



Apple Press

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Diet Clean Up

Thinking about cleaning up your diet? Here's another incentive—this edited story from www.naturalnews.com explains a study that finds eating processed foods has more of an effect on our health than we might think.

There's a drugless and side effect-free way to reduce inflammation in the body, restore the body's natural defence system, lose weight, possibly increase lifespan and improve or prevent diabetes, cardiovascular disease and kidney disease. You can get the benefits from this natural health strategy no matter what your age or whether you already have a serious disease. A study by researchers from the Mount Sinai School of Medicine, published in the October/November issue of the *Journal of Clinical Endocrinology and Metabolism* conclude there's a simple, inexpensive dietary intervention that could control weight even without changing caloric intake and help make people healthier in a host of ways. The key? Stop eating processed and fried foods.

According to the Mount Sinai study, these foods, which are abundant in Western diets, are loaded with harmful toxins called Advanced Glycation End products (AGEs). AGEs are produced when foods are heated, pasteurized, dried, smoked, fried or grilled. Then, once consumed and inside the body, AGEs adhere to tissues and oxidize them, causing inflammation which can result in numerous diseases. In fact, a long list of animal studies conducted by Helen Vlassara, MD, Professor and Director of the Division of Experimental Diabetes and Aging at Mount Sinai School of Medicine, and her team have previously shown the dangers of AGEs. The oxidative stress from high oxidant levels and inflammation associated with long-term exposure to AGEs increase the risk of diabetes, heart disease, kidney disease and other chronic ills.

The new clinical study, conducted in collaboration with the National Institute on Aging (NIA), built on this earlier animal research but this time looked at what people ate and how it affected their bodies. The researchers studied 325 healthy adults and 66 with chronic kidney disease. A subset of 40 healthy participants and

another nine with kidney disease were randomly assigned to follow a regular Western diet full of AGEs or to follow a diet with only one-half the amount of AGEs. Research subjects in the "AGE-less diet" group were advised to avoid grilling, frying or baking their food, and instead eat food that was poached, stewed or steamed. There was no change in calories or nutrient intake.

After four months on the low-AGEs eating plan, the scientists checked the blood of the healthy research subjects. They found that AGE levels, lipid peroxides, inflammatory markers, and biomarkers of vascular function declined by as much as 60 percent. What's more, a similar reduction was found in the kidney patients after only one month on the AGE-less diet.

In addition, the research team found a positive effect on a cellular receptor for AGEs called AGER1. That's a critical finding because the AGER1 receptor is needed for removing toxic AGEs from the body. On the other hand, the participants with kidney disease, all of whom had extremely elevated levels of AGEs, had severely suppressed AGER1 receptors. The Mount Sinai scientists speculate that's because this important defence mechanism is "exhausted" as a result of persistently elevated AGEs.

But there's good news. After even a short period of not eating AGEs loaded fried and processed foods, the number of AGER1 gene copies was restored to normal levels among patients with kidney disease. That means by simply adjusting the diet to avoid processed and fried foods, the body was rebuilding its healthy defence system.

"What is noteworthy about our findings is that reduced AGE consumption proved to be effective in all study participants, including healthy persons and persons who have a chronic condition such as kidney disease," said Dr. Vlassara, the study's lead author.

"This suggests that oxidants may play a more active role than genetics in overwhelming our body's defences, which we need to fight off disease. It has been said that nature holds the power, but the environment pulls the trigger. The good news is that unlike genetics, we can control oxidant levels, which may not be an accompaniment to disease and aging, but instead due to the cumulative toxic influence of AGEs."

Order Info

Box Contents

To find out what's coming each week, visit our website or call our office. We update the list every Saturday.

Substitutions

You can make up to two subs per box by your order deadline. You can do unlimited permanent subs and we'll keep those items out for you automatically.

Order Deadlines

All changes to your order, including cancellations, must be in by:

- Wed. delivery— Mon. noon
- Thurs. delivery— Mon. noon
- Fri. delivery— Tues. noon

Box Types & Prices

- Basic— a balanced mix of fruit and veggies
- Garden— mostly veggies
- Orchard— mostly fruit
- Small box— \$33
- Large box— \$43
- Add-on— \$8- extra fruit &/ or veggies (you specify)

Delivery Info

Please wipe out your box once you unpack it to keep the box clean. Place it outside, with your payment and newsletter bag for pick up on the morning of your delivery day.

This week's newsletter by Velvet, the organic goddess.



IN THIS WEEK'S BOX

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This Week's Box

This is probably the last month of storage winter squash, so we'll have it in the boxes each week for the rest of the month. Keep your winter squash at room temperature for best storage—cool, hot, and humid environments make it decay faster. If you find your squash develops a soft spot, simply cut it off and use the squash right away. You can cook winter squash now, then cube or puree it and freeze for later use. This week the small basic boxes have the cute little carnival or festival squash, and the large basic and garden boxes have the acorn squash. We'll have more of both coming. We also have a small supply of both buttercup and butternut if you'd like to stock your freezer with these favourites. Regular storage apples are coming to the end of their life, so it's best to keep them in the fridge in a plastic bag to maintain moisture and crispness. Soon the controlled atmosphere storage rooms will open up to release those apples—the price will jump a bit when that happens.

