5 + servings of pesticide residue in food and water daily. Over 1 billion pounds of pesticides are applied yearly in the US. That's almost 3 lbs/person.

45 different pesticide residues found in strawberries; 16 suspected of being hormone disruptors.

### **Now to Some Good News!**

Friends help you live a long and happy life. Research shows that folks with strong social ties are 50% less likely to die early. A British study found that regular contact with 10 or more friends significantly increases happiness and lengthens life. So make a call, stay in touch, and connect!

Research also showed that people are 12 times more likely to feel happy on days they spend 6-7 hours a day with family and friends.

To foster friendship, it is suggested folks skip the small talk and get to important topics. We feel closer to people when we've had meaningful conversations.

All this comes down to the age old adage that true friends are the real jewels in life!

**So come join our Green Nosh Group. Experience camaraderie, support, fun, learning, and healthy food!**

### **The Most Addictive Foods (Back to the Dark Side)**

Sugar

Chocolate

Meat

Cheese

As these foods touch our taste buds, nerve impulses are sent to the brain, opiates are released, with the end result of wanting more. Craving sets in. These natural opiates can get us hooked on those foods that triggered their release. Kind of like a mild heroin addiction! Now for folks who are healthy and in good shape, a little piece of dark chocolate every now and then is not going to hurt. Can't say the same for meat and cheese! That said, it's best to be aware of those foods that cause cravings, and be mindful when you're around them!

To read more, go to: <http://www.doctoroz.com/article/brain-hijackers-4-most-addictive-foods>

**An Ending Sunny Note:** Friends we met at our community in Naples also live in Dracut, MA. Lorraine is part of our Green Scene group down south, and both she and her husband, Tom, are plant based foodies. While on Cape recently, they came to our June Green Nosh at the Pickle Jar. Lorraine emailed her favorite **Tofu Scramble** recipe which sounds wonderful. I posted it on my website and I know you'll enjoy. The seasonings promise a real treat. Since I've just finished burning the wee hour oil, I'm now ready for a good breakfast. Off I go to make Lorraine's Tofu Scramble. But first I send you all.....

Peace, Love & Joy!. Have a Fun and Safe July!

Blessings! Plant Based Nana