

EAT 4 THE HEALTH OF IT

Mar 2018
Vol 1-18

A newsletter for Healthy Eating Adventure® (HEA)

IT'S A WRAP!

SHIP's 2017 HEA Adventure
Graduates, Family and Friends Celebrated!



Here's what participants are saying...

A dietician who is helping to advocate for healthy eating at Army War College in Carlisle noted HEA was helpful because she personally had a chance to see tangible results and hear testimonies. Her numbers improved: TC from 134 to 116; LDL from 75 to 60

SHIP Student noted his friend was vegetarian but wanted to go vegan with the last Adventure; I've been vegan for 1 year. I cut out oils and salt and am experiencing higher levels of energy. Amazing adventure and glad to be part of it.

I like to cook creatively. I have teens so appreciate the support. I am in awe and appreciative of people eating this way in Franklin County!!!

Heart disease is rampant in my family. Want off my meds. My grocery bill has gone down. I am experiencing a higher level of energy and lost 24 pounds.

I ran/walked in 5K in FL at Thanksgiving!

I want to help my daughter who wants to eat plant-based. I am motivated by my Grandma who had a heart attack.

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Newsletter edited and produced by BJ Reed



The next HEA will be held at Wilson College starting June 12, 2018. Look for updates soon on the HEA website.

Schedule of events

[Check out HEA's website and new blog entries](#)

[See what's going on at Wilson's Fulton Center](#)



HEA program was created in 2010 by Dr. Liz George of Mercersburg PA to encourage a lifestyle of whole food, plant-based eating for the community and beyond. It is a community service of MacWell with many volunteers and sponsors including Wilson College, Penn National Golf Course Community, Shippensburg University, Summit Endowment Fund and Norland Pharmacy.



In just 28 days you will...

- *Re-awaken ability to enjoy flavors of food
 - *Lose cravings for sugar, salt and fat
 - *Lower blood pressure and cholesterol
 - *Lose body fat
 - *Normalize blood sugar
 - *Sustain good health...
- All with the help of a coach and on-going support.

2017 HEA at Shippensburg University

This fall Healthy Eating Adventure wound down with a potluck graduation with participants, family and friends at SHIP. Presentations, cooking demos, knife skills, coaching, testimonials and teamwork were all part of the program. Congratulation to the new graduates who will share this whole food, plant-based way of eating with other community members!

Thank you for hosting the SHIP 6th year's HEA... **Nick Iula**, Shippensburg University Dining Services Director. As usual the food was **marvelous!**





2017 HEA at Shippensburg University





It's all about the BEANS!!

ANNUAL CHILI COOK-OFF

Healthy Eating Adventurers gathered in Patti Nitterhouse's kitchen to make 15 gallons of delicious, fresh, veggie filled ZESTY ZUCCHINI CHILI for the annual Chambersburg, PA Ice Fest. Chopping veggies together is a great team builder, and creates opportunity for conversation!

Check out details of preparation for chili contest and chili recipe on [HEA BLOG](#)



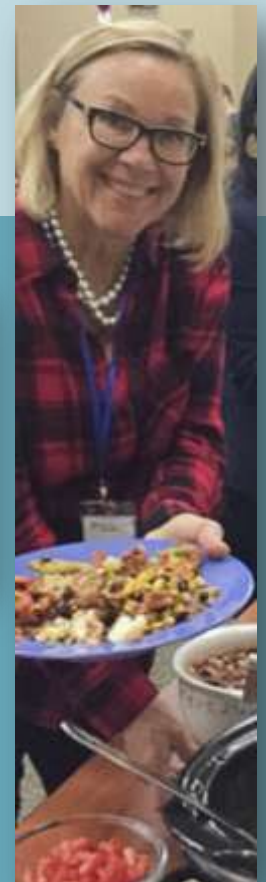


2018 HEA at PENN NATIONAL

Even a snow storm didn't stop folks from coming to the Penn National Kick Off to listen to Dr. Liz George's presentation and to eat a delicious whole foods, plant-based meal. It wrapped with a potluck graduation with participants, family and friends. The program included a Kitchen Make Over presentation with a short film, knife skills, Ask the Doc, shopping trips, coaching, testimonials and teamwork. How to Make Wraps was a fun activity, enjoyed by all - including our participating youngsters (ages 3 to 10). Congratulation to all new graduates who will share this way of eating with other community members!

