

HEALTHY EATING TIP OF OCTOBER 2011:

UTILIZE SEASONAL PRODUCE



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As Michiganders, we have likely visited an apple orchard at some point in our lives. The rows of trees, the hayrides, the fresh donuts and cider are all staples of the fall season here in Michigan. Pies are made from scratch with U-Pick apples and fill homes with the fresh aroma of autumn comfort.

Apples and pumpkins are just two of the fall harvests that Michigan has to offer, and often overshadow crops like broccoli, brussel sprouts, cranberries, grapes, pears, potatoes, squash, and more. All of these crops can be picked in the month of October, but are often forgotten about due to the abundance of apples and the popularity of pumpkins.

The aim of this website is to remind you of the benefits of utilizing all the seasonal harvests Michigan offers, and to inspire you to further support our economy by purchasing Michigan grown produce.

The Benefits of Seasonal Produce

The consumption of antioxidants and phytochemicals have been shown to help in the prevention and treatment of heart disease, high blood pressure, cancer, diabetes, and more. Incorporating fall foods into your diet is a great first step towards a healthier lifestyle and is a delicious way to enjoy Fall.

Many seasonal food items contain antioxidants, which are substances that may help to protect your cells from the damaging effects of free radicals. Below is a list of antioxidant substances:

- Vitamin A
- Vitamin C
- Vitamin E
- Beta-Carotene
- Lutein
- Lycopene
- Selenium

Seasonal produce is also rich in phytochemicals, which refers to a range of non-nutritive compounds shown to have disease prevention properties. The following are just a few of the fall foods rich in phytochemicals:

- Apples
- Cranberries
- Cabbage
- Cauliflower
- Broccoli
- Carrots

Support Your Local Economy

Purchasing produce from local farmers is a great opportunity for you to support the local economy. Many farmers do not interact with large corporate companies, and rely on their community to keep their business going.

Small farming operations are required to follow the same safety procedures as large companies and are often an integral part of the community. Show support by purchasing produce from local growers, who often sell produce at the many farmers markets across Michigan.



Seasonal Produce in Michigan



Fall Produce	Harvest Date
Apples	Mid-August to Late October
Beets	Mid-August to Mid-October
Broccoli	Mid-July to Mid-October
Brussel Sprouts	October
Cabbage	Mid-August to Late October
Carrots	Late July to October
Cauliflower	August to October
Grapes	September to October
Pears	September to October
Peppers	August to Mid-October
Potatoes	Early September to Late October
Pumpkins	October
Radishes	June to October
Raspberries	August to October
Spinach	June to October
Squash, Winter	Mid-September to Mid-October

What the Research Says.....

Apples are a popular fruit available year-round in many varieties, and have multiple health benefits. Regular apple consumption has been linked to the following: reduced cholesterol, cancer prevention, bone protection, weight loss, and diabetes management.

A recent study by Wieslaw et. al showed study participants who consumed more than one apple per day reduced their risk of developing colorectal cancer by 50%. This is likely due to the presence of flavonoids and polyphenols in apples, which have been linked to decreased risk of cancer.



Helicobacter pylori infection is one of the leading causes of peptic ulcer disease and gastric cancer, and a recent study looked at the relationship between this infection and cranberry juice consumption. Lian et al. completed a study in which participants were randomized to receive either

cranberry juice or placebo daily. The study resulted in a 14% reduction in *Helicobacter pylori* infection among the cranberry juice group.

