



Where Food Nourishes Body, Mind & Spirit!

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Joanne Irwin, M.Ed. 239-784-0854, 508-258-0822

joanneirwin72@gmail.com

www.plantbasednana.com

We have thousands of opportunities every day to be grateful for; for having good weather, to have slept well last night, to have enough to eat.....There's opportunity upon opportunity to be grateful; that's what life is.

David Steindl-Rast



News You Can Use!

VIP Green Nosh Info

Nov. Nosh at the Daniel Webster Inn

Food for Life Diabetes Series, October

Breakfast Class

Health Facts

Let's Hit the Kitchen

Summer Vacation

Is Drawing to a Close!!!

BUT new opportunities await - a new school year that opens the door to exciting, new knowledge, inner and outer growth, and a wondrous time to set goals. This isn't just for the school age little ones, but for us aging, too

One of my goals is to better organize our Green Nosh group and, with the volunteer help from Alvan Hathaway, one of our many enthusiastic Noshers, we plan to do just that. So read on, sharpen your pencil and mark your calendars for Green Nosh events, Food for Life Diabetes series, a fun Plant Based Breakfast class, and a November Nosh at the Daniel Webster with Dr. Kumara Sidhartha!



GREEN NOSH HAPPENINGS

- *July Nosh*
- *Group Organization*
- *September-October Nosh*
- *November Nosh at the Daniel Webster*

July Nosh

Though the day was wet and very rainy, fifteen of us enjoyed a tasty, healthy plant based lunch at the Green Lotus Café on Main Street, Hyannis. It is truly the only vegan, vegetarian, gluten-free restaurant on Cape Cod. We all hope more folks follow the example and enthusiasm of Nate Farana, the owner of the Green Lotus.



It's a natural high to be with folks who are taking charge of their health, who desire to either regain health or maintain the good health they're blessed with, and who are seekers of evidenced based science on how foods impact disease. A fun time was enjoyed by all!

Group Organization

In order to better organize our group and notify **only those who wish to be notified of our Green Nosh gatherings**, we're asking that you send your name, phone number and email (only for contact purposes) to Alvan Hathaway at: bennyg576@aol.com. We would appreciate your taking the time to send the info asap.

Alvan has graciously volunteered to help me with planning and organizing our events. When the list is compiled, we'll email copies to all members.

ALSO.....we want to compile a **list of restaurants** that include healthy plant based options on their menu. Let us know what you've found and enjoyed. After compiling a list, we'll send to members. We'll update this list as restaurants awaken to including healthy, plant based options!

When dining out, we encourage you to request plant based options, explain what you'd like, what you'd like omitted (animal protein, dairy, and oils), etc.

I'll start.....Hubby and I dined with friends at the Bistro Soleil on Stevens Street in Hyannis last night. A veggie risotto was on the menu. Two of us were vegans and explained what we'd like. The chef prepared a tasty, scrumptious risotto minus the cheese, dairy, oils. It was so good. They also serve a lovely quinoa, arugula salad. Just make sure you ask them to leave the cheese at the door!!

September-October Green Nosh - Need a Host!!

If you're available to host a pot-luck in your home, please let Joanne know asap. We want to schedule another Gathering before November. Either email or call Joanne asap. (Lots of asaps this month!)

November 2014 Green Nosh - at the Daniel Webster Inn

I recently spoke with Steve Catania, owner of the Daniel Webster Inn and Hearth and Kettle Restaurants. He is most supportive of our effort. The Daniel Webster was the first restaurant on the Cape to include a Green Palate menu as part of their dining options.

Our November meeting, and I'm very excited about this, is scheduled for - now mark your calendars - **MONDAY, NOVEMBER 10TH at 5:30 PM** at the famous Daniel Webster Inn in Sandwich.

I am thrilled to announce, too, that **Dr. Kumara Sidhartha of Emerald Physicians** will be joining us for dinner and giving a presentation following our meal. I know many of you are patients of Dr. Sid's. I think it's safe to say he's the Father of Plant Based Nutrition on Cape Cod!! We are thrilled and grateful for his participation.

We will be ordering off their Green Palate menu which I'll include below. Please secure your reservation NOW (with me) as we've allowed from 10 - 20 people.

