

May, 2009
Mid-spring
issue!

Women's Nutrition Matters Monthly

Brought to you by Diane L Lassen, RN, HHC

Spring Highlights:

- More greens mean more nutrition!
- A salad a day keeps the doctor away!
- Change the world one Green Smoothie at a time!

Individual Highlights:

Working at the CSA.....	2
Intro to Green Smoothies!.....	2
Hunting for Morels	3
Easy Breakfast Saute.....	4
WNM Goings On.....	5

Spring Greens are here!!!!!!!

Ah, the nights are still cool and crisp, and the days are getting warmer and longer. Hurray for spring! And hurray for spring greens! Several weeks ago, I set out seedlings of romaine, spinach, collards and bok choy in my window boxes. I am happy to say that I have been eating from them for the last week or so! Greens are so easy to grow, everyone should have a box, planter or bucket full

at all times! You can buy baby transplants from Walmart, Home Depot or your local garden center, or you can easily grow your own leaf lettuce from seeds. Growing spring greens is like a gift that keeps giving—you cut them, leaving an inch or two in the ground, and they grow back for you to harvest even more. All they require is some good potting soil, water, and some sun. A weekly

watering with some organic fish emulsion would be nice to get them growing really fast, and then grab your dressing and your salad bowls!

Local markets will also be opening this month, so be on the lookout for their selections of spring greens, radishes and green onions. Try some new ones this season and aim for eating a big salad every day for optimum nutrition!

How to Eat More Greens...

People often ask me how to get 3 to 5 servings of vegetables into their daily diets. I tell them, "try for 5 to 10 servings!!" And my favorite veggies are the green ones because they pack the biggest nutrition bang for your buck!! Now don't panic—servings are smaller than you think. For cooked vegetables like spinach or broccoli, 1 serving is only ½ cup. I easily eat 2 cups of broccoli in one sitting! And for raw greens, a serving is 1 cup—a good sized salad should include

roughly 3-4 cups of greens. Those of you who know me know that I advocate eating huge salads every day—they fill you up, are nutrient-dense and so low-calorie they should be considered a diet food. So if you have a large salad for lunch, and a couple cups of green beans or broccoli for dinner, you've eaten 6-7 servings already!

In addition, there are other ways to boost your Daily Green Quota. Having eggs for breakfast? Stir in 1 cup of fresh spinach and

several scallions for a tasty treat. Add a crunchy layer of Romaine or Bibb lettuce to your sandwiches and pack leaf lettuce into your wraps. Serve leftover stirfries or chili over a bed of spinach. The sky's the limit!

My favorite way to sneak in extra greens is to add them to green smoothies. My daily green smoothie ensures that I get at least 2 cups of kale or spinach into my diet everyday. It's also great for getting greens into kids! See my article below.

Working at a CSA



Community Supported Agriculture, or CSA, is a program that enables farmers to continue to grow produce because people like you and I buy shares in the harvest. For a fee in the beginning of the growing season, shareholders get weekly shares of fresh-picked, local produce. For those who like to get their hands dirty (like me), you can buy a work share which

allows you to pay a smaller fee and then work several hours a week, planting, watering and harvesting the crops.

I work at the Asbury Farm CSA, owned by Charles Napravnick. Today, for my 3 hours, I watered rows of young broccoli plants and harvested radishes and prepared them for pickup. They were the most beautiful radishes I had ever seen, and I was

about to take them home and eat them for lunch! I also brought home spinach, arugula and red speckled Bibb lettuce. Not bad for the beginning of May!

For more information on Asbury Farms, go to

www.asburyfarm.org

or go to

www.localharvest.org to find a CSA in your area.

“They were the most beautiful radishes I had ever seen, and I was about to take them home and eat them for lunch”

An Introduction to Green Smoothies

It was the fall of 2007 when I was attending the Institute for Integrative Nutrition in NYC that I was first introduced to green smoothies and that wonderful piece of kitchen equipment known as the Vitamix. How I ever existed before my Vitamix, I do not know. In fact, I cannot really remember life without my Vitamix. If you think I am going overboard, just talk to

anyone who owns one: these things are amazing. And it is the only way to make a really good green smoothie.

For the uninitiated, green smoothies are blended concoctions of greens and fruits—they look really green and taste really fruity! Kids love ‘em, and they attract all kinds of attention in the workplace! With the Vitamix, the high-speed blade action breaks

down the cell walls of the plants, making them so easy to absorb—you get an instant surge of energy and plenty of phytochemicals to boot. They are great for losing weight, boosting energy and nutritional value.

