

Eating Green - Organic Foods and Cooking

Chapter 1 Choosing Produce

Summary:

- Buy in season.
- Buy in bulk.
- Look for organic local products.
- For a list of the most important foods to buy organic, check the resource section in this document.

Chapter 2 Organic Pantry

Summary:

1. You will need a good quality **olive oil**.
2. A nice **organic apple cider** vinegar makes for great tasting dressing.
3. **Split Red Lentils** and **Mung Beans** are fast cooking beans. They are wonderful to add to soups as a vegetarian protein option.
4. **Almond butter** is not just for sandwich spread. Tastes amazing and is a great source of magnesium.
5. **Quinoa** is a wonderful seed grain that is high in protein and easy to cook and digest. It is also gluten free.
6. Fresh spices like **Turmeric**, **Cinnamon** and **ready made pesto**. Organic spices are not irradiated and often have a more pronounced flavour.
7. **Brown Rice Pasta** is Gluten free and tastes a lot like regular pasta.
8. **Local crushed canned tomatoes** will add flavour to any soup.
9. **Seeds**, like pumpkin seeds, flax & hemp are packed with good oils like Omega 3.
10. **Squash and Yams** are great to have on hand because their sweetness helps to satisfy the cravings for a sweet taste. They store in a cool area for months.
11. **Stock up on canned fish. Look for wild fish that is caught without the use of dragnets.**
12. Organic sweeteners such as **agave or stevia** maintain balanced blood sugar.

Chapter 3 Tools

Summary:

- Slow cooker/crock pot saves power and energy
- A bamboo cutting board helps keep bacteria away.
- Silicone utensils are better than plastic.
- A nice weighted knife for cutting needs
- A titanium pot is non-stick and safe and makes food slide off easily. Worth the investment.

Chapter 4 Harvest Soup

Summary:

For a full recipe, check the resource section of this document.

Chapter 5 Immune Boosting Dip

Summary:

For a full recipe, check the resource section of this document.

Chapter 6 Sunny Flax Crackers

Summary:

For a full recipe, check the resource section of this document.

Chapter 7 Side Dish

Summary:

See Kale and rice recipe, check the resource section of this document.

Chapter 8 Chicken Curry

Summary:

For Chicken Curry recipe, check the resource section of this document.

Chapter 9 Organic Baby Food

Summary:

- Consider purchasing a baby food grinder to make your own healthy baby food. Check for availability at your local health food or grocery store.
- A baby food grinder is a safe and easy way to feed your baby.
- The big advantage, you will know exactly what you are feeding your baby.
- Start with organic foods early to expose your children to healthy eating habits.

Chapter 10 Organic Snacks for kids

Summary:

- Read labels, make sure kids' snacks are organic. This ensures that no pesticides, additives, or colorings are added.
- Buy in bulk and repackage yourself.
- Organic snack bars are a great food to pack. Also try cookies with organic chocolate and applesauce cups to add fiber.
- Start with organic fruit juice and mix with water at a 1:1 ratio.
- Try crackers with organic flour and zero trans-fat. Kids love them.
- Sweet rice squares sweetened with cane juice or lactose free pudding are a good choice.
- Make your own gelatin with organic juice and organic gelatin powder.
- Fair trade organic chocolate is a tasty treat.
- Pack protein enriched snacks such as bean dip, tuna and free-range meats.
- For bread options there are many to choose from. Sourdough and gluten free bread are easier to digest and multi-grain breads made with lentil flour are higher in protein.
- Try sandwich spreads like wild fish or organic cheeses.
- Hemp seeds ground into a butter is a safe peanut free alternative for school lunches. Check with your local school first.
- Provide a nice dip to get kids to eat cut up veggies.
- Always give your children a choice of fruit to select. Kids are more likely to say yes when they have a choice between items.
- Giving children organic foods will give them everything they need to develop into healthy young adults.

Chapter 11 Quinoa Berry Cobbler

Summary:

For a recipe, check the resource section of this document.

Chapter 12 Organic Portable

Summary:

- Protein is important. Purchase or prepare boiled eggs to add this important nutrient to your diet.
- Salmon is another way to get your protein. Make a sandwich on organic bread.
- Baked brown rice crackers are great tasting and easy to digest.
- Meal replacement bars should have balanced nutrition. Avoid refined sugars.
- Sesame seeds are a great portable snack and are high in calcium.
- Canned organic soup or trail mix can boost and maintain your blood sugar.
- A Japanese lunch box keeps all components of your lunch separate. It's all portable and ready to go. It's a great device for the environment because it's litter free! Check your local health food or grocery store for this item.
- A portable water bottle is safe and better than throwing away plastic!
- Bring your breakfast in a thermos
- A hemp seed shake or a vegan meal replacement shake blended with bananas or berries is a great idea for a meal on the run.
- Boil water in a portable cooker using instant quinoa, add blueberries and stir for a delicious meal in less than 90 seconds.
- There are lots of choices for organic, healthy, quick and portable meals that are good for you and the planet!

