



Summer's



Harvest

GAZETTE



Anne & Peggy

Dear Readers,

Welcome to this first edition of the Kitchen Blessings Harvest Gazette!

This newsletter will contain interesting articles on good eating, nutrition, recipes, ideas, tips and much more!

Enjoy!



—Peggy Curry
& Anne Leonard

Favorite books of the month:

Staying Healthy with the Seasons, Elson M. Hass, M.D.

The Sacred Kitchen, Robin Robertson and Jon Robertson.

Peggy's new product pick of the month:

Eden's Organic Black Soy Beans
Heavenly!!!

SUMMER'S BOUNTY!

A hhhh Autumn... Short, yet so sweet, summer's bounty! Fresh! Fresh! Fresh! Farmers markets are bursting all over! So many wonderful and delicious varieties of tomatoes, onions, summer squashes, beets, corn, chili peppers, beans, potatoes, cabbages, autumn greens, melons, peaches, plums, and nectarines. Just being harvested are apples, grapes, pears, and some winter squashes. Are you drooling yet?

There are so many ways to cook up squash, and so many ways to hide them in things as well! Did you know that there is a wonderful zucchini chocolate cake recipe, or shred some of your favorite squashes in muffins, pancakes, salads, wraps etc. Squash, in its enormity, is great grilled, cubed for skewers, or stuffed with wonderful grains or tofu. Have you ever slowly

simmered an onion until it's so sweet it tastes like candy? Or roasted any of the above vegetables gradually allowing for their own sweetness to emerge? Who ever said that vegetables were bland and boring??? Vegetables taste ever so delicious when cooked slowly. Roast or simmer them in lots of garlic, shallots, or some sweet Maui or Vidalia onions! It really doesn't take much for the true sweetness and flavor to come out.

If time is limited, simply chop the squashes with some red onion and garlic, sauté for a few minutes and then add one ear of sweet corn and some of your favorite beans at the end. Sprinkle with a little sea salt and pepper and voilà!

So run, dash, hop, skip or jump down to your local farmers market and explore the incredible possibilities of their rich harvest, that will surely delight your taste buds.

ROASTED SUMMER SQUASHES



Pre-heat oven to 400 degrees

Cube a variety of summer squashes, potatoes, beets, winter squashes, onions, asparagus to approximately the same size, (except the asparagus), **OR WHATEVER YOU HAVE ON HAND**. Place in a bowl and drizzle with some olive oil and a few cloves of minced garlic. Toss well and sprinkle with some sea salt, pepper and maybe, if you're feeling like it, try

some fresh oregano from the garden!

Line your baking sheet with some parchment paper, (not waxed paper). Spread vegetables evenly, single layer them. Do not stack. You may need two sheets. Turn oven down to 300 degrees. Bake vegetables for 1-2 hours until fork tender. Food is better for us cooked at a lower temperature; if you want them sooner, leave them in at 400 degrees for 45 min. to 1 hour.

W

hat's your favorite local restaurant? Do they use seasonal organic produce or purchase from a sustainable food supplier? Vegetarian, vegan or everything? Santa Monica has two: Bravo on Third Street Promenade, Real Foods Daily on Santa Monica Blvd (also on La Cienega). Email us with your favorite at info@kitchenblessings.com!

For questions or more details please visit our website www.kitchenblessings.com

WHAT WILL IT TAKE TO HAVE YOU CHANGE HOW YOU EAT?

*Change is honorable
Change takes effort
Change takes time*

*Change takes courage, strength, and discipline
Change says "I love me", "I love you"*

Change is a relationship. It is about listening, communicating and transforming

Change is NOT easy

Change challenges your flexibility, and ability to see things differently

Change is rewarding no matter how big or small,

the difference is always felt...

—Peggy Curry

Change



How and what to do to help your body during this late Summer Season: August, September, October

As the sun begins to wane, and the temperature seems either too hot or too cold, it is during this in-between time of year that we try to ripen our ideas and reap their benefits. Things that we can do to help ourselves during this season is to gather what we need. Some ideas: nourish yourself physically and spiritually, slow down, turn inward, take a quiet time, nap, meditate, do yoga, get out and walk in nature, put on some beautiful music, dance, paint, garden or plant some flowers. Most of us know these things but don't always allow ourselves the time to do them.

Make that appointment you've been putting off with your health care practitioner. Start assisting your immune system, so that it can be strong through the winter. Chew your food well, eat in a relaxed setting, try not to eat on

the run, and learn to appreciate and savor your food. Try not to over eat, even when it tastes sooooo good.

Good health comes from nutritious foods and good digestion. Autumn is about transition. It's when we leave the outward warmth of spring and summer, and move inward towards the cooling of autumn and winter. We start reaping the rewards of our golden harvest. Eating more is normal for this time of year. We begin the cycle towards winter retreat and become more introspective. This is a good time to work on better food-combining and eating habits.

Begin to look at all the foods you eat. Which foods make you feel vibrant and energized? Which foods do you feel sleepy afterwards or your nose seems a little stuffy right after you eat them? Try to notice these things, and listen to your body when it says "no more food please, or NO! Don't eat that!" Exercise

is always important in staying fit and healthy. This helps regulate your weight and bring balance to your daily routine. Begin each day in quiet gratitude. Breathe deeply and focus on what really matters most in your life and what makes you the happiest.

We look forward to keeping you informed, inspired and challenged.

With much Love and Light
—Peggy and Anne



Some fun things to celebrate during this time of year The full Harvest Moon the Autumn's Equinox (approx Sept 23rd), and October fest. In addition to the many rich cultural and religious holidays that come in during this time of year: Rosh Hashanah, Yom Kippur, and Sukkot (Jewish), Festival of Durga (India), Birthday of the Moon (China), Festival of the Floating Lamps (Thailand in honor of Buddha). Did we miss a celebration? Email us at atinfo@kitchenblessings.com

What's Hot:

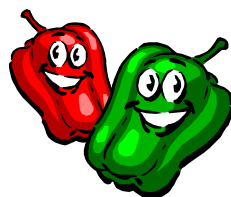
Eating together with you family.

Wanting to learn how to set up your kitchen to prepare delicious, nutrient rich foods that are simple, quick and easy.

Being serious about making life changes that may take a little more time, effort, and money but are rich and rewarding.

Interested in changing your eating habits before you're forced to change.

Knowing about the healthy counterparts of your favorite snacks.



What's Not:

Feeding your family fast food and restaurant food on a regular basis.

Priorities that keep you away from preparing meals for yourself and your family.

Thinking family dinners are not important.

Using chemical food additives, preservatives, pesticides, food dyes, MSG, hydrogenated oils, irradiated, and GMO's in your food.

We can help! Call us at (310) 545-6529 *We want you to be happy about the foods you eat!*

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