



ARBOR FARMS MARKET

2103 West Stadium - Boulevard Plaza
Ann Arbor - 734-996-8111 - arborfarms.com

Our January 2015 Newsletter for Healthy Living

Healthy Food for a Healthy New Year

Processed foods may be convenient, but they will not necessarily save you money—especially not if you count the cost of added healthcare expenses down the road when a poor diet starts catching up with you. In terms of long-term disease-prevention, cooking from scratch using fresh unprocessed ingredients is perhaps your best guarantee. Recent research on healthy eating suggests that home cooking tends to result in reduced calorie consumption. People who ate the most home-cooked meals wound up consuming about 130 fewer calories daily, on average. The authors also noted that: “If a person—or someone in their household—cooks dinner frequently, regardless of whether or not they are trying to lose weight, diet quality improves.”

Contrary to popular belief, healthy unadulterated foods also do not necessarily have to cost you a lot more than processed fare. There are in fact many examples of exceptionally affordable health foods. Following are four examples that are frequently overlooked.

Growing your own food is a great way to lower your food costs, improve your health, and help build a more sustainable food system. **Homegrown vegetables** are fresher, taste better, and are oftentimes more nutritious than store-bought food that has traveled thousands of miles—and you certainly cannot beat the price! Whole, organically grown plants are a



rich source of natural medicine. Even our DNA contains much of the same material found in the plant world, which gives new meaning to the idea of healing plants. Even if you only have access to a patio, you can *still* grow some of your own veggies using containers. Tomatoes, herbs, cucumbers, lettuce, and peppers are examples of plants that thrive in containers. One of the easiest

cinogens like benzene and acrolein. They're also an excellent alternative if you don't like the taste or smell of broccoli, which has well-established anti-cancer properties. Studies suggest that watercress may have cancer-suppressing activity resembling that of broccoli sprouts, and its overall nutritional profile surpasses most other sprouted seeds, including sunflower.

“Growing sprouts is an excellent choice during winter months, when outdoor gardening is limited.”

plants to grow at home, even if you're new to gardening and have limited space is **sprouts**. It's also an excellent choice during winter months, when outdoor gardening is limited or ruled out. A concentrated source of enzymes, vitamins, minerals, and other phytochemicals, sprouted seeds are a true superfood that many overlook. In fact, the protein, vitamin, and mineral content of many sprouted seeds far surpass that of organic homegrown vegetables!

The most nutritious are watercress, broccoli, and sunflower seeds. Sunflower seeds can provide you with 30 times the nutrient content of organic vegetables, and sprouts in general also contain up to 100 times more enzymes than raw fruits and vegetables. These enzymes are important as they allow your body to absorb and use the nutrients of *other* foods you eat as well. Broccoli sprouts, specifically, have been shown to help detoxify a number of environmental pollutants, including car-

Once you're growing your own vegetables, fermenting them will allow you to eliminate waste and provide you with healthy food during the non-growing season. **Fermented vegetables** are teeming with essential enzymes and beneficial bacteria needed for optimal gut health and digestion, and they are easier to digest than raw or cooked vegetables. When your gastrointestinal (GI) tract is not working well, a wide range of health problems can appear, including allergies and autoimmune diseases. Fermented foods are a cornerstone for maintaining a healthy gut. Just one quarter to one half cup of fermented food, eaten with one to three meals per day, can have a dramatically beneficial impact on your health.

Fermented vegetables and other cultured foods also offer a multitude of medicinal rewards by: strengthening immunity with increased antibodies that

continued on page 2

Healthy Food, continued from page 1

fight off infectious disease; helping pregnant and nursing mothers transfer beneficial bacteria to their infant; beneficially impacting the behavior of children with autism, ADD, and ADHD; regulating weight and appetite by reducing cravings for sugar, soft drinks, bread, and pasta; and, helping your body detoxify a variety of environmental toxins, including pesticides and heavy metals;

Ideally, you'll want to include a variety of cultured and fermented foods in your diet, as each provides different beneficial bacteria. Besides fermented vegetables, other cultured foods include kefir and yogurt, ideally made from raw organic milk. To make it yourself, all you need is one-half packet of kefir starter granules in a quart of raw milk, which you leave at room temperature overnight. Leftovers can be stored in the fridge for a few days.

The key to eating fish these days is to choose fish that are high in healthy omega-3 fats, and low in hazard-

ous contaminants, such as **wild-caught Alaskan salmon** (NOT farmed salmon such as Atlantic salmon). Fresh or frozen Alaskan salmon tend to be pricier, so canned salmon can be a thrifty alternative. Just make sure it's labeled "Alaskan Salmon," as it is not allowed to be farmed. Sockeye salmon is another healthy option that cannot be farmed. Sockeye salmon has the added advantage of having one of the highest concentrations of astaxanthin of any food. Other canned fish that are in the safer category (having lower contamination risk and higher nutritional value) are sardines, anchovies, and herring—all of which also contain higher amounts of healthy fats such as omega-3.

Organically raised free-range or **"pastured" eggs** are another excellent source of high-quality nutrients, especially high-quality protein and fat. Proteins are essential to the building, maintenance, and repair of your body tissues. Proteins are also major components of

your immune system and hormones. While found in many types of food, only foods from animal sources, such as meat and eggs, contain "complete proteins," meaning they contain all of the essential amino acids. Eggs also contain lutein and zeaxanthin for eye health, choline for your brain, nervous and cardiovascular systems, and naturally occurring B12. The key to healthy eggs is making sure they come from chickens that have been allowed to range free on pasture.

The nutritional differences between true free-ranging chicken eggs and commercially farmed eggs are a result of the different diets eaten by the two groups of chickens. You can tell the eggs are free range or pastured by the color of the egg yolk. Foraged hens produce eggs with bright orange yolks. Dull, pale yellow yolks are a sure sign you're getting eggs from caged hens that are not allowed to forage for their natural diet.

Reference: *Science Daily* November 17, 2014. [Medicinenet.com](http://www.Medicinenet.com) November 17, 2014.