We are able to hold these events due to the dedication of the coordinators, coaches, presenters, tour guides and all the behind-the-scenes volunteers. **THANK YOU!**

Thank you for hosting the Penn National 7th year's HEA...
Patti Nitterhouse





2018 HEA at PENN NATIONAL



Congratulations to Penn National 2018 HEA Graduation

The graduation meal with all its flavors and variety was sure testimony that the graduates had earned their diplomas!

Three themes were heard throughout the evening conversations:

The importance of having a supportive community and potlucks while changing a lifetime of eating habits was emphasized repeatedly. “I feel so supported in a way I don’t have at home. This keeps me motivated, inspired, on track”, noted Shelby.

To keep this way of eating, you have to share it – Many persons from this adventure are excited about volunteering for the next – for the kick off or for the potluck team or even be a co-coach. Treslan’s daughter said “Mom, you would make a great coach!” and we all agree.

Ben Culbertson lead the group through 2 new ways of sharing this way of eating; graduates wrote letters to the participants of the next adventure to encourage them and a “how I dealt with cravings” tool box which will be on the website. Other ways to share include cook fun meals for your friends, share your cook books, wear your T-shirts, encourage restaurants to serve plant based and if you don’t see what you want at grocery stores – ask.

Previous graduates emphasized “just keep coming back”. Sherry said, “I’ve been coming since 2012 and I still learn something new every time – you get more inspired and grow more.”

IT’S A WRAP!

Penn National 2018 HEA Adventure Graduates, Family and Friends Celebrated!



Here’s what participants are saying...

I’m beyond grateful – this has saved my health after a 2nd heart attack – grateful for the opportunity and will share it.

LDL 89 – 76 – Learned A LOT – very thankful to the whole group for support.

Grateful for the opportunity to transform my taste buds and try new recipes. Had an even greater experience this time – mindset shift and more devoted for myself and family. I’m shopping better so there’s always food to chose for meals.

It’s nice to have the broad spectrum of experience coming to the table – all levels of cooking. It’s encouraging to see the other folks who keep coming back – and sharing their experiences. I moved from Texas – Mexican foods are easy to make “compliant” I’m so proud of the changes I’ve made. My gut is better, I’m getting off my acid medications. I need to get a new pair of pants.

Added many veggies/fruits. TG’s 237 down to 170. Appreciates the community aspect of the program. “A journey of a thousand miles starts with 1 small step (LuZu)”.

Love the opportunity to learn with others. Appreciated the grocery store tour. Loved the exposure to the variety of recipes at potlucks.



In the News with Tom and Zipper

I recently purchased a bird bath "warmer" which keeps ice from forming in our bird bath. Using it, I envisioned hundreds of birds luxuriating in the warm waters of the bird sauna. To date, I saw only one bird using it. But I digress. When I opened the box of instructions, I was inundated with 3 pages of safety precautions. Same with my more recent purchases; lawnmower, chainsaw, lamps, blue tooth speakers and earphones, etc. Like I'm going to carry my running lawnmower up the stairs. (Maybe as I get older).

Anyway, society takes great pains in alerting me to the many dangers associated with devices and tools. But when it comes to food, there are limited warning such as on labels. Let the buyer beware. And yet the after effects and hazards resulting from poor eating habits can be just as severe...even deadly. So when we eat a plant-based diet, we are demonstrating our discipline and common sense despite the absence of hazardous warnings. Maybe that's why birds don't partake in my warm birdbath....they are waiting for safety instructions!

SPRING IN THE GARDEN

It is time to think **garden** even though it is still Winter, Spring will be upon us before long. This is planning time for the next garden cycle. If you are growing a garden order your seeds now.