Chapter 13 Organic Diet

Summary:

Keys to losing and maintaining weight loss:

- Look for whole organic food choices:
- Protein is important. Choose eggs, wild fish or vegetable based proteins to help stabilize blood sugar and prevent sugar cravings.
- Any leafy green is a good choice.
- Grapefruit and yams have sweetness but are low on the sugar scale.
- You can still have treats like muffins and cookies. Pick whole grains with fiber and natural sweeteners. Check for sweeteners like agave or stevia in muffins.
- Ginger snaps are low in calories. 15 ginger snaps equals 150 calories.
- Choose brown rice snacks or baked tortilla chips for something crispy.
- Coconut oil is a good fat. Wild fish and hemp and flax seed have omega 3's.
- The glycemic index (GI) ranks foods based on how they impact our blood sugar level. Lower numbers on the GI scale are preferred as these foods raise the blood sugar level slowly and keep it level.
- Some Dark organic chocolate brands can have omega 3's infused in them and contain up to 70 per cent cocoa butter, which is low on the glycemic index.
- Coffee is a crop that uses pesticides heavily. Choosing organic is a priority for your health and the environment. Choose fresh roasted whole bean when possible.
- Check your local green aisle at your grocer or a natural food store for these many more selections.

Chapter 14 Organic Vegetarian

Summary:

- Vegetarians need to maintain proper nutrition and sometimes miss out on important nutrients.
- Make sure to eat complete protein three times a day. Beans and grains combined create a complete protein.
- Some of the best sources of protein include all types of beans, peas and whole grains. The highest percentage comes from lentils and soy. If you choose to include eggs and wild fish in your diet, they will help stabilize blood sugar and prevent sugar cravings. Dairy foods are another way to ensure you are getting enough protein.
- Iron is a critical nutrient. Eat dark leafy greens, apricot halves, molasses or seaweed for iron.
- B-12 is also important for vegetarians and is often lacking in vegetarian diets. Yogurt and eggs are good sources. If you are not getting enough consider B-12 shots or tablets.
- Zinc is most often found in seafood. If you don't eat fish, try pumpkin seeds, dark greens and lots of beans and grains.

- Conventional meat production has a large impact on the environment, Vegetarians reduce the impact on the planet but make sure you have all of your nutrients needs covered off to ensure good health!

Vegetarian super foods:

- Codonopsis is known as the poor man's ginseng.
- Maca is an ancient root that tastes like sweet potatoes, supercharged with herbal boosts.
- Goji berries are known as the red raisin in Asia. They contain 170% of Vitamin A daily need. Organic Goji berries taste much better than conventional ones.
- Yerba Mate- a powerful herb from the rainforest, used as a coffee substitute.
- Have organic shakes- for two servings of vegetables.
- Hemp - Has 11 grams of protein in 2 ounces.

Chapter 15 Switching to an Organic lifestyle

Summary:

- Plan a meal calendar.
- Get kids involved.
- Cook on Sunday and make meals for the rest of the week.
- Canning is a good way to store food. After placing hot food in clean mason jars, wait for the safety seal signal sound of a POP. The pop sound ensures a vapour seal that keeps bacteria out.
- When freezing food don't over pack plastic containers as you break polymer bond on the plastic.
- Don't stick plastic in the microwave. You will end up eating the plastic. Use ceramic dishes instead for heating.

Chapter 18 Eating Organic on a budget

Summary:

- Buy from CSA's. (Community Supported Agriculture). These are small independent, labour intensive family farms. Buy shares in a farm that supports your local farmer. In return they deliver fresh produce to you in season.
- Buy in bulk and freeze. Fresh produce is cheapest when in season.
- Grow your own produce. Roof top garden and window sill gardens are great ways to grow your own vegetables. Fresh greens to your plate year round.
- Make organic food from scratch. Buy ingredients in bulk and make it yourself. You will cut back on costs this way.
- Be flexible. Know what is critical to buy organically.

Resources:

What is organic?

Organic agriculture bans the use of synthetic pesticides, fertilizers, and genetically modified organisms (GMO's). Organically produced foods do not include artificial additives, preservatives, or colouring and eliminates the uses of chemical fertilizers, sewage, growth hormones and antibiotics.

