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# Natural Health News

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EVERGREEN SPA & WELLNESS CENTER  
ELY, MN

## BERRIES – THE TASTE OF SUMMER

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### Retail Store Hours

Monday-Saturday  
10am-6pm  
(Closed Sundays)



Happy 4th of July!

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"Natural Health  
& Wellness  
Hour" every  
Wednesday from  
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Sweet, succulent berries arrive in the spring and summer, dangling from vines and bushes, waiting to be picked and savored. Take advantage and devour them by the bowlful while they are in season and tasting their best. Rich in disease-fighting antioxidants, summer berries—blackberries, blueberries, raspberries and strawberries—rank among the healthiest fruits. It's the colors—deep blues, bright reds, rich purples—that make them so good for you. A group of phyto-nutrients called flavonoids create the pigments and fight against cell damage in the body caused by unstable oxygen molecules. By neutralizing these molecules, the flavonoids work as antioxidants and help reduce the risk of cancer and cardiovascular disease. Each berry's color stems from a different collection of flavonoids, which is why you should eat a variety. Blueberries rank among the highest in overall antioxidant power. Blackberries, raspberries, and strawberries contain several flavonoids, that blueberries lack. The latest studies on raspberries show that they are among the only foods packed with ellagic acid, a phyto-nutrient, that shows promise in fighting several different kinds of cancers including lung, skin and colon cancer. Recent animal studies indicate that ellagic acid, contained mostly in the seeds, can slow down or prevent the growth of cancer cells and tumors. All berries contain vitamin C and E, which help boost their antioxidant ability. They are also high in fiber. Fresh or frozen berries can fortify against disease by reducing inflammation and cell damage.

Researchers found that berries are potent protectors against heart-, brain-, and age-related diseases. With so many health benefits, berries may be one of the tastiest ways to eat well. Unfortunately, conventionally grown berries rank among the top 10 pesticide-ridden fruits and vegetables, so always choose organic. You can find a wonderful selection—fresh and frozen—at the "Whole Foods Pantry". Once you get your berries home, don't wash them—moisture on the surface encourages mold and rot. Instead, pick out mushy or moldy berries, pat dry any moisture, and store them in a clean, dry container. Berries go bad quickly, so eat them within a day or two. If you can't, refrigeration will help make them last longer, but berries taste best at room temperature. When ready to eat, wash them gently by swishing them around in water. Berries also freeze well. Arrange them in a single layer on a cookie sheet and place in the freezer. When frozen, store them in a bag or container. They will keep for up to a year.

Experts say consuming as little as half a cup of blueberries daily will greatly improve your health because it equals the antioxidant punch of five servings of some fruits and vegetables. This is easy to do by tossing some into a smoothie, baking them into a pie or adding berries to your yogurt and salads. Here are some recipes for you to enjoy!

## BERRY, BERRY GOOD FOR YOU

**FOUR BERRY SALAD:** In a bowl, whisk together 1 TBSP. balsamic vinegar and 1 tsp. raw honey. Add 1 cup each of blueberries, blackberries, raspberries, strawberries (quartered or halved) and 2 TBSP. chopped fresh mint leaves. Toss to combine. Transfer to serving bowls and sprinkle nuts over top if desired.

**STRAWBERRY, FENNEL, AND ORANGE SALAD:** This simple salad is juicy and refreshing, especially on a hot summer day. Zest one orange, and reserve zest (2 tsp.). Cut peel and pit away from 2 oranges. Use a paring knife to cut out the segments, letting them fall into a bowl, along with the juice. Add 8 ounces strawberries (hulled and quartered or halved), 1 fennel bulb (thinly sliced lengthwise; reserve fronds for garnish), and orange zest. Toss together gently. Stir in 1 1/2 tsp. lemon juice and 1 TBSP. extra virgin olive oil, and season with salt and pepper. Add 8 leaves Boston or Bibb lettuce and fennel fronds; toss, and serve.

**CHILLED BLUEBERRY SOUP:** In a medium saucepan, combine 1/2 cup of sugar or Rapadura with 2 cups water; bring to a boil over high heat. Add 5 cups blueberries (about 1.5 lbs.), 3/4 cup sweet white wine (such as Riesling, or Gewurztraminer), 2 tsp. grated lemon zest; return to a simmer. Cook, stirring, until blueberries begin to burst, about 3 minutes. Pass mixture through a food mill or a fine sieve into a large bowl, discarding solids. Stir 1 1/2 tsp. lemon juice into the strained liquid. Cover with plastic wrap; refrigerate until completely chilled, about 1 1/2 hours. Divide soup among six bowls. Swirl about 2 TBSP. buttermilk into each bowl, and serve immediately. (Adding extra lemon juice will give the soup more tartness). Serve this soup with biscotti, or other crisp cookies.

ENJOY THE FLAVOR OF SUMMER!

### JULY SPECIALS IN THE WHOLE FOODS PANTRY

Good Health—Hummus Chips with sea salt 3.5 oz.	40% OFF
Natural Sea—Salmon fillets (frozen) 6 oz. or 12 oz.	25% OFF
Gourmet Artisan Cheeses—variety	25% OFF
Ginger People—Ginger Soother Drink 12 oz.	25% OFF
Holgrain—Tempura Batter Mix 8 oz.	30% OFF
Nature's Path—Cereal & Granola variety	25% OFF
Woodstock Farms—Dijon Mustard	25% OFF
Ryvita—Crispbread variety	20% OFF
Vita Coco—Coconut water—variety	25% OFF
Woodstock Farms—Organic Pickles—variety	25% OFF
Gourmet Artisan—Olive oil, extra-virgin, organic 25.4 oz.	30% OFF
Auomere—Herbal Toothpaste 4.16 oz.	30% OFF
and many more items!	

**Our produce cooler is stocked with organic berries, peaches, apricots, nectarines, and a great variety of organic vegetables—many of them locally raised!**



“It’s not food if it arrived through the window of your car”.

from “FOOD RULES” - Michael Pollan

### ESSENTIAL OILS TO THE RESCUE

Essential oils have curative and preventative properties. They can regulate mood and emotions and boost energy levels—which is a definite plus when summer weather has you wilting. After a long day at work or at play in the hot summer sun, the soothing qualities of aromatherapy will help you to relax, refocus, and refresh. The scent of peppermint is refreshing, and it makes a cooling skin tonic. Put a few drops in a spray bottle with some distilled water, and spray it on your face and body for an instant chilling effect; then store the bottle in the refrigerator for future use. In the summer, a lukewarm bath with essential oils of peppermint and juniper will help revive and refresh. Just add 8 to 10 drops of oil while the tub water is running. Soak for at least 15 to 30 minutes for the most therapeutic effect. A bath with peppermint oil, or wintergreen oil, and/or birch oil will also alleviate itching from insect bites or sunburns. Speaking of pesky bugs, citronella oil and/or geranium or lavender oil used in a vaporizer or put into topically applied lotions, oils or creams, will naturally keep bugs away. There is also a simple but effective remedy for calming inflamed bug bites by applying a banana peel—fruit-side down—directly on the bite and hold it there until the itching or burning subsides. Bananas have a high anti-oxidant compound and quickly bring relieve to inflamed areas. Don’t forget about summer road trips. Being in a hot, stuffy car stuck in traffic is no fun. Bring a small spray bottle filled with water and add a few drops of peppermint and/or eucalyptus oil and spray this a few times. It will help you stay alert and reduce feelings of road rage and frustrations. Also, the scent of lemon, rosemary, thyme, sage or lemongrass can awaken the senses when you are feeling fatigued.