So many of the catalogues have limited supply and sell out. Questions you may have – GMO seeds, organic seeds or how to decide where to order. Begin by getting a few catalogues and comparing their offerings. Shepherds seed Catalogue, Johnny's select seeds and Parks all have good selections. Direct sowing is easier than transplanting seedlings.

I suggest growing what you love and can't readily buy locally. Also consider the space and light you have for growing. I have grown everything imaginable but now only grow what brings me delight.

Remember it is possible to have 3 planting seasons in our area. Early crops like peas, and broccoli, and kale and cabbage can go in the ground while it is still cold. You can also get some early rows of greens in too.

Gardening is a connection to the land to our roots and to our tables. Enjoy the richness of living in the valley and growing your own food. It's much more fun than mowing grass.

Patti's Garden Path



News from
FULTON FARM



Contact:
Chris Mayer, Director, FCSS
cmayer@wilson.edu
717-264-4420

HEA will return to Wilson College for the 7th year! Join us...invite family and friends to this community Adventure.

Dr. Elizabeth George's Kickoff is June 12, 2018 with the Adventure running through July 17...look for details on the HEA website www.healthyeatingadventure.org

Fulton Farm CSA, 2018 will offer new features for shareholders this season! They will roll out a more flexible market-based, punch card system. See additional information including dates, farm stand locations, costs and more on the brochure below.



Fulton Farm CSA, 2018

Exciting changes are coming to the Fulton Farm CSA! This season, we will roll out a market-based, punch card system that will allow shareholders flexibility in their produce choices. You will choose your produce according to preference, seasonal availability and farm production offerings.

Where is the Farm Stand located? Look for us on the academic quad, outside of the Brooks Science Center. Parking is available in campus lot I.

How does this work? This season, we will be selling punch cards for \$50, \$100 and \$250. \$50 card contains (10) \$5.00 punches, the \$100.00 card contains (11) \$10.00, and the \$250 card contains (12) \$25.00 punches.

You select your desired produce, and we punch your card for amount you spent at your visit.



What if I use my card up before the season ends? Easy, just buy another at the campus farm stand! Cash or checks are accepted.

When will the season start? We are aiming for Tuesday, June 5.

Cash sales are also an option at the farm stand this year.

Mark Your Calendar

- March 27:** Wild for Salmon Pick up, Hankey Center
- June 5:** First Farm Stand 3-6:00pm
- June 12:** HEA Kickoff, 6:00pm
- June 26:** Wild For Salmon Pick up, Hankey Center
- Sept 29:** People, Place, Plates, our Farm-to-Table Fundraising Dinner

Working/Scholarship Options

Volunteering on the farm is a great way to get folks of all ages into the field to help our farm team. Regular working member hours are Monday and Thursdays, 10-12 and 2-4pm.

If another time works better, please contact Sean Scanlon, our farm manager. Sean is flexible and will find a place for you! Email him at: sean.scanlon@wilson.edu or call/text during business hours: 814-934-0789.

For every **10 hours of work**, you will receive a **\$50.00** punch card to spend at the farm stand. We appreciate your help on the farm!



How do we keep track? We keep a volunteer and working member log book in the lower barn area. Please sign in and keep your own "timecard." When you complete 10 hours work we will issue a punch card for \$50.00 for the farm stand.

Scholarship Fund: In an effort to make our CSA accessible to all, we offer a scholarship options. Persons in need of financial assistance are encouraged to apply; recipients are kept confidential. To apply for assistance, please contact the program office. Fulton Farm has pledged \$250 to begin the scholarship fund. Additional funds will come from tax deductible member contributions.

Questions?

Email Fulton Farm at:
fulton.farm@wilson.edu



717-709-1995
Or contact **Chris Mayer**,
717-264-4420
cmayer@wilson.edu



**2018 FULTON FARM
Preseason Punch Card Order**

Please read carefully and fill in all blanks.