Certified organic farms and processors must follow a regulated set of standards, undergo an annual third-party inspection, and maintain a detailed audit trail of their operations.

Organic certification has been developed to help sustain and reclaim the integrity of our farming methods and nutritional quality of our food.

According to Health Canada, we receive 80-95% of our daily intake of dangerous chemicals through our food.

USA and Canada have implanted Mandatory Standards for Organic products and two unified labels that are guaranteed by a certifying body. This allows the consumer to look for two labels- the USDA organic and the Canada Organic label vs. the over 50 different labels that existed under the old system.

A farm must follow organic procedures for at least three years before qualifying for organic certification.

List of Fruits and Vegetables that are a high priority to buy Organic

Many fruits and vegetables are HIGH in Pesticides. Fruits and Vegetables with thin skins like those listed below are heavily sprayed with pesticides that remain in the food you eat. Consider buying these listed foods in your organic section of your grocery store or health food store. While it is best to buy all organic and local produce these are the high priority items.

Fruits

- Peaches
- Apples
- Strawberries
- Nectarines
- Pears
- Cherries
- Red raspberries
- Imported grapes

Vegetables

- Spinach
- Bell peppers
- Celery
- Potatoes
- Hot peppers

Some fruits and vegetables are LOWER in Pesticides. Their skins are often peeled so the pesticide is reduced in preparation. This list is below.

Fruits

- Pineapples
- Plantains
- Mangoes
- Bananas
- Watermelon
- Plums
- Kiwi Fruit
- Blueberries
- Papaya

Vegetables

- Cauliflower
- Brussels Sprouts
- Asparagus
- Radishes
- Broccoli
- Onions
- Okra
- Cabbage
- Eggplant

RECIPES:

Chapter 4

Harvest Soup with brown rice crackers

This dish is a one-pot wonder and serves great for lunch the next day.

Ingredients:

- 1 cup French lentils
- 1 cup cranberry beans (or any fun bean you like).

Soak over night and rinse until water is clear.

Add to crock pot:

- 1.5 liters of crushed Tomatoes
- 1/4 cup lemon juice
- 2 Tb of chopped Garlic
- 1 cup finely shredded purple cabbage
- 1 tsp celtic sea salt
- 3 liters stock or water with 2 organic bouillon cubes
- 4 onions
- 1 butternut squash
- 1 Tb olive oil and 1Tb of Basil leaves
or 2 TB of Pesto
- 2 cups green beans chopped

A crock-pot or slow cooker is a safe device to leave on overnight or while you are away at work. It works at low temperatures over a long period of time so it does not damage your food yet keeps it at a safe temperature. Bacteria and Mold grow below temperatures of 140 degrees so it is always a good idea to have food in the fridge or held hot. Room temperature food is the most susceptible to going off.

This soup is very easy to make because there is no special steps. If you do not own a slow cooker yet, then add liquid ingredients first and cook on simmer with a tight fitting lid for 2-4 hours until the beans are soft.

Start by adding the crushed Tomatoes, lemon juice, chopped Garlic and 3 liters stock or water with 2 organic bouillon cubes.

Then using a mandolin (a device that cuts veggies very fine) or using a knife carefully shred the purple cabbage. Chop 4 onions in to small pieces and add to mixture. Add the soaked beans and stir.

Butternut squash is very easy to use. Simply peel off the skin with a peeler and remove the seeds. Cut into 1 inch cubes. Add to soup. Add sea salt to preferred taste. For seasoning you can add olive oil and basil leaves or look for dairy free pesto if you want the soup to have an amazing flavour!

When you are ready for a meal add

2 cups green beans chopped

Cook for 10 more minutes and serve with baked brown rice crackers.

Chapter 5

Immune boosting Lentil Dip

Ingredients:

19 oz (half a litre) can of lentils-drained or 2 cups of cooked Lentils
1/2 cup Almond Butter
1 tbsp Hemp Oil
1 large clove of garlic
1/2 cup chopped fresh basil or 2 tbsp Pesto
1/3 cup lemon juice
1 tsp lemon zest
Juice of 1 tangerine
1/2 tsp Celtic Sea Salt
1 tsp turmeric powder

Directions:

1. Mix all ingredients in blender or food processor until smooth.
2. Serve with the flax crackers or with portable veggies like zucchini strips, snap peas, celery and baby carrots.

Note: a bit garlicky the next day, but worth it because the garlic is wonderful for the immune system!

