

# newleaf news

## Newleaf News

for October 23rd, 2009

### Small SUV or car for sale?

Our friend David Meyers with Resistance Coffee and The Just Farming Coalition is looking for a relatively high-MPG, inexpensive vehicle to help with his projects. If you or someone you know is looking to sell a healthy vehicle that may fit these criteria, please contact David at davidameyers@yahoo.com. More information about David's projects can be found at <http://www.chicorycenter.org> David helps move our compostable waste from store to farm, so we are eager for him to find a replacement automobile as soon as possible.

### By Karen

Thank you to all of you who read my newsletters and have taken steps toward better health and vitality by asking about and pur-

chasing some of the amazing supplements that I have been talking about in my newsletters. I did want to clarify my recommendations for usage of the advanced probiotic from Renew Life that I introduced as a viable alternative to taking the H1N1 vaccine.

Firstly, let me say that there are no magic bullet pills or vaccines on the market that I know of. If you actually listen to the "serious side-effects" portion of those commercials touting this or that miracle drug, it is pretty darn scary what might occur as a result of taking the cure. With that noted, I have to say that probiotics are an ongoing daily supplementation to an otherwise healthy lifestyle and diet. The advanced probiotic should be used as such. Since it is a bit pricey at \$30 for 30 capsules, I am suggesting that for those who want to avoid the flu shot but also want to avoid being more susceptible to getting the flu do the following: Take 1 capsule every morning after a light breakfast for seven days and then repeat this every three to four weeks throughout the cold and flu season.

Example: replace your usual probiotic for the first seven days of November

with the Ultimate Flora Advanced Immunity probiotic, and then wait until the last week in November or the first week in December to take it for another seven days depending on your stress level and overall health. While the recommended dosage is two capsules per day, I am of the personal opinion that if one is of general good health a half dosage at measured intervals throughout the season should be quite adequate to stave off the flu. Taken that way, the healthy adult individual would use two to three bottles over the next five to six months.

For children and the elderly, who are statistically at a much higher risk for getting the flu and suffering potentially severe consequences, I recommend that children be given half tablet with breakfast and again with dinner for fifteen days on and fifteen days off through the entire winter. The elderly should take one full capsule at both meals for the duration of the season. Of course Flora Smart, the very affordably priced shelf-stable probiotic should be taken at the correct dosage during the interim fifteen days.

**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

## Great Eats

### Beet and Cabbage Borscht **Bon Appétit** | March 1998

Save the beet tops for a quick side dish: just sauté them with garlic and olive oil, sprinkle with lemon, salt and pepper, and serve.

Yield: Makes 4 servings  
ingredients

3 tablespoons olive oil  
3/4 pound russet potatoes, peeled, chopped  
2 1/2 cups chopped green cabbage (about 1/4 of small head)  
1 large onion, chopped  
8 cups (or more) canned vegetable broth  
6 2-inch-diameter beets, peeled, chopped  
1 cup drained canned chopped tomatoes

1 tablespoon fresh lemon juice  
Low-fat sour cream  
Chopped fresh parsley  
Lemon wedges

Heat oil in heavy large pot over medium-high heat. Add potatoes, cabbage and onion and sauté until cabbage softens, about 5 minutes. Add 8 cups broth, beets and tomatoes. Bring soup to boil. Reduce heat and simmer until vegetables are tender, about 30 minutes.

Working in small batches, puree 4 cups of soup in blender; return to remaining soup in pot. If desired, add more broth by 1/2 cupfuls to thin soup. Add lemon juice; season with salt and pepper.

Ladle soup into bowls. Top with dollop of sour cream; sprinkle with parsley. Serve, passing lemon wedges separately.

### Green Beans with Coriander and Garlic **Epicurious** | © 1986

by Jean Anderson  
The Food of Portugal  
HarperCollins Publishing, Inc.

(Feijão Verde com Coentro e Alho)

There's a reason for adding the lemon juice and vinegar to the

green beans after they've marinated. If you mix these acids in too soon, the beans will turn an unappetizing shade of brown.

Yield: Makes 6 to 8 servings

2 pounds tender young green beans, washed and tipped  
3 quarts boiling water plus 1 1/2 teaspoons salt  
2 large garlic cloves, peeled and minced  
2/3 cup coarsely chopped fresh coriander (the dried won't do)  
5 to 6 tablespoons olive oil  
1 tablespoon lemon juice  
3 to 4 tablespoons cider vinegar  
1/4 teaspoon freshly ground black pepper (about)

Cook the beans in the boiling salted water in a large covered saucepan over moderate heat 10 to 12 minutes until tender. Meanwhile, place the garlic and coriander in a large heat-proof bowl. As soon as the beans are done, drain well, return to moderate heat, and shake the pan 30 to 40 seconds to drive off all excess moisture. Dump the hot beans on top of the garlic and coriander and let stand 10 minutes. Add 5 tablespoons of the olive oil and toss well to mix; cover and marinate in the refrigerator 3 to 4 hours or, better yet, overnight.

About 45 minutes before serving, bring the beans from the refrigerator and let stand, still covered, on the counter. Just before serving, add the lemon juice, 3 tablespoons of the vinegar, and the pepper. Toss well, taste, and add more vinegar, olive oil, salt, and pepper, if needed. Serve as an accompaniment to pork, poultry, veal, or beef.

### Smoky Greens and Beans **Bon Appétit** | November 2009

by The Bon Appétit Test Kitchen

Thanks to paprika, this meatless main has a



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spicy, smoky flavor. Domestic smoked paprika can be found at some supermarkets. For a spicier kick, use hot smoked Spanish paprika (Pimentón Picante or Pimentón de La Vera Picante), which is sold at specialty foods stores and at tienda.com.  
Yield: Makes 4 servings  
Active Time: 30 minutes  
Total Time: 30 minutes

2 tablespoons olive oil  
1 large onion, chopped  
2 garlic cloves, chopped  
1 14.5 ounce can diced tomatoes in juice  
1 1/2 teaspoons smoked paprika  
1 14.5 ounce can vegetable broth  
8 cups coarsely chopped assorted greens (such as kale, mustard greens, and collard greens; about 8 ounces)  
1 15-ounce can cannellini (white kidney beans), drained  
Grated Manchego or Parmesan cheese (optional)  
preparation

Heat oil in heavy large pot over medium-high heat. Add onion and sauté until soft and beginning to brown, about 6 minutes. Add garlic; stir 1 minute. Add tomatoes with juice and paprika; stir 1 minute. Add broth and greens; bring to boil, stirring often. Reduce heat to medium-low, cover, and simmer until greens are wilted and tender, stirring occasionally, about 15 minutes. Stir in beans and simmer 1 minute to heat through. Divide among bowls; sprinkle with cheese, if desired.

### Fresh Produce Boxes

Available Tu, We, Sa  
after 12 noon

### Mixed Fruits and Veggies

Single.....\$15...feeds 1-2

Double...\$25.50...feeds 2-4

Triple.....\$33...feeds 4-6

### Fruit Only Bags

Whole.....\$25.50...feeds 2-4

Half.....\$15...feeds 1-2

### Veggie Only Bag

Greens....\$15....feeds 1-2

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