Name _____

Address _____

Phone _____

Email _____

Sign-up date _____

Circle one: New / Returning Member

Please choose a card option. You may purchase multiple cards or combinations.

	#of cards	Cost
\$250.00 card (12) \$25.00 punches (a \$300.00 value)	_____	_____
\$100.00 card (11) \$10.00 punches (a \$110 value)	_____	_____
\$50.00 card (10) \$5.00 punches	_____	_____
Subtotal	_____	_____
Discount	_____	_____
Pay by April 1, deduct 10%! (-)	_____	_____
Total	_____	_____

Please mail this form to:

Fulton Farm CSA
1015 Philadelphia Ave
Chambersburg, PA 17201
ATTN: Chris Mayer

Tax Deductible Contributions:

Scholarship Share Fund
Donation (see left) _____

Robyn Van En Center
Donation (see back page) _____

Amount paid _____

Check Number _____



Please make check payable to:

Fulton Farm CSA

CSA Agreement: I understand that Fulton Farm depends on my financial support and/or labor. In return, Fulton Farm will provide me with the best produce possible. I understand that produce quantity and length of growing season may vary with extremes of weather. I agree to notify Fulton Farm if I decide to discontinue my share.

Signed _____

THANK YOU!

In the Kitchen with Coach BJ

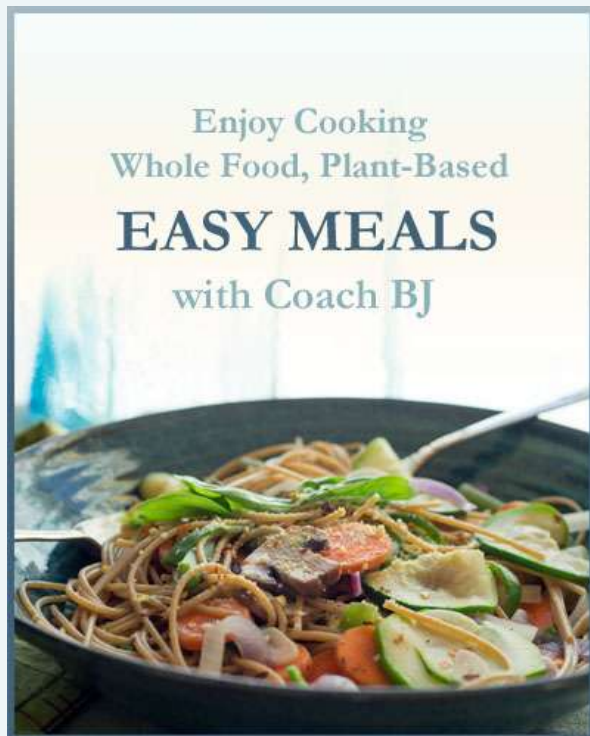


ANNOUNCING the release of my latest eCookbook

Enjoy Cooking Whole Food, Plant-Based EASY MEALS with Coach BJ

Enjoy 31 easy-to-make recipes along with 30 beautiful photographs

[View details](#)



cook well, eat well, live well

O'BRIEN POTATOES WITH VEGGIES AND CHICK PEAS: In a hurry, here's one for you from my EASY MEAL book. No chop, toss in a large skillet. Quick tasty meal in 25 minutes!

[View Video and BLOG post](#)

Serves: 4 || Prep Time: 15 minutes || Cook Time: 10 minutes
1 (28-ounce) bag frozen O'Brien type potatoes with bell peppers and onions
2 cups frozen or fresh corn
1 (15 1/2-ounce) can chick peas (garbanzo beans), no added salt, include brine
1 (14 1/2-ounce) can or fresh diced tomatoes, no added salt
2 tablespoon dried basil
2 teaspoon dried oregano
1 tablespoon chili powder, to taste
1 teaspoon onion powder
1 teaspoon granulated garlic
1/2 teaspoon cumin
1/2 teaspoon black pepper
1/4 teaspoon salt
add water, if needed
leafy greens, your choice

Garnish: Fresh parsley and basil
+++++

Place all ingredients, without thawing, into a large skillet. Mix. Heat until thawed, stir occasionally; simmer for 10-15 minutes. Serve hot over greens. Garnish with fresh parsley and basil.

