

Fast pace living and healthy eating don't always mix: How to eat better when you are on the go... all the time by Mark-Jan Daalderop

Before I moved to the city, I was working on an organic farm close to Kitchener, Ontario. The hard work and sunshine left me invigorated and energetic. My lifestyle there was simple and calm. Cooking a wholesome meal was an enjoyable part of my day. Now that I live in the city, I find myself mentally tired at the end of the day from work, from the commute, from the noise and from the chaos of Toronto. The idea of spending an hour in the kitchen isn't appealing at all. I have found myself feeling rather guilty. I work at an organization that promotes healthy affordable food and yet I am often turning to cookies and pizza to satisfy my hunger, and a fried egg and toast for dinner.

So I have begun, like many others, on a downward cycle of eating poorly and as a result of my eating poorly have become tired and stressed. In his book, *The Tipping Point*, author Malcolm Gladwell uses an analogy to describe our immune system. He presents us with a juggler, who represents our immune system, juggling two balls, which represent attacks on the body from dangerous viruses, cancerous cells and dangerous bacteria. The juggler is able to keep everything in check at two balls. When a third ball is added, a third attacker, the juggler must work harder to keep them in check, add a fourth ball and only a very strong and skilled immune system will be able to keep from dropping them. Eventually, if your body's immune system is low and the number of attackers increases, the juggler starts to drop the balls and is unable to cope with the attacks resulting in illness.

Experts estimate that eating a "junk food diet" is responsible for anywhere from 10 to 70 percent of all cancers. By strengthening your immune system, it's much less likely that you'll catch the cold or flu that your co-worker has. Much of the new research in nutritional science indicates that eating fruits and vegetables helps to lessen your risk for some cancers, heart disease and cataracts. Oh, we almost forgot to mention their anti-aging effect too!

According to this idea. The key to good health is to foster a healthy immune system (eat healthily, reduce stress, drink lots of water, exercise and get enough rest) and to reduce exposure to potentially harmful attackers (Your sick co-worker, toxic chemicals and excessive sun exposure).

So how do you manage to foster a healthy immune system when your life is busy and stressful and there is little time for sleep, healthy meals, and exercise?

Below are some helpful tips for boosting the immune system of the busy person. Feel free to cut it out and post it on your refrigerator as a constant reminder:

Prepare

- Take an hour to cut up veggies and fruit for salads and direct snacking for the week:
- Bring the cut veggies or fruit to work for a snack or have them as a snack with low fat salad dressing after work. Enjoy a bowl of fruit salad after work or as an addition to desert or with your breakfast cereal. Add the salad as a side dish to your main meal for dinner.

Cook for the week.

- To keep you, and your family, eating well at home after work, prepare a large amount of healthy dinners during the weekend. Divide it into portions and refrigerate until needed. Re-heat and enjoy.

Pack it:

- Pack your lunch. For one week, try preparing and bringing your lunch to work. This will save you money and calories from eating out. Cook extra dinner the night before and bring it for lunch.
- Pack your snacks. Bring healthy snacks from home like bananas, apples, oranges, dried fruits and nuts, energy bars, whole-wheat crackers, and packets of instant oatmeal or soup.

Making cooking and shopping enjoyable

- Go to a farmers market. For an enjoyable shopping adventure, plan to attend a farmers market in your area. The benefit of a farmers market is that it substitutes the usually chore and confusion of a supermarket with an enjoyable, social, and relaxing experience. (Check FoodShare's website for a list of farmers' markets in Toronto: www.foodshare.net/farmersmarkets02.htm)
- Make making dinner fun. Invite your friends for dinner and have them bring a healthy desert. Take turns preparing dinner for each other. Plan out your weekend to include a few hours of cooking preparation with your family or friends for the week ahead.

Food Share

Field to Table Centre



recipes

Curried Zucchini Soup

- 1 medium onion, chopped, 1/2 cup
- 1 small clove garlic, minced
- 1 small carrot, shredded
- 1 TBS butter
- 2 medium zucchini, sliced or chopped, about 1 1/2 to 2 pounds
- 2 apples, peeled, diced
- 4 cups chicken or vegetable broth
- 2 1/2 tsp curry powder, or to taste
- salt and pepper to taste

In a large saucepan, melt butter over low heat; sauté the onion, garlic and carrot slowly until onion begins to yellow. Add zucchini, diced apples, chicken broth, and curry powder. Boil for 2 minutes. Reduce heat to low, cover, and simmer for 20 minutes. Carefully puree the hot soup in the blender in small batches. Add salt and pepper to taste. Serve soup garnished with cilantro or Italian parsley leaves. Serves 4 to 6.