Daniel Webster Green Palate Menu

Alkaline Stir Fry \$19

Organic brown rice and black quinoa, fresh vegetables, green apples and crispy tofu sautéed in extra virgin coconut oil. Finished with a sauce of Bragg's Liquid Aminos, red miso and tamarind. Garnished with sesame seeds, raw almonds and alfalfa sprouts.

Grilled Tempeh Steak \$18

Seasoned and finished with a mushroom Marsala demi. Accompanied by baked potato with a mock chive 'sour cream', and green vegetables.

Five Spice Chicken \$19

Pan roasted steroid and antibiotic free semi-boneless Statler breast. Served with lentil puree and braised, curried cabbage. Drizzled with a Masala scented raw organic Agave nectar.

Shrimp and Tofu Pad Thai \$19

Rock shrimp and tofu sautéed with fresh vegetables and rice noodles in a moderately spiced sweet chili and peanut sauce.

Champagne Poached Salmon \$24

Fresh Atlantic filet steeped in a tarragon infused fume. Served with roasted sweet potatoes and finished with a fresh melon and vegetable salad.

NOTE: There are two other plant based options to choose from their regular menu:
Veggie Burger at \$11
Roasted Portobello Mushroom Wrap at \$11

I included their entire Green Palate menu in the event that a non-plant based friend/neighbor/spouse attends.

FYI...I've enjoyed both their Alkaline Stir Fry and Grilled Tempeh Steak. Each was outstanding!



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 developing 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

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 limit: 35 participants.

If anyone out there is willing to pass out flyers to either your Church, business, school, community organization, Senior Center, etc. please let me know and I'll email a flyer for your use. Thanks much in advance for helping spread word of this important series.



Breakfast

*How to Create and Enjoy a Plant Based Breakfast
Cooking Demonstration and Breakfast!*

Thursday, October 9th, 10 a.m.
Joanne's Home



Menu:

Surprise Smoothie
Tofu Benny
Gluten Free Blueberry Pancakes
French Toast
Faux Bacon
Breakfast Cakes and Breads

Cost: \$15/person
Class limited to 10!!

Sign-up: Either call or email Joanne



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

**Boston Vegetarian Food Festival
Save the Dates:**



Saturday October 25th from 11 - 6 pm

Sunday, October 26th from 10 - 4 pm

At the Reggie Lewis Athletic Center, 1350 Tremont St., Boston.

Check out their website for details on speakers and times:

www.bostonveg.org/foodfest/

Reducing Cancer Risk

A report was issued in June 2014 emphasizing the importance of adopting a more plant-based diet to reduce cancer risk. Paul Sisson, journalist for the San Diego Union-Tribune, detailed the findings in an article published on June 10th.

To summarize:

Dr. Gordon Saxe, family physician and researcher at UC San Diego, was one of the paper's authors. The following are six broad statements regarding foods and cancer. *(Many of us have heard them before, but they're well worth repeating!)*

Dairy Products: Every 35 grams of dairy protein consumed daily can raise the risk of prostate cancer by 32%. Fats in dairy also can increase the risk of cardiovascular disease. Yet experts warned that calcium is still vital to bone health and the prevention of colorectal cancer, so it should be absorbed from sources such as soy and certain vegetables. *(We know those dark leafy greens have absorbable calcium, save spinach and Swiss chard, and beans are also good sources of calcium.)*

Alcohol: ONE drink per week increases the odds of getting throat cancer by 24%! Two to three drinks per day elevates the risk of colorectal cancer by 21%! Researchers also noted that **moderate** alcohol use is associated with reduced risk of cardiovascular and Alzheimer's disease.

Red and Processed Meats: Every 50 grams consumed per day boosts the risk of colon and rectal cancers by 21%. Better sources of protein, iron and zinc can come from plant based foods.

Grilled, fried or broiled meats: Studies associate these preparation methods with four chemicals that are linked to colorectal cancers. *(They're called heterocyclic amines.)*

Soy Products: Natural soy foods are encouraged for women who want to significantly cut their risk of breast cancer. They're also recommended as healthy sources of calcium and protein for both genders. *(Finally, the truth about soy. Healthy soy products include: organic tofu, tempeh, miso, edamame. Non GMO more available than ever!)*

Fruits and vegetables: Cruciferous veggies such as broccoli, kale and cabbage are associated with an 18% reduced risk of colorectal, lung, and stomach cancers. A diet high in tomatoes is associated with a 27% reduction in the risk of gastric cancer.

