



From The Farm

To The Home...

July 2015

"Blessed are the meek for they will inherit the earth" Matthew 5:5

BLUE/PURPLE/BLACK

Blue/purple/black foods from nature are healthy because they contain compounds that are anti-cancer, anti-inflammatory, and may protect the brain, heart, and vasculature. It is interesting to note that out of all the colors, this is the category that many people eat the least from on a daily basis. Unfortunately, too little blue/purple is not healthy since these compounds are especially used for the brain, protecting it from damage and promoting healthy cognition and memory.

The reason people eat too few foods of these in this category is because it is more difficult to find these colors, especially during the winter months. Blueberries, Blackberries and Mulberries are abundant during the late spring and early summer but what about trying purple potatoes, cauliflower, pepper or carrots? Many groceries may not carry these secondary to cost. During the seasons of "farmers markets" try picking these varieties as a variation.

FEATURED BLUE/PURPLE/BLACK FOOD-PHYTONUTRIENTS

Resveratrol

Resveratrol is a popular purple phytonutrient that has made its way into the news for its effects on helping to promote healthy aging processes by reducing inflammation and blood sugar, along with being beneficial for the cardiovascular system. Food sources of resveratrol include grapes (in the skin), and grape-derived products like red wine. Less rich sources include dark chocolate, and blueberries.

Pterostilbene

Pterostilbene is a phytonutrient that resembles resveratrol and is found in blueberries and grapes. There is some animal research that suggests it wards off cancer, keeps blood fats (cholesterol and triglycerides) low, and may help with preserving cognition. There may even be some positive effects on blood sugar.

To get more of the blue purple color in your diet try

1. Add berries in a smoothie
2. Add Purple kale to salads instead of the green
3. Stir fry purple peppers or eggplant along with other veggies for a variety.
4. Add figs or raisins to recipes to add flavor and nutrients especially using them as a sweetener as opposed to sugar.

As many of you know I suggest gluten free diets. But eating a gluten free diet does not mean shopping down the gluten free aisle as these foods are processed and contain very few essential nutrients. The nutrients deficient include Thiamine, folate Iron, vitamin B 12 and calcium. I recently read on Amy Meyer's newsletter her points about gluten free foods and it sums it so well I wanted to share this with you. (See next page)

"Only as high as I reach I can grow

"Only as far as I seek can I go

"Only as deep as I look can I see

"Only as much as I dream can I be."

Author unknown.

- **5 Reasons to Avoid the Gluten-Free Aisle** (Taken from Amy Meyer's Newsletter)

- **1. Gluten-free products can contain trace amounts of gluten.**

- Gluten-free products can still contain some gluten. Even certified gluten-free foods can contain up to 20 parts per million (ppm) of gluten per serving. This is a minimal amount of gluten if you only consume packaged foods occasionally. However, if you eat these processed gluten-free foods every day, you can potentially expose yourself to unwanted amounts of gluten. If you consume non-certified gluten-free foods, then you're really just taking the company's word for it and assuming that their products are free of gluten. It's best to check the label to see if a gluten-free product is produced in the same facility as wheat, or other gluten-containing grains.

- **2. Gluten-free products are nutrient poor.**

- I strongly believe that gluten is the most inflammatory food that you can consume, but that doesn't mean that everything in the gluten-free aisle is necessarily healthy. When grains are refined in the manufacturing process, many vitamins and minerals are lost along with it. Gluten-free products are considerably less nutritious than real, wholesome foods like fruits, vegetables, nuts, seeds, and a lean, organic source of animal protein.

- **3. Gluten-free products are high in sugar.**

- Whenever an ingredient is removed from a food, it's often replaced with another ingredient for stability, shelf life, or texture purposes. For example, sugar-free foods contain sugar alcohols, and fat-free foods are often produced with man-made fats and extra sugar. Gluten-free foods are no exception to this rule, as they're often laden with extra sugar. Excessive amounts of sugar can contribute to insulin resistance and weight gain, and ultimately suppress your immune system. In addition, too much sugar can feed gut infections like *Candida* and *SIBO*, and lead to many more health concerns.

- **4. Gluten-free products contain preservatives.**

- Preservatives increase the shelf life of a product and ensure that it's resistant to mold and bacteria. While it's very convenient to have food that lasts a month, it adds unnecessary chemicals and compounds to our diets. The food we eat was at one point a living organism, be it a plant or animal, and it is very natural for our meat, vegetables, grains, and fruit to decay after being harvested. Anything that can survive on your shelf for more than a week without a life source is unnatural, and is not something you want to include in your diet.

- **5. Gluten-free products are made with refined oils.**

- Inexpensive oils are often added to many gluten-free products to moisten the product and improve the texture. Refined oils such as vegetable, canola, rapeseed, safflower, and sunflower oils are all high in omega-6 fatty acids, which are pro-inflammatory. A diet higher in omega-6 fatty acids than omega-3 fatty acids can lead to increased inflammation.

Update from the Schleicher Farm

Chickens are butchered this month and will be ready for pick up for those of you that ordered.

The garden continues to grow well.

Colin and I just got back from a wonderful mission trip serving at Bethphage in Axtell Nebraska. This trip was organized through our church with the Youth. This is a home for intellectually disabled children and adults. What an awesome and heartwarming experience.

Triple Berry Crisp

1 ½ cups fresh blackberries blueberries and raspberries
2 cup Pamela's gluten free baking mix along with 1 cup of almond flour
1 ½ cups clarified butter or ghee
¾ cups raw honey
2 cups rolled gluten free oats.
1 teaspoon cinnamon
½ teaspoon nutmeg

1. Preheat oven to 350 degrees F (175 degrees C).
2. In a large bowl, gently toss together blackberries, raspberries, and blueberries; set aside.
3. In a separate large bowl, combine flour, oats, honey, cinnamon, and nutmeg. Cut in butter until crumbly. Press half of mixture in the bottom of a 9x13 inch pan. Cover with berries. Sprinkle remaining crumble mixture over the berries.
4. Bake in the preheated oven for 30 to 40 minutes, or until fruit is bubbly and topping is golden brown.



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