

Nutritious Delicious Cooking Resources

**Nutritious Delicious - *Cooking Up a Summer Storm!*
A Fresh Foods Bonanza Seasonal Cooking Seminar**



History

Northern New York is one of the lucky areas in the U.S. that can take advantage of experiencing all four beautiful seasons. Our summer harvest is one filled with harvesting abundant, nutritious and delicious crops that makes up a majority of our year round food harvest. Local production of these fruits and vegetables provide affordable, easily accessible, and nutrient packed food choices. In addition, animals are harvesting on the freshest pasture available during the summer months and their milk is optimal for cheese making.

Nutrition

The summer months are the prime time to emphasis raw foods within your diet. Also, learning the most beneficial cooking methods for maximal nutrient availability will provide the most health benefits.

Nutritional Glossary

Vitamin- an organic, naturally occurring chemical compound required by your body in small dosages to perform normal functioning. Vitamins can be fat – soluble (stored in fat for later use) or water – soluble (cannot be stored and must be replenished regularly)

Mineral –a naturally occurring inorganic element or chemical compound the body requires to carry out normal functions. Examples include calcium, zinc, and magnesium.

Iron- is a mineral our bodies need to aid in transportation of oxygen through the blood via hemoglobin. In the typical American diet, iron stores are deficient. Animal products and dark leafy greens are common sources of iron.

Folic Acid –is a vitamin of the B-vitamin complex that aids in the formation of red blood cells and carrying out metabolic processes. A deficiency in folic acid will result in anemia. This vitamin is especially essential for women of child-bearing age. Folic acid can be found in dark leafy greens.

Phytosterols/Phytochemicals - plant based chemicals that are promoted for their wide range of health benefits. Phytochemicals can come from fruits, vegetables, legumes, grains, and nuts.

Vitamin C –is a water-soluble vitamin that aids in metabolism, immunity, and fighting off dangerous free radicals that are produced in the body.

Vitamin A – also known as retinol aids in vision and eye health, gene transcription, and skin cell production and functioning.

Beta Carotene – is one of the four carotenoids for vitamin A that supports eye health.

Anti-Inflammatory – reduces inflammation throughout the body and can prevent the onset of inflammatory diseases.

Fiber - this is the parts of plants that cannot be digested, namely complex carbohydrates; also known as bulk or roughage.

Amino Acids- Our body needs 20 amino acids in order to grow, maintain, and repair healthy tissues. Our bodies manufacture 11 of these amino acids, but the other nine are acquired from food.

Benefits of a Raw Food Diet

Raw foods are foods that are in their purest state. They contain enzymes that would be destroyed during processing, cooking or chemical altering. Enzymes begin to degrade around 106 degrees and the health benefits of the food are diminished. For more information, please see the Raw Food Diet handout.

Cultivated & Wild Fruits



Apples - high in antioxidants which aid in cancer protection, fiber, contain a flavanoid called phloridzin which may protect against post-menopausal osteoporosis, and research shows they help protect against Alzheimer's disease. In addition, children who ate apples or drank apple juice had decreased asthma symptoms. Apples have also been shown to decrease LDL cholesterol levels.

Blueberries - high in antioxidants which aid in cancer protection, (blueberries have higher antioxidant levels than all other fresh fruits), helps promote urinary tract health, decrease triglyceride levels, lowers cholesterol, helpful when dieting and decreasing abdominal fat, help to preserve vision, aids in central nervous system functioning and supports brain health, prevents constipations, are great natural anti-depressants, and helps fight off free radicals in the body which can increase risk of cancer.

Cantaloupe - great source of beta - carotene and vitamin A which aid in eye health, high in vitamin C, promotes the health of your lungs by replenishing the common vitamin A deficiency caused by smoking and second hand smoke inhalation, fights against heart disease, and high in potassium.

Cherries – very high in the antioxidants called anthocyanins which aid in the reduction of heart disease and cancer, natural source of melatonin which helps to regulate heart beat and the body's natural sleep cycles, great source of beta carotene (19 x more than blueberries or strawberries), help prevent memory loss, high in essential minerals such as iron, folate, magnesium, and potassium, high in fiber, high consumption reduces the risk of diabetes, and are an anti – inflammatory food.

Grapes - have been used to naturally treat asthma, reduces risks of heart attacks by improving blood flow, pure grape juice is a home remedy for migraines, prevent constipation, improve kidney health by decreasing the acid levels in the body, purple concord grapes have been shown to decrease breast cancer risk, the resveratrol found in grapes helps prevent against Alzheimer's, prevent cataracts with flavanoids, and have a strong anti-bacterial and anti-viral activity level.