You don’t have a Vitamix? Visit the [resource page](#) on my site and order one today!

www.womensnutritionmatters.com



Hunting for Morels

Hunting for wild foods is always the most fun in the spring when you get all that quick, lush growth. April showers bring chickweed, wild mushrooms, young dandelions—and Morels! For those of you who don't know Morels, I will enlighten you! Morels are lovely spring mushrooms that crop up in May, usually after a nice wet week like we had last week. They are hard to see at first, but once you get your “mushroom eye” on, they become easier to find and a great family outing and treasure hunt!

They usually like to grow in old orchards, although we find plenty of them in our woods.

Morels are earthy and rich in flavor, and add depth to stews, casseroles and side dishes. They are easy and quick—just soak them in salted water for a bit and rinse them well by plunging them in more clean water to get the dirt out. Allow to dry on paper towels and then stir fry in a bit of organic butter and olive oil. We found a great bunch yesterday and I sautéed them up with another spring veggie-

fresh asparagus. See my recipe below.

Many mushrooms are hard to differentiate from each other: some that will make you sick can look like edible ones to the untrained eye. Although Morels are easy to identify, make sure you have a seasoned Mushroom Hunter show you the right ones for your first time out! Then go out and gather up a dozen or so and turn them into a special dinner. Soon you and your family will be looking for Morels every spring!



Lovely morels growing in the leaf litter

Morels and Asparagus Saute`

1 bunch of asparagus, ends trimmed and cut into 2” pieces

1 dozen or so Morels, soaked in salted water for ½ hour, then rinsed well and sliced lengthwise. Dry on paper towels.

2T each, extra-virgin olive oil and organic, grass-fed butter

3 or more minced garlic cloves

Lemon zest and fresh pepper

In a deep sauté pan, gently steam asparagus in a ½ cup water for a few minutes. Add oil, butter and garlic and sauté for 5 minutes or so to just soften slightly. Add prepared Morels, tossing to combine. Morels will release liquid as they cook, so keep heat around medium and sauté until asparagus is tender. Grate lemon zest over vegetables and add a grating of fresh pepper.

“..once you get your “mushroom eye” on, they become easier to find...”

Easy Breakfast Saute

2 fresh organic free-range eggs
Olive oil cooking spray
1 cup leftover green vegetables, chopped (broccoli, green beans, bok choy etc.)
Or
1 ½ cups fresh chopped spinach or chard
Chopped scallions or shallots (optional)

This is a great way to get veggies into your breakfast, and use up leftovers at the same time!
Crack your eggs into a bowl and lightly scramble. Heat skillet with cooking spray over low heat. Add eggs and cook lightly before adding the chopped vegetables. Keep moving them around the pan to cook just until the eggs are set and the veggies are warmed. Serve with freshly cracked pepper, You may add a sprinkling of grated cheese is you are eating dairy.
Enjoy!

Diane's favorite Spring Green Smoothie

1 large handful of fresh spinach (and I mean LARGE)
Approximately 2 cups frozen berries—I love blueberries
1 banana
1 T ground flax seed
1 T cold-pressed flax oil
1 T raw wheat germ
Approximately 1-2 c cold water (you can use a mix of water and juice if you like)

Place ingredients into the Vitamix in the order listed. Blend on high for about 30 seconds. Drink!! This is a great breakfast drink if you use a nut milk or soymilk instead of the water. Or, it is an equally terrific afternoon pick-me-up!

WNM Goings On for Spring!

Women's Nutrition Matters. LLC

16 Woodbrook Dr
Hampton, NJ 08827

PHONE:
908-377-0773

E-MAIL:
herbalgem@gmail.com

We're on the Web!

See us at:
Womensnutritionmatters.com

✚ The WNM Tuesday night group is in full swing! We meet twice a month to talk about food, cravings, self-care and total nourishment! Want to find out more? Drop me an email at herbalgem@gmail.com

✚ My Spring Cleaning workshop is ready to go---do you have a Mom's group, school or church group that would benefit from some sound, nutritional and healthy living motivation? Book a workshop now! 90 minute workshops with handouts starting at just \$95. Contact me for rates and availability!

✚ Do you need a jumpstart on your diet, motivation for exercise? Are you just confused about how to get going on a healthier living plan? Schedule a 90 minute consult with me now! Let me show you how to approach healthy living in a step by step process that will make it easy for you. Consults with a full set of notes and recommendations are \$95.

✚ Want the full 6-month program? I have openings on Fridays for new clients! Let me work with you to teach you the skills you need to enjoy a healthier lifestyle for the rest of your life. This is not a diet—this is a personalized lifestyle improvement plan!! Join now, or sign up with a friend and get a spring special—**buy 1 six-month program and get 1 at half the price!!** Call me for details today!! 908-377-0773



Celebrate spring with young, tender asparagus!