Chapter 6

Sunny Flax Anti-Inflammatory Crackers

Ingredients:

1 cup of Flax Seeds
1 cup mixed sunflower seed, salba, hemp and black sesame seeds,
Soak in 2 cups water in jar over night
Add the juice of two medium lemons
1 tsp turmeric
Optional spice, 2 inch chunk of fresh ginger (cut into small pieces).
1 tsp Celtic sea salt

Directions:

Blend in a food processor with the S blade until well mixed. Spoon the soupy mixture onto your dehydrator fruit roll trays at 110 °F (44 °C) (for 12-15 hours or on the lowest setting your oven will allow -100 degrees °F (44 °C) for 24 hrs on a large parchment sheet. If you want an easy clean up consider unbleached parchment paper as a liner for your baking tray. You should be able to separate the crackers from the tray easily. If it is difficult to separate it is not done yet. When nice and dry, break into big pieces and add to an air proof container or zip lock bags and store in a dry place.

**Chapter 7 Side Dish
Local Kale with Tahini Dressing****Ingredients:**

1 chopped bunch of Black Kale (also known as Dino Kale)

Optional Topping: Toasted Pumpkin Seeds

Directions:

Wash and coarsely chop kale. Place in a steamer over boiling water. Steam, covered for 5-7 minutes.

Meanwhile in a small bowl, combine the dressing ingredients. When you can stick a fork through the stem of the kale and it has turned a nice dark green it is ready to be transferred to a big bowl. Add a few tablespoons of the dressing over the kale till coated. Sprinkle with Roasted Pumpkin seeds if desired.

**Chapter 7
Perfect Brown Rice**

With almost half a teaspoon (2 grams) of healthy fiber and just over 100 calories per half cup try the nutty flavour of brown rice.

Whole grains such as brown rice may help reduce the risk of diabetes, heart disease and certain cancers, and may even contribute to maintaining a healthy weight.

Brown rice takes longer to cook than regular white rice (about 45 minutes versus 15 or 20 minutes).

Variation: Consider adding 1 oz (60 ml) of Wild Rice to a cup of Brown for extra protein and an extra nutty flavour. Wild rice is often hand harvested by natives in Canada and

this unique grass is one of the most digestible alternative grains boosting almost 2 teaspoons of protein per cup.

Ingredients:

- 1 cup uncooked brown rice
- 2 cups liquid (water, broth, juice)
- 1 teaspoon sea salt (Optional)

NOTE: 1 CUP UNCOOKED BROWN RICE YIELDS ABOUT 3 TO 4 CUPS COOKED RICE

Directions:

Top of Range

1. Combine 1 cup rice, 2-1/4 cups liquid, 1 teaspoon sea salt (optional) in 2 to 3 quart (4 to 6 litre) saucepan.
2. Heat to boiling. Stir once or twice.
3. Reduce heat: cover and simmer. Cook for 45-50 minutes. If rice is not quite tender or liquid is not absorbed, replace lid and cook 2 to 4 minutes longer. Fluff with fork.

Rice Cooker:

When you are using a rice cooker, use a 1/2 cup less liquid than for the top of the range method, the rest of the instructions are the same.

Chapter 8 Chicken Curry

Ingredients:

2 tbsp (30 ml) olive oil
2 large onions, finely chopped
1 tbsp (15 ml) ginger, finely chopped
1 tbsp (15 ml) garlic, finely chopped
2 tbsp (25 ml) mild curry paste (reduce to 1 tsp if you like it mild).
1 tsp (5 ml) ground cinnamon
1 tsp (5 ml) ground coriander seed
1 tsp (5 ml) ground cumin
2 lb (1 kg) boneless skinless chicken breasts cut in 2 inch (5 cm) pieces
1 cup (250 ml) coconut milk
2 cups (500 ml) chopped apple
1 cup (250 ml) water
1 tbsp (15 ml) lemon juice
2 cups (500 ml) baby spinach
1 cup (250 ml) organic currants (optional sweetness)
2 tbsp (25 ml) chopped coriander garnish
Add Celtic sea salt to taste

Directions:

1. Heat the oil over medium-low heat in a wok or skillet, and sauté the onions slowly until softened and browned on the edges, about 10 minutes. Add the ginger and garlic. You will need to sauté for 5 minutes longer.
2. Stir in the curry paste, cinnamon, coriander and cumin and cook until fragrant, about 1 minute. Add the chicken and sauté for about 4 minutes or until coated with the spices and slightly brown. Season to taste and remove the chicken to a bowl.
3. Add the coconut milk, apples and water to the wok, scraping up any bits at the bottom of the pan. Bring to the boil. Reduce heat and simmer 10 minutes or until apples soften.
4. Return chicken and simmer, uncovered for 2 to 3 minutes or until the chicken is almost cooked through. Remove from heat and stir in lemon juice, spinach and raisins. Taste for seasoning, adding salt or lemon juice as needed. Garnish with coriander.