Nectarines – high in beta-carotene, lutein, vitamin C, and essential minerals.

Peaches - high in, beta-carotene, lutein, vitamin C, and essential minerals such as potassium and iron.

Plums, Prunes and Pluots – a good source of phyto-nutrients such as neochlorogenic and chlorogenic acid which help neutralize the body and fight off free radical damage, high in fiber, potassium, vitamin C, lutein, zeaxanthin, and they have been shown to reduce blood cholesterol levels.

Watermelon – high in vitamin C and vitamin A, its lycopene content can decrease risk of prostate cancer (the only fruit with more lycopene than any other vegetable including tomatoes), rich in the electrolytes sodium and potassium, rich in B- vitamins which are necessary for energy production, high in amino acids citrulline and arginine which helps remove ammonia from the body, reduces the risk of colon cancer, heart disease, rheumatoid arthritis and asthma.

Vegetables



Asparagus - can detoxify your body, has been used to reduce pain and inflammation within the body, has aphrodisiac properties, contains anti-cancer nutrients, is high in calcium, is high in folic acid which can prevent birth defects during pregnancy, and is high in anti-aging antioxidants.

Broccoli – decreases blood pressure, high in vitamin C and other antioxidants, high in calcium which helps prevent bone loss, very high in fiber to prevent constipation and aid in hunger pangs while dieting, boosts immunity, reduces risk of heart disease, high in folate and vitamin B6 which support heart health, and contain lutein for eye health.

Cabbage – very high in fiber, decreases risk of colon cancer and digestive disorders, promotes regular elimination, helps to treat stomach ulcers, helps get rid of headaches, detoxifies the liver, decreases risk of heart disease, eye disorders, Alzheimer’s disease, Scurvy, and helps to treat deficiencies of sulphur, vitamin C and iodine. In addition, it is high in calcium, magnesium, and potassium. Treatment of varicose veins has also been noted.

Carrots - High in vitamin-C, high in beta-carotene which has all the functions of vitamin A such as vision, reproduction (sperm production), maintenance of skin health, growth and development.

Cauliflower – great source of vitamin C and manganese which are natural anti-oxidants, high in beta carotene, high in vitamin K, high in omega fatty acids which help decrease inflammation, protects against cerebrovascular diseases, aids in digestions, prevents constipations, and is very high in B vitamins.

Celery – very high in vitamin K, rich in vitamin C, may help to lower blood pressure, can have a diuretic effect, and contains less than ten calories per stalk.

Corn – high in insoluble fiber, vitamin C, folic acid, and potassium.

Cucumbers – cucumbers are one of the most widely cultivated vegetables in the world. They are incredibly low in calories, have no sodium, cholesterol, but offer vitamin A, C, K, B6, folate, thiamin, calcium, iron, manganese, selenium, zinc, potassium and 1 g or protein per cup.

Eggplant - high in fiber, high in cancer-fighting antioxidants, high in water content to aid in hydration, and is high in essential minerals such as magnesium, copper, manganese, phosphorus, folic acid, B complex vitamins, potassium, and niacin.

Kale – aid in dieting and digestion due to fiber content, high in antioxidants, is anti-inflammatory, helps to lower cholesterol, is high in vitamin K, vitamin A, and vitamin C.

Lettuce - great source of chlorophyll, vitamin K, choline. Romaine lettuce is more nutrient dense than iceberg and contains more vitamin A, B2, and C. In addition, it has folic acid, manganese, and chromium.

Mushroom - contain phyto-nutrients that are cancer-fighting. Research shows they have a strong connection with breast cancer prevention. The high niacin content of mushrooms has been linked with prevention of Alzheimer's disease. Niacin appears to prevent or delay cognitive diseases by as much as seventy percent. Mushrooms are truly a super food, working to prevent increased risk of heart disease, stroke and osteoarthritis as well.

Peas - contains a phytonutrient called coumestrol which research shows protects against stomach cancer, contains antioxidants, is anti-inflammatory, and

are an environmentally friendly food by being “nitrogen fixing” as they grow in the soil.

Potatoes – are very carbohydrate rich and excellent for quick digesting carbohydrate source, great for trying to gain weight, for recovery from intense activity, and offer a variety of vitamins such as B and C and minerals including, zinc and phosphorous. Also, they have a small amount of omega fatty acids, have anti-inflammatory properties, and have been used to skin care.

