



Newsletter

Fourth Quarter 24

SUPERFOODS

You're never too old to start feeling young, nor too young to keep yourself from aging prematurely. Superfoods are not just about extending your life, but about extending the quality of your life. This is done by tweaking your habits to feel good both mentally and physically. Superfoods are a very simple concept: some foods are better than others for your health. For example, an apple is more nutritious than a potato chip.

The term "superfood" is a fairly new term, referring to foods that offer maximum nutritional benefits for minimal calories. They are packed with vitamins, minerals, and antioxidants, giving them a very high nutritional density.

Currently, no standard criteria or legal definition exists that classifies any food as a superfood. However, most superfoods are plant-based, low in simple carbohydrates, high in fiber and as listed previously, have high nutritional density.

Superfoods are also some of the most colorful. The more color you eat, the more power you're going to get from your foods. This means a wider color variation in the food leads to a greater range of nutrients, vitamins, and antioxidants. By consuming these foods, the immune system as well as the overall health of the individual is boosted. Combining these ingredients when preparing your meals will increase their power even more.

Let's talk about superfoods and the different seasons:

Winter Season of resolution

Winter can be hard on our health. We tend to be less physically active because inclement or cold weather keeps

us indoors. We are tempted with holiday foods that we wouldn't eat any other time of the year. Shorter days means less daylight, thus, making outdoor exercise a challenge. This in turn will promote more TV watching and more snacking.



Reduced sunlight affects our moods, making some of us less optimistic and less committed to health goals. However, you can come through winter with new and reinforced health habits. Winter is the time to focus on other delicious superfoods that will make achieving optimum nutritional health a pleasure. For example, sprinkle cinnamon onto your oatmeal or make a mug of steaming cocoa twirled with a cinnamon stick for a healthy treat.

Here are a few of the winter superfoods:

Dark Chocolate is a source of polyphenols and is considered a superfood. Polyphenols act as antioxidants, are anti-inflammatory, antiviral, and antifungal. This is good



news for chocolate lovers, but it doesn't mean that we can eat as much as we want. We should keep our daily dark chocolate intake to about 100 calories per day and only eat dark chocolate, not milk chocolate.

Winter eating can lead to low amounts of healthy fat, protein, fiber, iron and folate. To avoid this, all types of beans, sugar snap peas, green peas and lentils should be ingested. Research has demonstrated that regular consumption of beans can lower cholesterol, combat heart disease, and reduce obesity. Just one cup of lentils

provides 17 grams of protein with only 0.75 grams of fat. Beans are the perfect winter superfood. Hearty, filling, and a great addition to soups and casseroles. They are inexpensive and whether fresh or canned, readily available all year around.

Other winter superfoods include oranges, tomatoes, oats, and the spice cinnamon.

SPRING SEASON OF JOY

Spring is a season of joy. The world is once again reborn. A time when we act on the ruminations of winter and seize



control of our lives. If you have reaped an autumn harvest, now is the time to plant. Shrug off the inertia of winter and embrace the energy of a new health style as well as a new selection of superfoods. Fill your fridge with the fresh greens and vegetables of spring.

KIWI

It is a new superfood and a source of vitamin C, folate, vitamin E, potassium, and pectin. Pineapple and any variety of guava are nutritionally dense as well and are considered superfoods along with kiwi. Kiwis are perhaps the first fruit to be named for a bird. New Zealanders proudly named the fruit after their national bird, the kiwi.



Kiwi offers an unusual array of health-promoting substances. They are antioxidant all-stars with the most common variety being the Hayward. After removing the fuzz, the skin can be eaten with the kiwi, which is highly nutritious and flavorful.

SPINACH

A source of multiple nutrients/phytonutrients that are synergistic with each other as well as low in calories, lutein, and beta-carotene.



All greens, including bell peppers and seaweed, have a nutritional profile similar to spinach. Spinach and other greens are among the most nutritious foods on the earth, almost providing more nutrients than any other food. Therefore, spinach is a very important superfood and when combined with other greens, adds a great deal of nutritional density to whatever dish it is in.

SUMMER SEASON OF PEACE

In the summer, the days are longer and the weather is milder. People tend to be outdoor and are more active,



complying with exercise goals. The luscious fruits and vine-ripened vegetables of summer are at their best and readily available.