Nutrition Facts

Calories 340 Calories from Fat 16, Total Fat 2g, Saturated Fat 0g, Cholesterol 0mg, Sodium 335mg, Total Carbohydrate 67g, Fiber 12g, Sugars 9g, Protein 13g

Check out my updated BLOGS coachBJ.com including how-to videos and more recipes!

Follow me on [InstaGram](#)



Eating out locally...



The Parrot
Gettysburg PA



On each newsletter we feature some wonderful eateries...wherever our roving reporter spots HEA eaters. Check out our website for more local places to eat.



Brick Kitchen and Bar
Carlisle PA



Orchard's
Chambersburg PA

Shopping locally...



NORTH SQUARE FARMERS MARKET
CHAMBERSBURG, PA

MAY 26th – OCT 20st, 2018
Saturday Mornings
8am – noon
Rain or Shine!

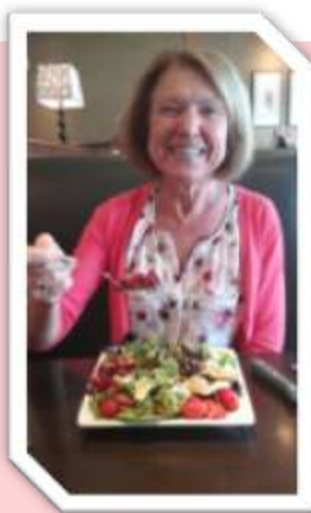
Support local farmer's stands and grocery stores which support local growers. Don't forget to...**Thank your community farmers for their hard work!**

Dr. Liz's Corner

Why We Leave Out Oils AND How to Cook without Oil

It's no secret that the healthiest fats come *from* plants, rather than *produced* in plants. Our body does need fat for many things – including cell membranes, nerve fibers, hormone production, energy storage. It needs these especially in the form of omega 3 fatty acids, balanced with some omega 6 fatty acids. In contrast, consuming certain fats, particularly those high in saturated fats and trans fats, contributes to multiple problems especially atherosclerosis (plaques in arteries).

There's a very interesting test called a "Tourniquet Test" which tests your arteries' ability to dilate again after constriction. It's done by compressing the artery in your arm with a BP cuff pumped up super high until your fingers start to tingle and turn dusky; then it's released, and "Flow Mediated Dilation" FMD is measured. (It's not a pleasant test, usually reserved for volunteers in medical studies.) Healthy arteries should dilate well with brisk blood flow following constriction release. Dilation of the arteries is facilitated by your "endothelium" – the smooth protective layer of cells lining



your arteries. This cell layer is damaged by smoking, high BP, high glucose, fats, and inflammation in general – all contributing to plaque and narrowing. It turns out, that ingesting a meal loaded in fats and oils reduces the arteries' endothelial ability to dilate as effectively.

One study used volunteer college students, measured their FMD's and found very good arterial dilation. They then ate a typical egg/sausage breakfast croissant (from guess where), and the FMD was rechecked an hour later. Bad news – FMD had dropped significantly just from that one fatty meal. Four (4) hours later the Flow Mediated Dilation returned to normal.

But think how the Standard American Diet bombards our arteries with saturated fat throughout the day, and consider the impact on our arteries. Not only do the large amounts of fat in a meal have an immediate effect on arterial dilation, but also the saturated fats raise your LDL ("bad" cholesterol) and contribute to plaque production. Main sources of saturated fats include all animal products, meats of all kinds, (even chicken and fish),

processed meats, fast foods, and highly processed packaged foods.

Surprisingly, studies have shown that *even oils*, whether for deep frying or added to sauces or soups, *have a similar detrimental effect on Endothelial function* – including olive, soy and palm oils. You might be saying, "but all the ads say olive oil is so good for you". And, yes, it does contain some good nutrients, but also excess Omega 6 and not much Omega 3's. Cooking with olive oil might be better than using the Standard American Diet fats for cooking. However, better yet, is to eliminate, or at least minimize oil, animal fats, processed fats from your eating habits.