The American Cancer Society estimates there will be 1.6 million new cancer cases and 585,720 deaths this year. The NIH estimates that the cost of treating cancer is about \$216 billion per year.

Dr. Alshafie Hassan, an internal medicine specialist with Sharp HealthCare in Chula Vista applauded the report. He said that doctors and nutritionists need all the help they can get in encouraging their patients to shift to a more plant-based diet. Dr. Hassan added, "Any researcher, any biochemist, knows that animal products do promote cancer. It's unequivocal, but nobody wants to hear it."

Recently, a participant was told by a health care provider to increase protein consumption to 90 grams a day, and to consume lots of cheese for protein. When I heard that, I shuddered. Giving that medical advice is unconscionable. Those foods are inflammatory, acidic, and raise one's risk for cancer and cardiovascular disease.

The good news is that the paradigm shift to plant based foods is spreading and people are awakening to the evidence based research! I need to de-stress from hearing that recommendation, so let's step into the kitchen, my therapy arena.....

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## Let's Step into the Kitchen



Dr. Joel Fuhrman's new cookbook, "Eat to Live" cookbook is a jewel. I love to try new recipes, adapt old ones, and watch the expression on my husband's face as the first bite hits his tongue! Sometimes I think, "Oh, he'll love this one", and then I'm shocked when he doesn't enjoy it as I do. Other times I shudder, "Oh, my, what will he think about this?", and I'm surprised when he says, "This is a keeper; I could eat this once a week." This recipe is a keeper!!

### "Mushrooms and Beans Over Crispy Kale"

Small amount of olive oil (I use veggie broth instead; works great.)

2-4 garlic cloves, chopped (I used 4.)

1 shallot, chopped

1 pound mixed mushrooms (Portobello, cremini, shitake), sliced or quartered

1 cup cooked kidney beans or canned beans, drained and rinsed

$\frac{1}{2}$  cup veggie broth

1 T sherry vinegar or balsamic vinegar (I used sherry vinegar.)

$\frac{1}{2}$  tsp fresh thyme, chopped

$\frac{1}{8}$  tsp black pepper

### For the Sauce:

1  $\frac{1}{4}$  cups veggie broth, divided  
1 T tomato paste  
 $\frac{1}{4}$  cup raisins (reduce to 2 T for diabetic and weight-loss diets)  
2 tsps arrowroot powder (I used cornstarch.)

### For the crispy Kale:

Small amount olive oil  
1 bunch kale, tough stems and center ribs removed, chopped

### For the Mushrooms and Beans:

Heat a little veggie broth in nonstick skillet. Add garlic, shallots, and mushrooms and cook, stirring frequently, till mushrooms are tender and liquid is evaporated.  
Then add the kidney beans and veggie broth and cook till heated through. Stir in the vinegar, thyme, and black pepper. Cover and set aside.

### For the Sauce:

Heat 1 cup of veggie broth in small pan. Add the tomato paste and raisins and simmer on low heat for 3 minutes. Whisk arrowroot into remaining  $\frac{1}{4}$  cup veggie broth. Add to sauce and heat until mixture is slightly thickened.

### For the crispy Kale:

Preheat oven to 350. Rub a baking dish with scant amount of olive oil. Spread kale leaves on baking pan, making sure not to overlap the pieces of kale. This will help the kale to crisp evenly. Bake for 20 minutes until the edges start to get crispy. (Watch them carefully to make sure kale doesn't burn.)

Serve the mushrooms and kidney beans on a bed of crispy kale topped with sauce.  
This is so good; you have to try it to believe it!

Also from "Eat to Live"

### **Banana Walnut Ice Cream (That's right - banana ice cream, dairy free!!)**

2 ripe bananas, frozen (Make sure they've been frozen at least 12 hours.)  
1/3 cup vanilla soy, hemp or almond milk (I use almond.)  
2 T chopped walnuts  
 $\frac{1}{2}$  tsp vanilla extract

**Blend all ingredients in high speed blender, like a Vita-Mix, until smooth and creamy.**

That's it, folks. Enjoy the remaining days of summer, and good health, joyous plant based eating be yours, and remember the operative word is 'gratitude'. Blessings to one and all!  
Joanne, aka, [plantbasednana.com](http://plantbasednana.com)

