

# Natural Health News

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EVERGREEN SPA & WELLNESS  
ELY, MN

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Retail Store Hours

Monday-Saturday

10am-6pm

(Closed Sundays)



Listen to Sonja's  
"Natural Health  
& Wellness  
Hour"  
every  
Wednesday  
from 6-7pm on  
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## Soaking grains for better health

One of America's favorite food staples is bread. When bread is made from whole grains, it provides the body with important carbohydrates, vitamins, minerals and other nutrients. Whole grains include all 3 parts of their seed or kernel—the three parts being bran, germ, and endosperm. The bran is the outer layer that contains most of the fiber as well as some B vitamins and antioxidants. The germ is the inner nugget, the nutrient-rich part that is full of good fats, minerals, vitamins B and E, and some protein. The endosperm contains starchy carbohydrates, proteins, and tiny amounts of nutrients. After a grain is refined, typically only the starchy endosperm is left. Most of the fiber (in fact 85% of it) and almost all important nutrients are stripped away. Then a few synthetic vitamins and minerals are added to "enrich" or "fortify" the products. Not only does this NOT put back all that is lost, but what IS put back is not real food. It is still nutritionally stripped. In order to improve the bland taste, refined sweeteners are often added on top of chemical additives to prolong shelf life. With commercially made bread within 24 hours, up to 40% of the nutrients have oxidized. In three days up to 80% of the nutrients have oxidized, so using freshly ground whole grain flours is the only way to preserve all the nutrients. It is also important to eat a large variety of grains other than wheat products. There are many wonderful and nutritious grains and grain products on the market nowadays. When you make a trip to the "Whole Foods Pantry" you will be pleasantly surprised by the many varieties of rice, quinoa, buckwheat, amaranth and much more. Using whole grains in your cooking and baking is one of the most significant steps you can take toward improving your nutrition. However, whole wheat and other whole grains might be difficult for your body to digest unless you soak them in sour or cultured milk, buttermilk or cream. Housewives of old knew this secret and this practice accords very well with what modern science has discovered about grains. All grains contain phytic acid in the outer layer of the bran which bonds with iron, calcium, magnesium, copper and zinc in the intestinal tract, blocking their absorption. Soaking increases vitamin content and makes all of the nutrients in grains more available in the digestive system. The grains and flours should be soaked at room temperature for at least 12 hours. You get even better results by soaking them for up to 24 hours. Because they are acidic, buttermilk, cultured milk, yogurt and whey activate the enzyme phytase and break down phytic acid in the bran of grains. The first stage of preparation for successful soaking is to soak the whole grain or whole grain flour in an acid medium and liquid. The basic idea is to soak all the flour with the liquid ingredients and 1 TBSP of an acid medium per cup of water called for in the recipe. Acid medium options include cultured buttermilk, milk kefir, coconut kefir, cultured yogurt, whey, or lemon juice or apple cider vinegar. Remember, dairy product acid mediums must be cultured. Warm water is necessary for the soaking process to be effective. All grains should be soaked from 12-24 hours, with oats having the highest level and best soaked for 24 hours.

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Brown rice, buckwheat and millet do not have as high a phytate content and therefore only need to be soaked for 7 hours. These are great last minute grains if you forgot to soak. It is best to soak the desired amount of grain in an equal amount of water to which you add 1 TBSP of raw vinegar, fresh lemon juice, yogurt, kefir or buttermilk. If you are cooking a fairly large amount of grains, add 2—3 TBSP. Leave your grains soaking at room temperature on your kitchen counter. Cover tightly with plastic wrap or with a plate to prevent drying, especially in the case of a dough. After soaking, add the remaining ingredients and proceed with your recipe. Breads, muffins and pancakes made with soaked whole grain flour rise easily with baking soda alone and do not require baking powder. The results will please you. Soaked baked goods and cereals are always lighter in texture unlike their dense, un-soaked counterparts. You will find many wonderful recipes in the book "Nourishing Traditions" which is available for sale at the Evergreen Cottage.