Customer Appreciation Draw

Jane Armstrong wins an Endless Harvest goodie bag!



ITEM	AREA/CERT.	BASIC		GARDEN		ORCHARD	
		S	L	S	L	S	L
Pears— anjou	Cawston, BC— SOOPA	☉	☉			☉	☉
Apples— goldens	Cawston, BC— SOOPA	☉	☉			☉	☉
Apples— fuji	Cawston, BC— SOOPA		☉			☉	☉
Grapefruit	California— GOCA					☉	☉
Limes	Mexico— GOCA	☉	☉	☉	☉	☉	☉
Oranges	California— GOCA	☉	☉			☉	☉
Bananas	Mexico— USDA					☉	☉
Kiwi	California— CCOF					☉	☉
Tangelo	California— GOCA					☉	☉
Mango	Mexico— IBBA	☉	☉			☉	☉
Avocado	Mexico— IFOAM	☉	☉	☉	☉	☉	☉
Yams	California— OCIA	☉	☉	☉	☉		
Onions— yellow	Washington— WSDA	☉	☉	☉	☉	☉	☉
Carrots	Creston, BC/California			☉	☉		
Winter squash	Cawston, BC— SOOPA	☉	☉	☉	☉		
Peas— snow	Mexico— OTCO	☉	☉	☉	☉		
Mushrooms— crimini	Richmond, BC— FVOFA	☉	☉	☉	☉	☉	☉
Broccoli	California— CCOF	☉	☉	☉	☉		
Cilantro	California— QAI	☉	☉	☉	☉		
Kale	California— QAI	☉	☉	☉	☉	☉	☉
Lettuce— romaine	California— QAI	☉	☉	☉	☉		
Zucchini	Mexico— QAI	☉	☉	☉	☉		

Certifiers

KOGS- Kootenay Organic Growers Soc.; KMG— Kootenay Mtn Grown; QAI- Quality Assurance International; CCOF— California Certified Organic Farmers; OTCO— Oregon Tilth Certified Organic; USDA— US Dept. of Agriculture certified organic; BAC— Bio Agra Certified; FVOFA— Fraser Valley Org. Producers Assoc.; SOOPA— Similkameen Okanagan Org. Producers Assoc.

Squash & Carrot Stew with Quinoa

Due to space constraints, the ingredients for the quinoa are within the recipe. The beautiful golden presentation will warm your stomach before you even taste it. If you don't have fresh mint, either leave it out, or try reconstituting a pinch of dried mint in a tsp of hot water, then stir that into the quinoa. For easier prep, roast the squash until half-cooked to get the skin off, then add halfway through simmering of the veggies.

Stew

- 2 tbsp olive oil
- 1 c chopped onion
- 3 garlic cloves, chopped
- 2 tsp Hungarian sweet paprika
- 1 tsp salt
- 1/2 tsp each ground black pepper, ground coriander, ground cumin, turmeric, ground ginger, cayenne pepper
- Pinch of saffron
- 1 14 1/2-oz can diced tomatoes, drained
- 2 tbsp fresh lemon juice
- 3 c 1" cubes peeled squash
- 2 c 3/4" cubes peeled carrots

Heat oil in large saucepan over medium heat. Add onion; sauté until soft, stirring often, about 5 minutes. Add garlic; stir 1 minute. Mix in paprika and next 8 ingredients. Add 1 cup water, tomatoes, and lemon juice. Bring to boil. Add squash and carrots. Cover and simmer over medium-low heat until vegetables are tender, stirring occasionally, about 20 minutes. Season with salt and pepper.

Rinse 1c quinoa; drain. Melt 1 tbsp butter with 1 tbsp olive oil in large saucepan over medium heat. Add 1/2 c finely chopped onion and 1/4 c finely chopped carrot. Cover; cook until vegetables begin to brown, stirring often, about 10 minutes. Add 2 minced garlic cloves, 1/2 tsp salt, and 1/2 tsp turmeric; sauté 1 minute. Add quinoa; stir 1 minute. Add 2 cups water. Bring to boil; reduce heat to medium-low. Cover; simmer until liquid is absorbed and quinoa is tender, about 15 minutes.

Rewarm stew. Stir in 1/4 c cilantro and 1 tsp chopped fresh mint. Spoon quinoa onto platter, forming well in centre. Spoon stew into well. Sprinkle additional 1/4 c cilantro and 1 tsp chopped mint over.

Source: www.epicurious.com

“Few novels or plays could exist without at least one troublemaker in the group, and perhaps life couldn't either.” ~Mignon McLaughlin