



Spring's

Harvest



GAZETTE



Peggy & Anne

Dear Readers,

Welcome to the Spring Edition of the Kitchen Blessings Harvest Gazette!

What better time to rethink, clean out, and take stock of how we live and eat. So much of our existence depends on the foods we feed our bodies. So many people go without nutritious foods. We are truly blessed with an abundant food supply. By being grateful and sharing our natural resources we can truly change our lives help create a more plentiful and peaceful world.

Love



—Peggy Curry
& Anne Leonard

Favorite books:

Detox Diet by
Dr Elson M. Haas M.D.,

Peggy's product picks of the month:

Wheat & Gluten Free Bean & Rice Chips by
Lundberg

Whole Kids Puddings by
365 Organics

Sprouted Wraps by Eze-
kiel (in the refrigerated
section)

Spring Cleaning

March 21st marks the first day of spring. What does that mean? Spring-cleaning!!! Getting rid of that which we no longer need or use. For most of us that live here in sunny California, we haven't felt the effects from being stuck inside during a long hard winter and eating lots of comfort foods without being able to exercise much. Nevertheless, our bodies always benefit from a good spring-cleaning. Through an elimination diet our body can rid its excess stored fats and toxic buildup from winter.

Spring and the color green go hand in hand. Look around and you will see how green is everywhere. Green symbolizes healing. Green is the life force behind the young shoots sprouting out from the earth's darkness making their way out from the earth, and into the sweet sunshine. Spring is a time of renewal and rebirth. A time to take those heartfelt inspiring ideas and goals, and do something with them. What can we do to clear the clutter and create new space for us to flourish? How do we begin the process to clean out the muddle, both in our bodies, our brains, and in our environment? Renew your home, your kitchen, and your garden. Refresh your skin, your body, and your mind. Lovingly help your body to clean and rejuvenate itself as you restore balance in your life.

Spring is a time to eat less. Prepare simpler foods. It's taken a long time to collect the excess in our lives and in our bodies. Go easy on yourself and be forgiving. Use winter's seeds to spring into action, and stimulate new

growth. What is it that we hope to accomplish or gain from all this rebirth? What will it take for us to change and help ourselves to take control of our lives? Be clear, set goals and write them down. Make a list each day, and cross off your tasks that will help keep you on target. Staying on track helps us to be successful in reaching our goals by becoming healthier and more vibrant beings. Cleaning out the clutter really does bring about balance and peace. **SPRING CLEANING BEGINS NOW!** As the seasons change, so do we. Take this time as an opportunity to make changes in you life.

Body cleansing helps to keep our body functioning at it's peak. The best way to help your body clean itself is to try a gentle detoxifying program. We highly recommend that you seek the care and assistance from a health care practitioner if you have any health challenges or concerns. There are many books on the subject, but a personal favorite is Dr Elson M. Haas's M.D., Detox Diet. If you aren't sure about cleansing you body from the inside out, then you may simply give your body a break for a week or more from those foods that create stagnation. Foods that create mucus and contribute to disease are processed foods like white flour, white sugar, starchy foods, fried foods, chemical foods, alcohol, dairy, and animal protein. Foods that are beneficial for our body are veggies, fruits, soaked almonds, seeds, sprouts, some whole grains, sea vegetables and lots and lots of liquids i.e. purified water, herbal teas, homemade soups and freshly made veggie juices.

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Seasonal Chopped Raw Salad

½ Cup each of chopped : cauliflower, red cabbage, broccoli, and partially cooked beets.

¼ Cup of scallions or spring onions, red onions, celery and shredded carrots.

Add ½ Cup or more of any sprouted legumes, peas, beans or grains of your choice.

Note: Use any vegetables you have. Do what you think looks and feels best for you!



Chop all the vegetables.

Drizzle with Peggy's Caesar, balsamic or your favorite vinaigrette dressings.

Season with sea salt, pepper, fresh parsley, and dulse. Toss well and serve.

New places to eat or purchase foods:—Native foods in Westwood, California — 1110 Gayley Ave, Los Angeles, 310-209-1055. Also in the Palm Springs area.

Seed Live Cuisine, Raw Food delivered to your door or pick up at a number of Farmers Markets www.seedcuisine.com Ph 310-4540547

For questions or more details please visit our website www.kitchenblessings.com or call (310) 545-6529.

nteresting celebrations for Spring

March 27th—Smell the Wind Day in Egypt where when you rise if you smell the spring onions—it's thought to promote good health.

April 1st—All Fool's Day: An ancient agrarian feast celebrating awakening and rejuvenation, noted for humorous pranks and fun.

April 16th—Passover

April 20th—Easter

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In addition to fasting, breaking the fast is as important as the cleanse itself..

Remember "elimination equals illumination" says Dr Haas. I say "Attitude is everything!"



