

Welcome to the second Health News

If it had been a grizzly bear and her cubs, I just might not be here to write this Health News!

My family and I were walking around Jenny Lake at the foot of the beautiful Teton Range in the Teton National Park, Wyoming, U.S.A. I was lagging behind snapping pictures of the beauty around me when I saw them – mother bear and her cubs. Fortunately for me they were black bears foraging and enjoying the wild huckleberries. (Black bears also are dangerous and you don't mess with them!)

Except in bad seasons, bears are mainly vegetarian and they do enjoy their berries! We should too and like the bears, make the most of the berry season.

Let us take a look at the Strawberry. Not only are they very versatile as an ingredient for the cook but they offer so many health benefits. What tastes better than a plate of fresh picked sweet strawberries? Yum!!

WHY ARE STRAWBERRIES GOOD FOR YOU?

One serving of strawberries will provide more than your daily requirement of Vitamin C.

They contain valuable plant nutrients; high in fibre; low in fats and calories/kilojoules.

Many of the nutrients are powerful antioxidants which help protect the body against cell damage from free radicals.

Free radicals weaken the bodies immune system, making it susceptible to disease and ageing.

Free radicals are the by-products of normal body processes and can also be introduced by factors such as stress and an un-healthy diet.

NUTRIENTS IN STRAWBERRIES:

Energy – Potassium – Folate – Fibre - Vitamin B2, B5, B6 - Vitamin C - Manganese

In my excitement at seeing a bear so close (a dream come true) I forgot about the warnings, seen everywhere, of "BE BEAR AWARE"! Unless you need to be aware of a known reaction to strawberries all you have to be aware of is – *STRAWBERRIES are really good for you with their outstanding health benefits.*

FOOD RULES:

I suggested in our last Health News that you read the chapter DIET AND HEALTH found in "Ministry of Healing". While in the U.S., I picked up two books written by the well known, high profile journalist – Michael Pollan. Most interesting books indeed and I will try to give you over the next months some of the exciting information found within their pages. You may even like to get a copy of them for yourself. They are "**IN DEFENCE OF FOOD**" and "**FOOD RULES**". One would think he had read the chapter entitled DIET AND HEALTH from "Ministry of Healing". Fascinating!

I think you will agree that eating today has gotten complicated somewhat. As we order from a menu or wheel our trolley down the super-market aisle, there are voices in our head saying "saturated fat", "anti-oxidant", "omega-3 fatty acids", "carbohydrates", "polyphenols", "folic acid" and "probiotics" just to mention a few. Then what about the "good" fats and the "bad" carbohydrates, like high fructose corn syrup? Do we need to worry about gluten? What's wrong with artificial sweeteners?

STRAWBERRY FACTS

- * Best from Spring to Summer
- * Medium-sized berries often taste best.
- * Frozen strawberries provide same nutrition as fresh.
- * Store in refrigerator 1–2 days covered
- * Do not wash or remove caps until they are to be eaten or frozen.
- * One drawback – may trigger allergic reaction in some people.

Nutrition science would have us believe they have all the answers when in fact they don't. However, there are two facts that all the contending parties in the nutrition wars agree on and they are:-

Fact 1: Populations that eat the so-called Western diet – generally defined as a diet consisting of lots of processed foods and meat, lots of added fat and sugar, lots of refined grains, lots of everything except vegetables, fruits and whole grains – invariably suffer from high rates of the Western diseases: obesity, type 2 diabetes, cardiovascular disease, and cancer.

Fact 2: Populations eating a remarkably wide range of their traditional diets generally don't suffer from these diseases.

Really, the answer to the many complicated questions as to what we should eat, boils down to just seven words: EAT FOOD, NOT TOO MUCH, MOSTLY PLANTS. So what should we eat?

Rule No.1 EAT FOOD

'These days this is easier said than done, especially when seventeen thousand new products show up in the supermarket each year, all vying for your food dollar. But most of these items don't deserve to be called food – Michael Pollan calls them edible food-like substances. They're highly processed concoctions designed by food scientists, consisting mostly of ingredients derived from corn and soy that no normal person keeps in the pantry and they contain chemical additives with which the human body has not been long acquainted. Today much of the challenge of eating well comes down to choosing real food and avoiding these industrial novelties'.

Note: Corn and soy as grown in the garden, are good foods.

Until next time -

God bless you with good health and strength

Judy

Health Ministry Coordinator

HEALTHY & NUTRITIOUS RECIPES



STRAWBERRY ICE BLOCKS

1. Blend frozen strawberries with strawberry yoghurt and a little apple juice to sweeten.
2. Pour into plastic ice-block moulds.
3. Freeze for 4 hours or until set. Enjoy!



FROZEN STRAWBERRY JAM

1. 4 cups of well mashed strawberries.
2. Mix together in a small bowl 1 ½ cups sugar and 1 packet **Jam Setter with Pectin**.
3. Add sugar-pectin mixture to mashed strawberries and thoroughly mix together for 3-4 minutes.
4. Pour into clean jars. Screw lids on firmly. Place in freezer.
5. Ready to use when frozen. Always keep in freezer. Nice on hot buttered toast for breakfast!