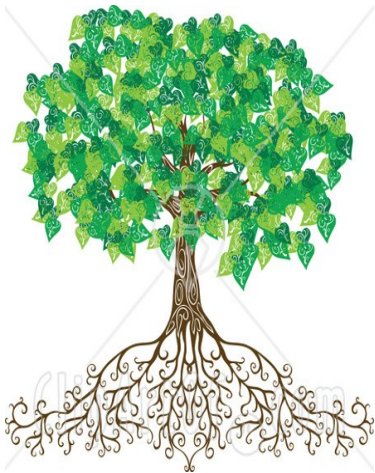
Here is a **basic muffin recipe** using soaked flour. You will need **3 cups spelt, kamut or whole wheat flour**. Soak the flour in **2 cups buttermilk, kefir or yogurt** in a warm place for 12—24 hours. Those with milk allergies may use 2 cups filtered water plus 2 tablespoons whey, lemon juice or vinegar in place of undiluted buttermilk, kefir or yogurt.) Muffins will rise better if soaked for 24 hours. Blend in **2 eggs (lightly beaten), 1 teaspoon salt, 1/4 cup maple syrup, 2 teaspoons baking soda, 1 teaspoon vanilla extract and 3 tablespoons melted butter**. Pour batter into well-buttered muffin tins, filling about three quarters full. Bake at 325 degrees for about 1 hour, or until a toothpick comes out clean. Makes more than a dozen.

- **Blueberry Muffins:** add 1 cup of blueberries, fresh or frozen. To prevent blueberries from falling to the bottom of the muffins, do not mix into batter but place 5—7 blueberries on top of the batter in each muffin tin.
- **Dried Cherry Muffins:** add 4 ounces dried cherries and 1/2 cup chopped pecans.
- **Fruit Spice Muffins:** add 2 ripe pears or peaches, peeled and cut into small pieces, 1/2 teaspoon cinnamon, 1/8 teaspoon cloves and 1/8 teaspoon nutmeg.
- **Lemon Muffins:** add grated rind of 2 lemons and 1/2 cup chopped pecans
- **Ginger Muffin:** add 1 tablespoon freshly grated ginger and 1 teaspoon ground ginger. Omit vanilla.

ENJOY!

## SEPTEMBER SPECIALS

JR WATKINS—ALL NATURAL CLEANING PRODUCTS	30% OFF
CLEANWELL—DISINFECTANT SPRAY TO GO, 1 OZ	25% OFF
NANCY'S—CREAM CHEESE & COTTAGE CHEESE	25% OFF
RISING MOON—RAVIOLI (8 OZ.) AND PIZZA VARIETIES	30% OFF
GOOD HEALTH—POTATO CHIP VARIETY 5 OZ.	25% OFF
GINGER PEOPLE—GINGER CHEWS 4.5 OZ	25% OFF
NUTIVA- ORGANIC SHELLLED HEMPSEEDS 8 OZ.	30% OFF
WOODSTOCK—ORGANIC PICKLES, ASSORTED	25% OFF
AND MANY MORE ITEMS!	



*Happiness lies,  
first of all, in  
health.*

~George William Curtis

## ORGANIC ROOTS BISTRO NEWS

We thank all our loyal customers for their support and for making our first summer season a great success. Not knowing what to expect for business volume, if any, during the upcoming fall/winter season we entered our fall schedule. Organic Roots will be **closed Sundays, Mondays and Tuesdays** to give our staff a well-deserved break. We will be **open for lunch from 10AM—3 PM Wednesdays and Thursdays. Fridays and Saturdays we will be open for both lunch and dinner (10 AM—8 PM)**. Dinner reservations are strongly encouraged and appreciated. Our menu (both lunch and dinner) is changing every few weeks and we strive to offer you the freshest ingredients of the season in combination with more vegan, vegetarian and gluten-free options. We also offer organic and sustainable wines and beers to complement your meal. To serve you better in the future we appreciate your feedback and comments. We kindly ask for your continued support and look forward to serving you in the future.