Note: This is classic and delicious. For those short on time consider investing in a slow cooker (crockpot). Use the water called for in regular recipe but add the coconut milk right at the end before you serve it.

Chapter 11

Quinoa Berry Cobbler

Make up ahead and you can enjoy this for days or share with friends, family or workmates to become very popular. It can be stored in the freezer in individual portions for breakfast on the run. A great comfort food in the winter.

Fruit Mix:

4 cups (1 liter) chopped apples
2 cups (500 ml) Frozen berries (Try unsweetened wild blueberries or organic raspberries)
1 cup (250 ml) apple juice
1 tsp (5ml) cinnamon
Place all ingredients into a 2-quart casserole dish.

Topping:

In a separate bowl:

1/2 cup (125 ml) amaranth flour
1 cup (250 ml) quinoa flakes
2 tsp (10 ml) cinnamon
1 tsp (5 ml) ginger root powder
1/2 cup (125 ml) chopped almonds and hazelnuts
1/2 tsp (3 ml) nutmeg
1 tsp (5ml) baking soda
1/4-cup (60 ml) Agave Nectar (optional. If you do not want it too sweet cut this out)
3 Tb (45 ml) Coconut oil

Directions:

Combine Amaranth flour, Quinoa flakes and baking soda in a large bowl.
Mix together the honey or Agave Nectar and oil and stir them into the dry ingredients until they are just mixed in. Put the topping over the fruit mixture in a 2-quart casserole.
Bake at 350 degrees for 35-45 minutes or until the topping begins to brown.

Julie Danilak Biography



Julie Daniluk's relentless search for nutritional facts started very early in life. She learned how to read MSG on a food label before she could read Jack and Jill. Her boundless energy prevented her from sleeping until the age of 7. Her mother pioneered a belief that food could be the culprit of hyperactivity and removed all sugar, preservatives and food colouring from her diet. Magically, sleeping beauty finally made an appearance and her school grades went from D's to straight A's overnight.

After 4 years of rigorous theatre arts training and 2 national stage tours, Julie found herself reading more about Nutrition than about Shakespeare. She had an insatiable appetite for figuring out how and why food affected us so profoundly.

After graduating from the Canadian School of Natural Nutrition, she became co-owner of one of Canada's largest health food stores in Toronto. As the chief in-store nutritionist she teaches workshops on immunity, digestive disorders and cooking for detoxification with organic produce. She is the Organic Committee Representative for the board of directors of the Canadian Health Food Association and enjoys being the Master of Ceremonies for The Wholelife Expo, Canada's largest showcase of natural health, alternative medicine and green living.

Her activism for pure food has led her to speak to Parliament on the potential health risks of genetically modified food. In order to bring food advocacy issues to a wider audience Julie has been the Event Producer for festivals such as Bio-Diversity with David Suzuki and FoodShare's Field to Table Festival.

Her search for nutritional understanding has taken her around the world and her greatest joy to date was cooking on the GREENPEACE tall sailing ship The Rainbow Warrior during its GE Free New Zealand Tour.

Julie is the on-line nutritionist for the W Network. She appears on both the healthy lifestyle show “The Right Fit” on the Fine Living Network and “3 Takes” on the Slice Network.

Her newest endeavour is writing a menu-planning cookbook called “Meals that Heal” to help people enjoy allergy-free foods from around the world, due out in 2008.

For more information check out www.organic-food-guide.com

**Special thanks to Organic Abundance, 3066 Bloor St. West, Toronto, Ontario.
Visit them online at www.organicabundance.ca**

About Shannon Leroux:



www.shannonleroux.com

Shannon is a talented actress who has been featured on CTV and Global Television, the History Channel and a variety of independent films. She has performed in theatre, industrial videos and has contributed to many commercials and voiceovers. She is represented by her Agent, Colin McMurray who can be reached at ColinMcMurray@rogers.com.

Along with her many acting credits, Shannon enlisted in the 1st Air Defense unit of the Canadian Forces and attained the qualification of Firearms Certified, marksman status. She is also a group 2 fitness instructor and competitive swimmer and has attained titles as both Pro Figure Athlete and Pro Fitness Model with the WNSO Fame Organization. Special thanks to the Leroux family for their participation in this video series.

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