Zucchini Tomato Frittata

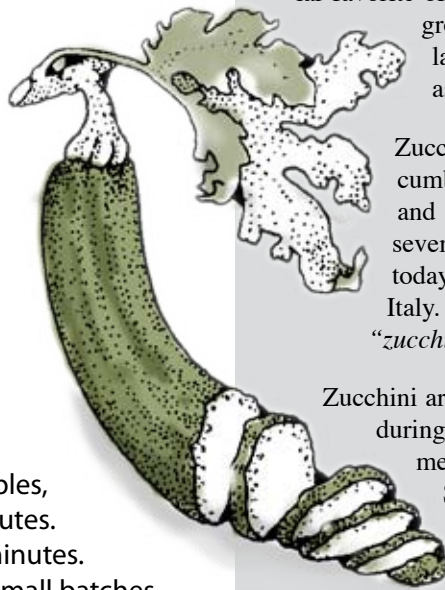
- 1 TBS olive oil
- 1 small onion, finely diced
- 3 medium zucchini, (1 1/2 pounds), cut into 1/4-inch-thick rounds
- 1 TBS fresh thyme leaves, (or 1 teaspoon dried)
- 8 large eggs
- 1/4 cup milk
- 3/4 cup shredded white cheddar
- 3 medium ripe tomatoes, cored & thinly sliced crosswise
- Salt and freshly ground pepper to taste

Preheat oven to 425 degrees. In a 10-inch skillet over medium heat, warm oil. Add onion, zucchini, and thyme; cook, covered, stirring often, until tender but not browned, 8 to 10 minutes. Uncover, and cook until all the liquid in the pan evaporates. Season with salt and pepper; remove skillet from heat. In a medium bowl, whisk eggs, milk, and cheese, salt, and pepper. Pour egg mixture over zucchini, gently lifting zucchini to allow eggs to coat bottom of pan. Arrange tomatoes in an overlapping pattern on top. Return skillet to medium-low heat, and cook until sides are set yet still slightly runny on top, 15 to 20 minutes. Place in oven, and cook until the center is cooked through when tested with a wooden skewer, and the tomatoes are browned, 10 to 15 minutes. Remove from oven; gently slide a heatproof spatula around the edges and underneath to loosen from skillet. Serve immediately. Serves 8

*Experiment by adding snow peas, green onions, garlic scapes, corn or any other favorite vegetable to this recipe.

featured this week: ZUCCHINI

Less than thirty years ago, the zucchini, formerly often referred to as green Italian squash, was hardly recognized in the United States. Today, it is not only widely recognized, but a particular favorite of home gardeners. Notwithstanding its prolific growing nature, its popularity is probably due in large part to its versatility as a vegetable as well as in breads and desserts.



Zucchini, *Cucurbita pepo*, is a member of the cucumber and melon family. Inhabitants of Central and South America have been eating zucchini for several thousand years, but the zucchini we know today is a variety of summer squash developed in Italy. The word zucchini comes from the Italian “*zucchini*”, meaning a small squash.

Zucchini are available all year long, but are at their peak during early summer. Zucchini is a variety of summer squash and can be yellow or green in colour. Select smaller zucchini, from 2 to 8 inches (5–20cm) in length, with smooth, unblemished skins. Very large zucchini can be tough and bitter. While easy to grow, zucchini, like all squash, requires plentiful bees for pollination. In areas of pollinator decline or high pesticide use farmers are beginning to experience smaller zucchini harvests unless they hand pollinate—a labour-intensive task.

Zucchini with the flowers attached are a sign of a truly fresh and immature fruit, and are especially sought by many people. Zucchini fruit should not be stored long, up to three or four days in the refrigerator. They are prone to chilling damage which is expressed as sunken pits in the surface of the fruit especially when brought up to room temperature after cool storage.

Zucchini is an excellent source of manganese and vitamin C. It is also a very good source of magnesium, vitamin A, dietary fiber, potassium, copper, folate, and phosphorous. In addition, summer squash is a good source of omega-3 fatty acids, vitamin B1, vitamin B2, vitamin B6, calcium, zinc, niacin, and protein.

Although not as potent as root vegetables like burdock, garlic or onion, squashes have been found to have anti-cancer type effects. Although phytonutrient research on squash is limited, some lab studies have shown vegetable juices obtained from squash to be parallel to juices made from leeks, pumpkin, and radish in their ability to prevent cell mutations (cancer-like changes)

DELIVERIES

for the week of: JULY 17
orders are due 5 pm Tues. JULY 10

for the week of JULY 24
orders are due 5pm Tues. JULY 17



e. gfb@foodshare.net - tel 416 392-1629 - fax. 416 392-6650
(at temporary location)