



From The Farm

To The Home...

June 2015

"The desert and the parched land will be glad the wilderness will rejoice and blossom." Isaiah 35:1

Welcome to the wonderful world of the Green foods. There are more food choices in this color group of foods than any other. Their health benefits are numerous including anti-cancer and anti-inflammatory. They also protect the heart brain skin and liver. One of the unique attributes of some green foods is that because they help the liver to work better, they can also assist with keeping hormones in balance. For the most part the more deep the green color of the plant the more nutritious it will be.

Surprisingly despite the abundance of the green foods, most people eat too few of them. There are so many options available to you to maximize your phytonutrient intake. For example kale parsley and spinach contain lutein which is wonderful for eye health. Other phytonutrients include the indoles and phytoestrogens (both which help with liver health and hormone balance), chlorophyll (what gives green vegetables their "green" color), folate (an important B vitamin), and phytosterols (can help with balancing cholesterol). Did you know that dandelion greens are one of the highest nutrient dense in this group!

Apples (granny smith) avocado, limes olives and pears are considered the "super foods" of the Mediterranean diet. Avocadoes are truly a remarkable food. There was a recent study that showed eating a hamburger by itself led to an increase in inflammation within hours of consumption, but when eaten with just half an avocado there were minimal increases in inflammation. It is a great beginner food for babies as it contains good fats for their growing brain.

Glucosinolates are a class of phytonutrients which includes the cruciferous vegetables (also known as the Brassica vegetables). The glucosinolates are what give some these vegetables their stinky sulfur aroma. But that sulfur comes in handy as it provides the liver what it needs to get rid of toxins.

When the cruciferous vegetables are chopped or chewed, the glucosinolates turn into active compounds called isothiocyanates indole-3-carbinol and sulforaphane These phytonutrients change the way estrogen is metabolized or broken down in the body. As a result, eating these vegetables is associated with the decreased risk of hormone or estrogen related cancers such as breast and uterine cancer. Eating these vegetables either raw, lightly sautéed, or steamed (minimal, or about 90 seconds) is best to retain the full array of nutrients. Cruciferous vegetables are also known as important sources of fiber, vitamins, and minerals. Eating a serving of these vegetables daily (particularly broccoli, kale and Brussels sprouts) can help lower disease risk. The following green vegetables are included in the cruciferous family: arugula, bok choy, broccoli, broccolini, Brussels sprouts, cabbage, Chinese cabbage (Napa), collard greens, kale, kohlrabi, mustard greens, and watercress.

Phytosterols, or plant sterols, are compounds that look like cholesterol, but they are not cholesterol. They actually block the absorption of cholesterol from food in the gut. There are many different types of phytosterols, and because of their known benefits in helping to reduce LDL-cholesterol (the bad kind), they have been added to foods and put into dietary supplements. There may also be some immune system benefits of these compounds. Good sources of phytosterols from green foods include avocado, lettuce, and olive oil.

Catechins are one of the bitter compounds found in green tea. Having just one cup of green tea a day has been shown to reduce the risk of breast cancer by 50%.

How to get more green foods into your diet

1. Toss greens into your morning smoothie
2. Have a cup of green tea instead of coffee
3. Squeeze fresh lime or add sliced cucumber to your water
4. Put an avocado on your hamburger or grilled chicken breast
5. Make soup with bitter melon, celery and beet greens
6. To meat and vegetable dishes add green colored herbs such as rosemary dill, oregano and thyme

Kale Salad

½ cup of lemon juice
1 Tablespoon of canola oil
1 tablespoon olive oil
1 teaspoon raw honey
½ teaspoon salt
¼ teaspoon ground pepper
1 bunch kale
1 large tomato
½ cup roasted sunflower seeds
½ cup dried cranberries

Whisk lemon juice canola oil olive oil honey salt pepper in a large bowl. Add kale and tomato sunflower and cranberry toss to coat. Serve

Update from the Schleicher Farm

We now have received our bees and have two hives. Unfortunately we did lose our other hive over the winter. The garden is being planted and two more fruit trees have been added. We are going to try growing popcorn this year!

Functional Medicine Thought

Check your pulse prior to eating. When done eating check your pulse again. If it increased more than 10 beats per minute your body is sensitive to something you ate causing an inflammatory response.

Homemade Sun Screen

Mix ½ cup coconut oil with ¼ cup zinc oxide Add essential oil of your choice 2-3 drops. Essential oils such as peppermint, lavender and sweet orange are great natural insect repellents.

Here comes the sun!

In June we have the longest day of the year. The sun offers many health benefits from triggering Vitamin D synthesis which helps our mood, bone, gut health and sleep patterns. Too much of the sun though can lead to burns, increase in sun spots moles and an increase in the incidence of skin cancer. Minimizing sun exposure during the hottest part of the day between 10:00-2:00 pm will help to minimize detrimental effects of the sun. Other natural ways to keep your skin from damage include eating more lycopene's and also increasing healthy fats.

“Mistakes
are the
portals of
discovery”

James Joyce

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