Farmer's markets abound with produce, and the opportunity to get fresh foods at their source is something we should all take advantage of. Healthy meals seem easy to do. Salads can be made quickly and are a welcome meal after a day's work or an afternoon at the beach.

AVOCADO

A source of monounsaturated fatty acids, fiber and magnesium. Asparagus, artichokes, extra virgin oil are also similar to avocado.



One of the most nutrient-dense foods, avocados are high in fiber and, ounce for ounce, top the charts among all fruits for folate, potassium, vitamin E. Perhaps the most interesting research on avocados demonstrates that it is a powerful nutrient booster, improving the body's ability to absorb nutrients from foods.

LOW FAT OR NONFAT YOGURT

A source of live active culture, complete protein, B12, and calcium.



Yogurt is a topnotch superfood and can be found in whipped drinkable, custardy, frozen, and low-carb versions, but it does take careful shopping to get the best from this highly nutritious dairy product. Many of the benefits of yogurt are due to the power of two substances- prebiotics and probiotics. Probiotics are live organism- bacterial strains- that have certain proven health benefits. Prebiotics are, in effect, food for those beneficial probiotics. Prebiotics can benefit the body by promoting the absorption of calcium.

GARLIC

A source of organosulfur compounds (75 total, with allicin the most active), saponins and selenium.



Scallions, shallots, Leeks and onions are similar to garlic.

Power of garlic isn't in its ability to flavor a dish, but rather it's ability to fight diseases, as well as its anti-inflammatory and antiviral properties. This gives garlic its superfood status. Garlic is one of the oldest cultivated

plants in the world and was recognized as a source of strength, as well as its medicinal properties. Most important in terms of health benefits seems to be the sulfur compound allicin- an amino acid, not present in fresh garlic. However, it is formed instantly when cloves are crushed, chewed, or cut. A single clove of garlic offers a slew of compounds with many potential health benefits.

Superfood NUTS

Nuts are a versatile food, offering a wide variety of nutri-



ents, including protein, which makes them important additions to any eating plan. There are two things that put them in the "superfoods" category: fats and phytonutrients. Nuts are composed of a variety of fats and each nut variety has a different fat composition. However, they all tend to have healthier, unsaturated fats. These fats are found predominantly in plants: vegetable oils, nuts, and seeds. Research shows that unsaturated fats provide more heart health benefits than saturated fats, including lowering blood cholesterol and fighting inflammation. Besides being rich in unsaturated fats, nuts are composed of beneficial phytonutrients, which allows each plant food to be unique. Thus, the body can utilize the fats in different ways to fight inflammation, help prevent disease and even improve memory.

SEED LIBRARY PICK-PLANT -RADISH

The radish (*Raphanus sativus*) is a flowering plant in the mustard family, Brassicaceae. It's a large taproot and is commonly utilized as a root vegetable, although the entire plant is edible and its leaves are sometimes utilized as a leaf vegetable. Originally domesticated in Asia, radishes are now grown and consumed throughout the world. They germinate quickly and grow rapidly, with common smaller varieties being ready for consumption within a month. However, the larger *daikon* varieties can take several weeks. Being relatively easy to grow and quick to harvest, radishes are often planted by novice gardeners. The only region where truly wild forms have been discovered are India, Central China, and Central Asia. There are also secondary centers where differing forms were developed. Radishes entered the historical record in the third century BC..



SEED LIBRARY PICK-RECIPE HEMPINI- HEMP

Hemp is ancient and revered superfood

Its fabrics of all kinds. Columbus's sails were made of hemp, the Declaration of Independence was drafted on hemp paper, and as a highly revered food source.



Makes 17 oz

2 c hemp seeds

1 c macadamia nuts

½ c cocoa butter

¼ t salt

Blend in power blender until smooth. Store in a glass jar.

SEED LIBRARY BOOK SUGGESTION:



Call no. 641.5/MORRIS

Author Julia Morris gives you 100 of her quick, easy and irresistible smoothie recipes. Enjoy every nutritious drop of these satisfying drinks!

GARDEN EVENTS @ Scripps Ranch Library

The library has several events scheduled if you are interested.

Garden Club Meeting- 4th Tuesday 5:30 pm @ Community Room

Garden Share- 2nd Saturday 2-3:30pm @ Courtyard

Ref. Pratt, Steven and Matthews, Kathy(2006) Super Foods Health Style Published By Harper Collins Publishers

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