Spinach - spinach is a nutritional powerhouse! It is high fiber, anti-inflammatory, has been shown to decrease high blood pressure, contains lutein and zeaxanthin to support eye health, is very high in vitamin – A which encourages moisture in the skin to fight skin disorders, increases immunity by building up the bodies mucous membranes and improving the health of the digestive and urinary tracts, is high in vitamin – K for blood clotting and a healthy nervous system.

Summer squash – low in calories, high in vitamin A and vitamin C which are antioxidants. Help to support heart health, lower blood pressure, and prevent against disease and stroke. The fiber in squash also helps with digestion and colon cancer risk reduction.

Scallions - rich in cancer fighting compounds, help control blood sugar in diabetics, high in chromium, are anti-inflammatory, and also have been shown to have anti-bacterial/anti-viral properties.

Zucchini / Zucchini Blossoms - high in fiber, lowers cholesterol levels, helps lower risk of cancer, heart disease, prostate cancer, and has anti-inflammatory properties.

Herbs

Basil – is loaded with antioxidants, vitamins and minerals. It has been used for centuries for its medicinal properties to protect your eyes, maintain heart health, improve blood circulation, treat respiratory infections, and improve brain health, increase recovery rate after exercise, to ease pain within the body, to cure bad breath, clear skin, relieve indigestion, and rejuvenate hair health.



Raw broccoli

100 g (3, 5 oz.) contains:

89.2 mg vitamin C (meets recommended daily intake),

850 μ mol of glucosinolates,

4 grams of natural sugars.



Boiling:

Destroys 33% of vitamin C,

Removes about 40% of the cancer-fighting compounds,

Removes 2 grams of natural sugars.



Stir-frying

Destroys 24% of vitamin C,

Removes about 55% of the cancer-fighting compounds,

Removes 3 grams of natural sugars.



Microwaving

Destroys 18% of vitamin C,

Removes about 54% of the cancer-fighting compounds,

Removes 1 gram of natural sugars.



Steaming

No significant loss of vitamin C,

No effect on the cancer-fighting compounds,

Removes only 1 gram of natural sugars.



Visit SteadyHealth.com for more medical studies or discuss your health-related experiences.

Cooking Vs. Over-Cooking

Tips to Optimize Nutrients from Vegetables:

- Buy the freshest vegetables possible
- Frozen vegetables close to the same amount of nutrients as fresh but canned have a significant amount less.
- Cook vegetables as soon as possible after purchasing them
- The longer vegetables are stored, the more the nutrients diminish.
- Wash vegetables without soaking them; water takes away the nutrients.
- Cook vegetables with the least amount of water possible. Stir frying, steaming, and blanching are the best ways to preserve their nutrients.

Tips for prevent nutrient leaching during cooking:

- Eat raw as often as possible
- Keep peeled because that is where the majority of nutrients and fiber is found.
- Try to steam or grill vegetables when cooking rather than microwaving, boiling, or frying.
- When boiling vegetables, it would be beneficial to use the water to create a soup or sauce to utilize the nutrients left behind during the boiling process.

Summer Cheese



Cheese Prep 101

The most recommended type of milk to use for cheese is grass-fed whole milk. However, low-fat cheese can be used but you will get less cheese from it as a result. If you cannot access grass-fed milk, store milk can be used but avoid purchasing any that say “ultra-pasteurized” because its coagulating ability is damaged in the process. Be sure to purchase cheese cultures which include acids, molds, and bacteria that encourage coagulation and develop flavor within the cheese.

Rennet: comes in liquid, tablet, or powder form and it contains enzymes that cause milk solids to separate from the curds. Rennet can also be made from the stomach lining of an infant grazing animal because its natural enzymes work to digest it's mother's milk. For vegetarians, vegetable rennet is available at most local natural food stores and is made from either figs or thistle.

Salt helps enhance the natural flavors within cheese. In addition, it helps soak up excess moisture and act as a natural preservative. Avoid using iodized salt because it decreases the effectiveness of the active starter bacteria. Specialty cheese salts are available which are more coarse and non-iodized.

Recipes

30 – Minute Mozzarella

1 gallon milk

1 1/2 tsp powdered citric acid dissolved in 1/4 cup cool water

1/4 tsp liquid rennet diluted in 1/4 cup cool water (if using rennet tablets, follow conversion instructions on the package)

1 to 2 tsp cheese salt

Slowly heat the milk to 55 degrees Fahrenheit in a stainless steel pot. While stirring, slowly add the citric acid solution to the milk and mix thoroughly but gently.

Heat the milk to 88 degrees over medium-low heat. The milk will begin to thicken like yogurt.