Spring has Sprung

A spring in the step, a lightness of heart, ahhh the universal laws of nature; everything changes. As we come out of the resting phase of winter and into the growth of spring we are surrounded by sweet smells and abundance. Now is really the time to begin those resolutions. It is the time of renewal. The earth bursts forth from its period of hibernation to bring hope and chance through it's glory. The small green shoots of last year's bulbs, baby birds and long daylight hours indicate that the energy of spring is rising. The world says begin anew. And so we should try new things and begin our own new commitments, progress, not perfection is the theme.

Spring is a great time to try new foods and perhaps a new practice in you diet. Of course cooking should be lighter-water sautéing, boiling and pressing raw vegetables with a bit of salt. Try new flavors too. Bitter is one of the tastes our tongue recognizes and it doesn't have to be awful. Dandelion greens, watercress, broccoli rabe (rapini) and mustard greens are all considered a bitter taste. Greens are one of the best things to add to your diet. The taste doesn't have to be all bitter. Sautéing with a leek will combine the bitter with sweet. Adding rice vinegar to sautéed greens will also make them taste bitter-sweet.

Going meatless one day a week is a great new experiment for spring. Challenge yourself to explore new recipes and tastes and textures. Finding protein alternatives can be tricky (Peggy's cooking classes will help). But encouraging your family in new directions will help to improve their well being in the long run. Lighter energy, giving your body a rest from digesting meat and giving a broader definition to what we consider food are benefits of trying new concepts. Food grows from the earth, it shouldn't come only from packages. Begin a new resolution. Enjoy a new recipe.

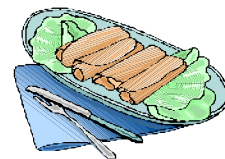


—Peggy & Anne

Umiboshi Cucumber & Radish Wrap

Thinly slice 1 bunch of radishes
Thinly slice 1 Japanese cucumber

Bottle of umiboshi vinegar
1 bunch collard greens



Cover both radishes and cucumber with umiboshi vinegar, and set aside for ½ hour or overnight. In a large pot of boiling water, add collard greens. Blanch. Remove, pat dry, cut out the stem. Using a sushi roller or by hand, place 1 collard on sushi mat add a thin layer of each radish and cucumber. Roll up. Slice and then serve.

Greens with Fennel

1-2 Bunches of greens (kale, beet greens, mustard, Swiss chard, spinach, broccoli rabe, chopped)
1 fennel bulb sliced
1-2 cloves garlic, minced
Broth &/or ghee for sautéing
Salt and pepper
Flax oil



Heat pan. Add enough broth to cover pan and add 1 Tbl Ghee. Add fennel and garlic sauté for 5 min. Add greens. Cover and cook until tender. Approx. 5 min. To serve sprinkle with a little sea salt, pepper, and drizzle with flax oil.

Kale Salad with Oranges

1 bunch kale, chopped
1/3 C red onion, thinly sliced
1-2 oranges, juiced
Splash of rice wine vinegar



Rinse and chop kale. Blanch in boiling water for 1-2 minutes. Drain. Toss with red onion. Squeeze juice of oranges (add sections if desired) and splash with rice vinegar.

What's in Season?

Vibrant foods are significant energy resources for maintaining balance and a healthy body. Foods with the highest life force are the best sources to maintain the vital nutrients and energy that our bodies need. Learn to listen to which foods make you happy and create balance, energy, vitality and sustenance.



Good cleansing foods: Arugula, Chives, carrots, mustard greens, watercress, dandelion, sugar snap peas, snow peas, asparagus, radishes, beets broccoli, Brussels sprouts, cabbages, spinach, cauliflowers, fava beans, garlic, artichokes, kale, leeks, onions, oriental greens, parsnips, new potatoes, squash, turnips, lettuces, Strawberries, apples, grapefruits, lemons, oranges, tangerines, kumquats, & rhubarb. Food preparations change as do the seasons. Raw and sprouted foods, salads, short quick cooking methods such as stir-frying, light steaming or minimal simmering.

PRODUCTS BROUGHT TO YOU IN PARTNERSHIP WITH KITCHEN BLESSINGS:

Shredded Tempeh, Tempeh Salad, Vegetable Quiche, and Seasoned Tofu. Brought to you by Royal Soy.



Available from www.appledayorganics.com or call 310-937-8737 to order.

What's Hot:

- Fresh new beginnings
- Cleansing from the inside out
- Green & raw foods
- Setting personal boundaries
- Knowing that change is good
- Creating "heart" goals
- Finding peace within



What's Not:

- Staying stuck in old patterns
- Collecting more and more stuff
- Processed white foods
- Over-doing, unable to say "no"
- Wearing blindfolds through life
- Not believing in your dreams
- Always on the go, no quiet down time