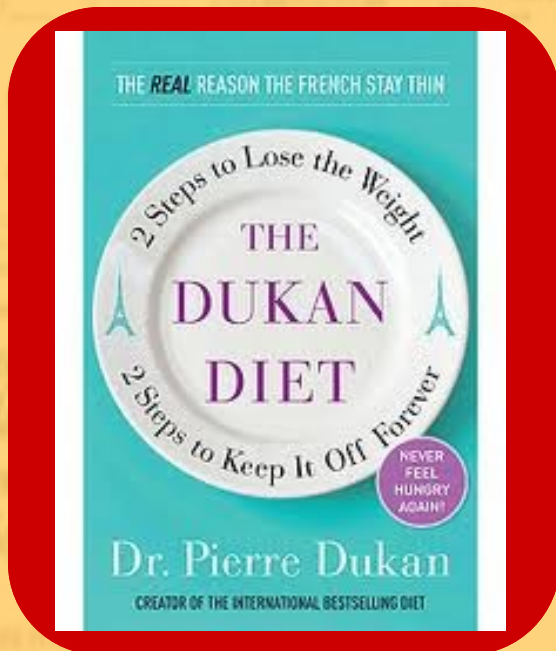
Although there was no statistically significant values, this study proved that cranberry juice consumption may be a promising new form of therapy for *Helicobacter pylori* infection.

Halvorsen et. al recently conducted a study that evaluated the antioxidant content of many foods regularly consumed in the United States. Food samples were obtained through the USDA National Food and Nutrient Analysis Program then purchased from retail outlets. After all samples had been measured, the researches found the 50 products with the highest antioxidant content.

The results indicated that many fall items were among the 50 food items with the highest antioxidant content, including the following: cinnamon, cranberries, raspberries, cabbage, red peppers, spinach, potatoes, and broccoli. This is further proof that seasonal foods should be a staple in your diet.

Nutrition in the News.....

.....The Dukan Diet



The Dukan Diet has taken the world by storm, and has recently made its way into the food habits of the United States. The recently publicized book, entitled “The Dukan Diet”, was written by Dr. Pierre Dukan, and outlines a dieting plan that claims to help you lose weight and keep it off. This diet plan has been around for many years, but only recently made its way across the Atlantic.

Many celebrities have been rumored to follow the Dukan Diet, including Jennifer Lopez, Penelope Cruz, and Kate Middleton. These celebrity followers have no doubt helped to further advertise this new diet craze.

It is a high protein, low carbohydrate diet similar to the Atkins Diet, and does not involve counting calories. Protein is the main component of the diet, as well as oat bran, water, and a 20 minute daily walk.

The Dukan Diet is a 4 step program, with 2 steps to lose the weight and 2 steps to help keep the weight off forever. The following are the four phases involved:

- Phase 1: Eat however much lean protein you would like, plus 1.5 tablespoons oat bran daily, and 1.5 liters of water daily.
- Phase 2: Continue consuming unlimited lean protein, plus unlimited amounts of the specified non-starchy vegetables, plus 2 tablespoons oat bran daily.
- Phase 3: Allows unlimited protein & vegetables, plus 1 low-sugar piece of fruit, 2 slices of whole grain bread, and 1 serving of hard cheese.
- Phase 4: This is the last step directed at maintenance. One day per week you must follow the all-protein diet of Phase 1, eat 3 tablespoons of oat bran daily, and walk for 20 minutes each day.

The rapid weight loss associated with this diet and the severe restriction in calories can lead to medical problems, such as gallstones and muscle loss. Complex carbohydrates are the body’s main source of fuel, and this diet limits its intake. Furthermore, the body requires a well-balanced diet and this plan does not meet those needs. The Dukan Diet may be popular among celebrities, but the benefits for following this new trend simply do not exist. In addition, it leaves little room to enjoy the seasonal foods of autumn, which are packed with health benefits.

Instructions for Canning Produce

If you have a successful gardening season, you are bound to have an overabundance of fresh produce at your fingertips. Even after giving away produce to family and friends, you may still have a lot to consume, and canning produce is a great way to make sure it does not go to waste. This process allows you to use your produce when the cold winter months make it difficult to obtain fresh produce and can save you money in the long-run.

