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Healthy Foods

Sara Hunt
Crista Sorenson
Bethany Heineman
Ashley Walker Workman

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**Farm News**

Wow, the pumpkin day was such a huge success for the farm! We were able to raise enough funds to order seeds and supplies for next year. It is a huge relief to know that we will be able to have a bit of money to work with.

We had a wonderful turn out. Many families and college students had a lot of fun listening to live music, getting their faces painted, and of course, looking through the pumpkin field! One of the highlights was definitely the fire dancer! She did a great job. Best of all, the weather cooperated and we didn’t get rained out.

This week we will be harvesting away like crazy. Monday and Thursday will be our regular harvest days, Tuesday we will be harvesting potatoes and for the campus stand and, Wednesday we will harvest yellow onions. We will be getting everything out of the field this week. Next week you will get all of the yummy winter squash we have been curing, potatoes, onions, and most likely dry beans. Before we know it this season will come to an end.

There are a lot of after season chores and work to do. If you would still like to try and volunteer on the farm feel free to come help out! We still have some pumpkins in the field that we would like to sell in the next couple of weeks. We’ll give you a deal if you’d like a few more, or if you know of anyone that would like some have them contact us.

FYI-Next week (the final week of the CSA) we ask that you will set aside just a few extra minutes when you come to pick up your share so that you can fill out a quick feedback form. This is only the second year of the CSA so we would like to hear what you liked and what you didn’t.

Have a great week!

The Students of the Farm
Ashley, Sara, Bethany, and Crista

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**Gardening Wisdom of Old**

**Nasturtiums to Chew and View**
The tall nasturtium is cultivated both for use and ornament. Its richly colored orange blossoms serve as a garnish for dishes, the young leaves are *excellent for salad*, and the green seed-pods, preserved in vinegar, make a pickle greatly esteemed by many. It is admirably adapted for a window or conservatory in winter, is a very rapid grower, and strikes (roots) freely from cuttings, but seeds sparingly. The flowers are large, trumpet-shaped, and in some species, are very brilliant and of many shades, from scarlet to black. It is a magnificent climber, running up to twenty or more feet high. Its chief glory is in covering arbors, trellis, and rustic work.

*The Successful Housekeeper, 1887*

**Nibble on Nasturtium Sandwiches**
We call the attention of table epicures to nasturtium sandwiches, the effect being most novel, and to the palate most delicious, both green leaves and flowers being used.

*David Landreth Seed Co. Catalog, 1914*
Yellow- Parsnip and Butternut Casserole
2 large onions chopped
2 Tbsp. olive oil
1 lb butternut or other yellow squash
1 lb parsnips diced
3 cloves garlic crushed
two 16 oz cans of beans,
4 freshly chopped tomatoes,
1 1/4 cup vegetable stock
2 sprigs fresh thyme
seasoning.
1 1/4 cup breadcrumbs,
1/4 cup parmesan cheese
Preheat oven to 350 degrees. Heat oil in a
skillet or wok. Add onions to skillet and fry
for 5 minutes or until golden brown.
Add butternut squash, parsnips, and garlic
and cook for 3 more minutes. Stir in
chopped tomatoes, stock, thyme, and
seasoning and bring to a boil. Add beans
and stir in. Transfer to a large casserole
dish, making sure the vegetables are covered
with liquid. Sprinkle with breadcrumbs
and grated parmesan. Cover and cook for
40 minutes. Stir well and cook for
another 40 minutes. Serve with garlic
bread.

According to a health article I recently read, these are some of the
healthiest foods you could possibly eat!

Beets: Think of beets as red spinach because they are a rich source of folate
as well as natural red pigments that may be cancer fighters.
Cabbage: Loaded with nutrients like sulforaphane, a chemical said to boost
cancer-fighting enzymes.
Swiss chard: A leafy green vegetable packed with carotenoids that protect
aging eyes.
Pumpkin seeds: The most nutritious part of the pumpkin and packed with
magnesium; high levels of the mineral are associated with lower risk for early
death.
Canned pumpkin: A low-calorie vegetable that is high in fiber and
immune-stimulating vitamin A; fills you up on very few calories; protects
joints against polyarthritis.
Kale: Counters harmful estrogens that can feed cancer; protects eyes against
sun damage and cataracts; increases bone density.
Butternut Squash: Supports night vision; combats wrinkles; promotes heart
health.
Arugula: Lowers birth defect risk; reduces fracture risk; protects eye health.
Tomato: Reduces inflammation; lowers risk of developing esophageal,
stomach, colorectal, lung and pancreatic cancer; reduces cardiovascular
disease risk.
Spinach: Helps maintain mental sharpness; reduces the risk of cancers of
the liver, ovaries, colon and prostate.

The Color of Your Food

Have you heard of color therapy? Some believe that we
respond to colors in all that we do and that colors penetrate
our energetic system through every aspect of our life,
including through our food. Here are some of the ways the
colors of our food might affect us:

Red Foods: such as red plums, rhubarb, cherries, or
peppers, are supposed to be warming and stimulating.
Orange Foods: such as oranges, squashes, pumpkins, and
apricots, are supposed to be warming, releasing, and a
digestive tonic.
Yellow Foods: such as summer squash, butter, lemons, and
bananas, are supposed to be cleansing, empowering, mind
foods, a nerve and stomach tonic, and digestive.
Green Foods: such as lettuce, bell peppers, kiwi,
cucumbers, and broccoli, are supposed to be cleansing,
purifying, balancing, and a digestive stimulant.
Blue Foods: such as blueberries, prunes, and blue plums,
are supposed to be sedative, antifungal, antiseptic, and
bactericidal.
Indigo Foods: such as black beans, black olives, black
cherries, and soy sauce, are supposed to be sedative,
digestive, and stimulates of venous blood.
Purple/ Violet Foods: such as eggplant, purple grapes, and
purple onions, are supposed to be purifying, sedative,
diuretic, and protective.


A Yellow and Orange Recipe
Baked Butternut Squash and Banana
2 medium Butternut Squashes
1 ripe banana
1/2 cup mayo or yogurt
honey to taste
1 Tbsp passion fruit pulp
pinch of cinnamon
1 oz chopped nuts

Bake the butternut squashes until soft. Cool, peel,
remove pits of squash, and slice. For dressing, blend all
ingredients except the squash. Pour dressing over the
squash and serve.