

# newleaf news

## Newleaf News

for October 16th, 2009

By Karen

Well, it has been another busy week at Newleaf. Thanks to all of you things are picking up after a very slow summer. We love making boxes-seeing a literal ton of fresh organic produce spread out across the city on a weekly basis. It is an honorable vocation to aid all of the hardworking farmers and to assist all of you to eat healthier and realize your goals of sustaining our planet.

We have some great produce in this week's boxes. Along with the seasonal greens of chard and green onions is broccolini, aka broccollette or rapini. Whatever you like to call it this "little broccoli" makes a delicious side steamed or stir-fried, drizzled with rich organic olive oil or slathered with butter. Chop and add the delicious, tender stalks to lasagna or top your home-made pizza with it. Seasonal root veggies are also in the mix. Russeted potatoes are great for baking and roasting. Turnips are hearty and delicious whether baked, roasted, steamed or boiled and mashed.

I would like to continue with my series on supplements-I know I promised a weekly installment, but there is always so much going on and so little space on the page. I want to catch up by introducing two new products to the store this week. Both can aid in your health and well-being as we are now meeting head-on with the cold and flu season. In fact the news (which I have been listening to more than I should of late) is "all flu all the time." You know what really gets me is the fact that for every photo op and new story pertaining to the newly minted vaccine, there are an equal number of stories promoting or disputing said vaccine's safety and effectiveness which leads me only to suspect both all the more!

With a full schedule, tons of responsibility at the store and no plans to succumb to N1H1 flu this season you can bet I have been investigating every way to avoid the vaccine and still stay healthy. Added to that I have tons of friends and customers with school-aged children wanting a truly safe alternative to keep them well, and have my 81 year-young mother, who I don't want to get sick with the flu or be made sick by the vaccine. Here's what I've found...Boost your immune system! Gosh, what a concept. Just how many times have you heard me repeat that phrase over the past nearly five years?

Beyond drinking enough water (your

body weight divided by two is the number of ounces you need daily. I.e. 128 lbs.=64 ounces of freshly filtered water), getting enough sleep (seven hours absolute minimum) and eating 5-8 servings of fresh organic fruit and veggies daily, you need to take probiotics. Probiotics account for 70% of the body's immune defenses which live in the digestive tract. Probiotics are the beneficial bacteria that help maintain a healthy flora balance and promote overall digestive and immune health, according to Brenda Watson, CNC, owner and chief formulator at Renew Life. She has been my mentor for many years now and I really love all the Renew Life products. I know that my hard earned dollars are being well spent.

I'm recommending the Daily Digestive Health Pak to anyone who is busy like me but wants to get the basics. For around 40 bucks, a little more than \$1 a day, you get 30 convenient packets which contain fiber, omega-3s, probiotics and enzymes (which I addressed at length in a previous newsletter). By starting your day with this simple regime you will have the residual health and vitality to fight off any viruses that come your way.

The best vaccine alternative is Ultimate Flora Advanced Immunity also by Renew Life. This powerful probiotic is safe for children used at

In Today's Box...subject to change based on availability



fruit boxes also include:

[newleafnatural.net](http://newleafnatural.net)

1261 W. Loyola Ave Chicago, IL 60626 773.743.0400

half dose, sprinkled in applesauce or other easily digested food, as well as the elderly who often take scores of medications. This probiotic will not interfere with the effectiveness of those, so it is the perfect solution to a traditional vaccine that might. Ultimate Flora Advanced Immunity is a shelf-stable product which makes it especially easy to use (no trying to remember to take it when it gets buried in the back of the refrigerator). This product combines three powerful ingredients that work synergistically to promote a balanced immune system and enhance your body's natural defenses during peak times of environmental, physical and psychological stress. Read: cold and flu season, lack of sunlight and unpredictable weather, and of course the holidays!

For more complete information, visit the Renew Life website or stop in the store to review the products with me.

## Great Eats

### Broccoli Rabe with Melted Garlic

Bon Appétit | November 2004

Thinly sliced garlic is simmered in olive oil until it is so tender that it nearly melts.

Yield: Makes 16 servings  
ingredients

3/4 cup extra-virgin olive oil  
20 large garlic cloves, peeled, thinly sliced  
1 teaspoon dried crushed red pepper

4 pounds broccoli rabe (rapini), thick stems trimmed  
preparation

Heat olive oil in small saucepan over low heat. Add garlic and simmer until garlic is very tender, about 10 minutes (do not brown).

Remove from heat; stir in dried crushed red pepper. (Melted garlic can be made 1 day ahead. Cover and chill. Rewarm before continuing.)

Cook broccoli rabe in very large pot of boiling salted water until tender, about 5 minutes. Drain well. Toss with melted garlic and oil. Season to taste with salt and pepper.

### Potato and Turnip Gratin Bon Appétit | December 2005

by Bruce Aidells and Nancy Oakes

Yield: Makes 12 servings  
ingredients

4 cups heavy whipping cream  
2 cups low-salt chicken broth  
6 large fresh thyme sprigs  
4 large fresh sage sprigs  
2 large fresh rosemary sprigs  
2 large garlic cloves, pressed  
1 Turkish bay leaf  
1 tablespoon coarse kosher salt  
1 teaspoon ground black pepper  
1/4 teaspoon ground nutmeg  
1/4 teaspoon cayenne pepper

3 1/2 pounds russet potatoes  
2 pounds turnips  
1 cup freshly grated Parmesan cheese  
preparation

Position rack in top third of oven and preheat to 350°F. Bring first 11 ingredients to boil in large saucepan.

Reduce heat and simmer until mixture is reduced to 33/4 cups, about 35 minutes. Strain cream mixture into large bowl.

Peel potatoes; cut into 1/8-inch-thick rounds, adding immediately to cream mixture to prevent discoloration. Peel turnips; cut into 1/8-inch-thick

rounds. Add to potato mixture; stir to coat.

Pour vegetable mixture into 15x10x2-inch glass baking dish and press to even layer. Cover dish with foil. Bake 1 hour. Uncover; sprinkle with cheese. Bake until top is golden brown, potatoes are tender, and most of cream mixture is absorbed, about 25 minutes longer.

Glazed Turnips Gourmet |  
February 2001

Glazed turnips make a nice side dish for roasted meats or poultry.

Active time: 20 min Start to finish:  
35 min

Yield: Makes 4 servings  
ingredients

2 lb small to medium (2-inch) turnips  
About 1 1/2 cups plus 3 tablespoons water  
2 tablespoons butter  
1 tablespoon sugar  
1/2 teaspoon salt

Garnish: chopped fresh flat-leaf parsley  
preparation

Peel turnips, then halve horizontally and quarter halves. Arrange turnips in 1 layer in a 12-inch heavy skillet and add enough water (about 1 1/2 cups) to reach halfway up turnips. Add butter, sugar, and salt and boil over moderately high heat, covered, stirring occasionally, 10 minutes. Boil turnips, uncovered, stirring, until tender and water has evaporated, about 8 minutes.

Sauté turnips over moderately high heat, stirring, until golden brown, about 5 minutes more. Add 3 tablespoons water and stir to coat turnips with glaze.



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Mon-Fri 8:00-7:30 Sat 9:00-7:30 Sun 11:00-6:00