1. Put the canner on the stove on the largest burner.
2. Put the rack (usually a metal plate with holes in) into the canner and 2 to 3 inches of hot water into the canner.
3. Place the filled jars (with the lids and rings on) fitted with lids, on the jar rack in the canner.
4. Put the canner lid and seal it down. Leave the weight off the vent port (or petcock).
5. Turn the burner up to its highest position. Heat until the water boils and steam exits strongly from the open vent port (or petcock). While maintaining the high heat setting, let the steam flow (exhaust) continuously for 10 minutes.
6. Allow the canner to vent for the specified time (usually 10 to 15 minutes), then put the weight on (or close the petcock). The canner will get up to pressure in just a few minutes.
7. Once the pressure gauge indicates that it has reached the desired pressure (often 11 lbs) start timing.
8. Adjust the burner to maintain the desired pressure, as shown on the gauge. If there is no gauge, the weight should jiggle a couple of times per minute, of course, check the manufacturer's directions.
9. At the end of the processing time (often in the range of 5 to 15 minutes; it varies for different foods, altitudes, and jar sizes), turn the heat off and allow the canner to cool down until the pressure is vented.
10. Lift off the weight, open the top, and remove the jars. Carefully place the jars onto a towel or cake cooling rack, leaving about an inch of space between the jars. Avoid placing the jars in cold or drafty areas. Let the jars cool overnight (or about 8 hrs).



Homemade Applesauce

Ingredients:

4 apples, peeled, cored, and chopped
¾ cup water
¼ cup white sugar
½ teaspoon ground cinnamon

Directions:

In a saucepan, combine apples, water, sugar, and cinnamon. Cover, and cook over medium heat for 15-20 minutes, or until apples are soft. Allow to cool, then mash with a fork or potato masher.

Yields 4 servings



Black Bean 'n' Pumpkin Chili

Ingredients:

1 medium onion, chopped
1 medium sweet yellow pepper, chopped
2 tablespoons olive oil
3 garlic cloves, minced
3 cups low sodium chicken broth
2 cans (15 ounces each) black beans, rinsed and drained
2 ½ cups cubed cooked turkey
1 can (15 ounces) pumpkin puree
1 can (14 ½ ounces) diced tomatoes, undrained
2 teaspoons dried parsley flakes
2 teaspoons chili powder
1 ½ teaspoons dried oregano
1 ½ teaspoons ground cumin
½ teaspoon salt

Directions:

In a large skillet, sauté the onion, yellow pepper in oil until tender. Add garlic, cook 1 minute longer. Transfer to a 5 quart slow cooker, stir in the remaining ingredients. Cover and cook on low for 4-5 hours or until heated through.

Yields 10 servings



Mock Garlic Mashed Potatoes

Ingredients:

1 medium head cauliflower
1 tablespoon cream cheese, softened
¼ cup grated parmesan
½ teaspoon minced garlic
1/8 teaspoon straight chicken base or bullion
1/8 teaspoon freshly ground black pepper
½ teaspoon chopped fresh or dry chives, for garnish

Directions:

Set a stockpot of water to boil over high heat. Clean and cut cauliflower into small pieces and cook in boiling water for about 6 minutes, or until well done. Drain well, do not let cool, and pat cooked cauliflower very dry between several layers of paper towels. In a small bowl with an immersion blender, or in a food processor, puree the hot cauliflower with the cream cheese, parmesan, garlic, chicken base, and pepper until almost smooth. Garnish with chives.

Yields 4 servings

Cranberry Muffins

Ingredients:

2 cups all-purpose flour
¾ cup whole wheat flour
1/3 cup granulated sugar
1 tablespoon baking powder
2 teaspoons ground ginger
½ teaspoon orange zest (grated orange peel)
¼ teaspoon salt
1 ¼ cup milk
5 tablespoons melted butter
1 egg
1 cup fresh or frozen, thawed cranberries, halved
1 cup chopped, toasted pecans

Directions:

Preheat oven to 350° Fahrenheit. Line muffin pan with paper liners. In a medium bowl combine flours, sugar, baking powder, ginger, orange zest, and salt then set aside. In a medium mixing bowl whisk together milk, melted butter, and egg. Stir in cranberries and nuts. Add wet ingredients to dry and stir just until blended. Be careful not to over mix. Divide batter evenly among muffin cups then sprinkle granulated sugar on top of muffins if desired. Bake for 15-18 minutes or until lightly browned.

