

Natural Health News

June 2016

EVERGREEN SPA & WELLNESS
ELY, MN

SPROUTS—RAW SUPERFOODS

June

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STORE HOURS:

Monday – Saturday
9 am-5 pm
CLOSED SUNDAYS

SPA HOURS:

By Appointment

Not everyone has time, space, or the desire to plant and tend an organic vegetable garden. For those who do – and I know this firsthand – it's one of the most rewarding experiences you could ever imagine. However, did you know you can grow some of the healthiest, nutrient-dense foods on earth *without* a garden or even an outdoor planter box? That's right. You can grow your very own live, raw superfoods at home. And they're easily grown indoors on a windowsill in as little as 5 to 14 days! Freshly grown organic sprouts and shoots are delicious, healthy crops that are easy to grow indoors, can be grown year-round in any home or apartment, (even when it's cold and dark); require NO special knowledge, expertise, or gardening skills; don't need expensive, hard-to-find equipment; are fun for the entire family to grow – and eat! Grown from inexpensive sprouting seeds, sprouts and shoots are among the most nutrition-packed foods you can find. And two of my favorite varieties, pea and sunflower shoots, provide some of the highest quality protein around. Adding sprouts and shoots to your diet is one of the easiest ways to increase your nutrient intake. And because you consume them raw, you dramatically boost your intake of live micronutrients. Here are 9 good reasons to eat organic sprouts: They can contain up to **100 times more natural enzymes** than raw vegetables and fruits; they're a **source of sunlight energy**, or biophotons, for your body's processes. You can get **up to 20 times the vitamin content** in the first few days of sprouting. In fact, the **quality of protein is higher** when sprouted and the **fiber content is higher** when a seed is sprouted. You get **more essential fatty acids** in a sprouted seed than the vegetable. Minerals, such as calcium and magnesium, bind to protein and **become more usable**. Sprouts have **oxygenizing and alkalizing effects on your body**. Sprouts are the ultimate locally grown food, and since you grow them right on your windowsill, **you know EXACTLY what you're eating!** Because of their valuable nutritional content, including an abundance of highly active antioxidants, sprouts and shoots are one of the best foods for fighting free radicals and supporting cellular regeneration. While nearly everyone recognizes broccoli as one of the most nutrient-packed vegetables around, few people know about the power hidden within broccoli *seeds*. Three-day-old broccoli sprouts grown from seeds contain 20 to 50 times more of one of the most important precursors of a substance found in regular organic broccoli. Broccoli is the best known source of a precursor to sulforaphane – a potent compound responsible for many of broccoli's benefits, including boosting cell enzymes to help protect against molecular damage. You would need to eat about two pounds of fresh, mature broccoli each week to receive the same amount of this important precursor as just ONE ounce total of broccoli sprouts! Besides their astonishing nutrition, they taste great.

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Broccoli sprouts are perfect for adding to salads and sandwiches. Two other favorites of mine include sunflower and pea shoots. Together, these two powerhouses can vastly improve both the nutrition and protein content of a salad. Sunflower seeds are among the best for nutrition, and when sprouted, you boost their nutrient content by a whopping 300 to 1,200 percent! They provide abundant iron and chlorophyll. Pea shoots are the winding tendrils and tender top small leaves at the tip of young, immature pea plants. Considered a "green" food, pea shoots are low in calories and very nutrient-dense. Packed full of strong antioxidants, they help protect your cells against free radicals. Pea shoots also contain valuable phytochemicals. When I first started growing organic sprouts years ago, I used Ball jars. However, I quickly discovered that growing sprouting seeds in soil was actually easier. With jars, you need to rinse them several times a day to prevent mold from growing. And they take up space. You would need dozens of jars to produce the same amount of sprouts as one flat tray! The choice is yours. You can easily grow sprouts and shoots with or without soil. It is easy to get started with producing your own organic, nutrient-rich food. And something as simple as sprouting seeds is not time-consuming. For a very small amount of effort, you now hold the key to making a quantum leap in *your* nutritional intake – the perfect way to truly take control of your health! Sprouts and shoots each have their own unique nutritional qualities. For that reason, I like to grow a variety to have several types on hand. Here's a quick comparison of some of the most popular beans, nuts, and seeds: **Lentils**—contain 26% protein and can be eaten without cooking. **Broccoli**—specially known for its high content of the precursor to sulforaphane. **Mung Bean**—good source of protein, fiber, vitamins C and A. **Pea shoots**—good source of vitamins A, C, folic acid, zinc, and magnesium; high in protein. **Sunflower**—contains minerals, essential fatty acids, healthy fats, and fiber. Good source of vitamins A, E, B family, and iron. High in protein. **Alfalfa**—a significant dietary source of beneficial phytoestrogens, and phytochemicals. A good source of vitamins A, B, C, D, E, F, K. **Clover**—significant source of isoflavones and phytochemicals. Broccoli sprouts top the list for anti-cancer super foods. Here is a recipe combining broccoli sprouts with other anti-inflammatory foods and spices. Enjoy!

JUNE SPECIALS

Kevita—Kombucha & Probiotic Drinks, 15.2 oz. variety	30% OFF
Ginger People—GinGins Ginger Spice Drops, 3.5 oz	25% OFF
Lily's—Crispy Rice Chocolate Bars with Stevia	25% OFF
Woodstock—Organic Sunflower Seeds	25% OFF
Organico Bello—Organic Marinara Sauce, 25 oz.	30% OFF
Bob's Red Mill—Flaxseed Meal, variety, 16 oz.	30% OFF
Bob's Red Mill—Hemp Seeds, hulled, 12 oz.	30% OFF
Sprout Foods, Inc.—Organic Baby Food, 4 oz., variety	30% OFF
Reese—Bamboo Shoots	25% OFF
Blue Dragon—Pad Thai Sauce	25% OFF
AND MANY MORE ITEMS!	

Organic Roots  Bistro

BUSINESS HOURS:

MONDAY through SATURDAY 9 AM—5 PM
Closed Sunday

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BROCCOLI SPROUTS DIP

In a food processor or high-speed blender, blend together 1/4 cup raw pumpkin seeds (soaked in spring water for 2 hours, then drained), 3/4 cup raw cashews, 1/2 cup chopped yellow bell pepper, 1/4 cup chopped onion, 3 TBSP. freshly squeezed lemon juice, 1 clove garlic (minced), 3/4 tsp. turmeric powder, 1/2 tsp. freshly ground black pepper, 1/2 tsp. dried oregano, 1/2 cup spring or filtered water. Blend ingredients together and add more water if necessary. Then add 1 cup broccoli sprouts (rinsed and cut in half), 1/2 cup fresh dill (rinsed and coarsely chopped), and 2 TBSP. cold-pressed organic hemp seed oil. Pulse or blend on low until the oil and fresh greens are finely chopped but still visible. This prevents the bitterness associated with greens when completely pulverized. Add a pinch of salt and adjust the seasoning to taste and enjoy! Store in an airtight container for up to one week in the refrigerator.