Gently stir in the diluted rennet for 30 seconds. Then don't disturb the milk while you let it heat to between 100 and 105 degrees. In about 5 to 8 minutes, the curds should begin to break up and pull away from the sides of the pot. Turn off the heat.

The curds will look like thick yogurt and become a bit shiny, and the whey will be clear. If the whey is still milky white, wait a few more minutes before turning off the heat. Scoop out the curds with a slotted spoon and put in a bowl. Reserve the whey. Press the curds gently with your hands, squeezing out as much whey as possible.

Heat the reserved whey to 175 degrees. Shape the curds into several small balls, rolling them between your palms. Put them, one at a time, into a ladle, and dip them in the hot whey for several seconds. Then gently fold the cheese over and over (as in kneading bread) with a spoon or your hand. (You'll want to don rubber gloves at this point, as the cheese will be extremely hot.) This distributes the heat evenly throughout the cheese, which will not stretch until it is too hot to touch (145 degrees inside the curd).

Repeat this process several times until the curd is smooth and pliable; mix in salt after the second time. When the cheese stretches like taffy, it's done. If the curds break instead of stretch, they are too cool and need to be reheated.

When the cheese is smooth and shiny, roll it into balls and eat while warm. Although best eaten fresh, it can be stored in the refrigerator for a week or so. *Yield: About 1 pound*

Simple Cream Cheese

2 quarts cream or half-and-half, at room temperature (about 72 degrees)
1 packet direct-set mesophilic starter or 4 ounces prepared mesophilic starter
Cheese salt (optional)

Add the starter to the cream, and mix thoroughly. Cover and let sit for 12 hours; a solid curd will form.

Pour the curd into a colander lined with cheesecloth. Tie the cheesecloth into a bag, and hang from a hook until the bag stops dripping, about 12 hours. Changing the bag once or twice can speed up the process.

Place cheese in a bowl and mix in the desired amount of salt. You can leave the cheese in this container, or pack it into molds of any size. You can also add any desired herbs and spices at this stage. Your cream cheese will store in the refrigerator for up to 2 weeks. *Yield: About 1 pound*

Tangy Labneh (Yogurt Cheese)

1 quart milk

1 tbsp plain yogurt containing live cultures (store-bought or saved from your last batch)

Slowly heat the milk to 180 degrees. Let it cool to 110 degrees, then add the starter yogurt and mix well. Keep covered at about 110 degrees for 8 to 12 hours. Letting it sit at this temperature longer results in a thicker, tangier yogurt. (Inexpensive, electric yogurt makers are designed to keep the temperature constant, but you can use an insulated thermos or cooler to do the same thing.)

At this point, you should have perfectly delicious plain, tangy yogurt! To turn your yogurt into delicious cheese, all you do is strain the whey out of it. Line a colander with cheesecloth and let it drain at room temperature for 12 to 24 hours, or until it reaches desired thickness. Now simply add whatever flavorings you like. Here are a couple simple ideas: toasted nuts, chopped fruit and honey for a sweet treat; or roasted seeds and sautéed garlic, herbs and peppers for a savory cheese. Rely on whatever is fresh and in season. *Yield: 8 to 12 ounce*

Super Quick Ricotta

1 gallon milk

1 tsp citric acid dissolved in 1/4 cup cool water

1 tsp cheese salt (optional)

Add the milk and the citric acid solution to a stainless steel pot. Stirring occasionally to prevent scorching, slowly heat the mixture to between 185 and 195 degrees. As soon as the curds and whey separate (there should be no milky whey, only clear whey), turn off the heat and let sit undisturbed for 10 minutes.

Line a colander with cheesecloth, and ladle the curds into the colander. Mix in the salt with a spoon. Let the cheese drain for 30 to 45 minutes. For firmer cheese, tie the cheesecloth into a bag and hang it from a hook to drain. Serve immediately or refrigerate. *Yield: 1 1/2 to 2 pounds*

Easy Goat Cheese

Ingredients

- 4 quarts goat's milk
- dried minced onion, to taste
- 1 pinch salt (optional)
- 1 /3 cup distilled white vinegar

In a large sauce pot over medium heat, bring the milk to a slow boil; be careful not to scorch. Add dried onion and salt, if desired. As the milk really bubbles up, turn off the heat and pour in the vinegar; wait for the milk to curdle, then pour it through a cheesecloth-lined colander. Let cool, and enjoy!

Servings : 16

Amount Per Serving Calories: 265 | Total Fat: 17.2g | Cholesterol: 66mg

Recipes Sourced from: www.motherearthnews.com