Yields 12 muffins



Trivia Time!

Answers can be found on the prize promotion page.

1. How many years has broccoli been around for?

2. How many cranberries equal one pound?

3. Which country is the largest producer of apples?

4. What is the cross between cauliflower and broccoli?

5. True or False, spinach belongs to the goosefoot family?

6. Pumpkin, is it a fruit or vegetable?

7. What color do bell peppers turn as they ripen on the vine and become sweet?

8. How many pounds of fresh grapes are consumed by the average person in one year?

9. What vegetable was the first to be commercially canned?

10. About 80% of which fruit supply is available in October?



You Have the Chance to Win A Prize!



Trivia Answer Key:

- 1.) 2000 years
- 2.) 440 cranberries = 1 pound
- 3.) China
- 4.) Broccoflower (yes, it's real!)
- 5.) True
- 6.) Fruit
- 7.) Red
- 8.) 8 pounds
- 9.) Carrots
- 10.) Pumpkin

I would like to invite you all to visit the Healthy Eating Tip of the Month bulletin board located in the University Hospital Cafeteria. The bulletin board offers further information regarding the utilization of seasonal produce and offers an opportunity for you to enter a prize drawing.

The winner of the drawing will receive a Ball® Canning Discovery™ Kit which offers a great opportunity to start canning from home. The kit contains a canning rack with an integrated jar lifter, three pint jars with lids and bands, a beginner's guide to canning, and a recipe booklet. To get started, you only need provide the fresh produce and a large stockpot.

This is a great opportunity to save money during the long winter season, by having fresh preserved produce ready to eat and can serve as the beginning of a new family tradition.

Check out the following websites for information regarding seasonal produce!

<http://www.allaboutapples.com/varieties/>

This site will provide you with information, tips, recipes, and more regarding apples.

<http://www.uscranberries.com/cranberries/>

This site will provide you with information, tips, recipes, and more regarding cranberries.

http://www.uga.edu/nchfp/publications/publications_usda.html

This site will allow you to access the USDA Complete Guide to Home Canning, as well as other important information regarding utilizing your seasonal produce.

<http://michigancidermills.net/>

This site will provide you with an extensive list of Michigan cider mills, craft shows, haunted houses, and more.

<http://www.mifma.org/home/>

This is the site of the Michigan Farmers Market Association and will connect you with Farmers Markets near your home.

<http://web1.msue.msu.edu/fruit/cranbrry.htm>

This site contains information regarding the Michigan State University Extension program and their involvement with cranberry farming.

<http://www.webmd.com/diet/features/dukan-diet-review>

This site reviews the Dukan Diet and its legitimacy as a weight loss tool.


Other References

Halvorsen, Bente et al. Content of redox-active compounds (i.e. antioxidants) in foods consumed in the United States. *American Journal of Clinical Nutrition*. 2006; 84: 95-135.

Lian, Zhang et al. Efficacy of cranberry juice on *Helicobacter pylori* infection: a double-blind, randomized placebo-controlled trial. *Helicobacter*. 2005; 10: 139-145

United States Department of Agriculture. Healthy meals resource system. http://healthymeals.nal.usda.gov/nal_display/index.php?info_center=14&tax_level=1. Updated April 19, 2011. Accessed April 28, 2011.

Wieslaw, Jedrychowski et al. Case-control study on beneficial effect of regular consumption of apples on colorectal cancer risk in a population with relatively low intake of fruits and vegetables. *European Journal of Cancer Prevention*. 2010; 19: 42-47.



Thanks for your interest in utilizing seasonal produce! Please take the time to visit the Healthy Eating Tip of the Month Bulletin Board and enter the drawing to win a canning kit.

The Healthy Eating Tip of October 2011 was created by Jessica Weitala, UMHHC Dietetic Intern.

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