Just to clarify, Omega 3 fatty acids are key in supporting cellular membranes, including nerve fibers and brain tissue (think Alzheimer's prevention); it's hard to get "too much". Omega 6 on the other hand is important in our body's defense mechanisms that create inflammation to fight infections and allergens. Too much Omega 6 creates too much inflammation – and can contribute to arthritis, rashes, arterial damage and on and on.

It's complex – another issue is that when you squeeze the oil out of the plant (such as olives) you're leaving behind fiber and numerous antioxidants, presenting your body with a dose of just fat to deal with. Basically, fat absorption like this will produce a rapid rise in serum triglycerides (fats) – impacting things like glucose uptake by cells and even Oxygen uptake! At times of hyperlipidemia (fatty load in blood after fatty intake), the capillaries (the blood vessels that directly supply our cells) are over crowded by the "chylomicrons" carrying fat; blood flow velocity decreases and so



does oxygen availability to cells for key cellular function.

So the sum of all this is to get your fats directly *from* plants, not fats manufactured *in* plants; 1-2 Tbsp of ground flax seeds (ground), chia seeds and English walnuts are great sources of Omega 3's (1 gm per day is recommended). These are all great on cereal, salad, vegetables, fruit or even in a smoothie. And there are many other sources! One cup of soybeans, navy beans, or kidney beans provides between 200 and 1,000 milligrams of omega-3s (0.2 to 1.0 grams). A four-ounce serving of tofu will provide over 0.6 grams of omega-3s. Actually many fruits and veggies contain the Omega 3 "ALA" (alpha lipoic acid) – kale, spinach, broccoli, peas, Brussels sprouts, tomatoes to list a few. And, as noted, leave out the foods with saturated fats.

You might be asking, **but how can I get salad dressing without oil?** Take time to read your ingredients (prepare to be stunned by the list of unpronounceable additives, preservatives); however, you'll find some good options, such as Bolthouse. Or use a drizzle of balsamic vinegar (and there are all sorts of flavors) – ask Harry Mc Cullough (Romeo's) - creating

vinegar is like creating a fine wine. Here's a simple 3:2:1 salad dressing recipe from the *Prevent and Reverse Heart Disease Cook Book*:

3 Tbsp of Balsamic Vinegar
 2 Tbsp of Mustard of your choice
 1 Tbsp of real maple syrup
 Juice of 1 lemon
 Pinch of freshly ground white pepper (optional)

Combine all ingredients in a small bowl, whisk until smooth and serve over salad or greens.

Or try this *Citrus Salad Dressing*

3 Tbsp fresh orange juice
 Zest and juice of 1 lime
 6 mint leaves, cut into chiffonade (role the leaves, slice across thinly)
 Whisk together

Your next question might be "**but how can I cook without oil**". First of all, you can actually taste your food better if it's not coated with oil. Your roasted and grilled vegetables do not need oil to cook (and the clean up is much easier). At a restaurant, if you ask the chef, they will often prepare your dish without oil. Leave oil out of the soup and sauce recipes and don't add it to your pasta or grains as they cook.



Clean up is SO much easier when you cook without oil. For cooking veggies for a stir "fry" or as a start to a soup, sauce or stew, you'll put your "moist" vegetables (such as carrot, onion and celery) on first, so they will give up their moisture to help cook the other veggies. Cut your veggies to whatever size you like. Heat your nonstick pan to medium high. Toss your moist veggies on, stir often with soft spatula; they will turn shiny letting go of some moisture and also start to brown. Turn the heat down to medium. If veggies start to stick, add a tablespoon or two of some water, veggie stock, wine, apple juice.... whatever ... continue adding as needed. Then add your choice of other veggies, perhaps peppers, mushrooms and add spices. You could add ginger, garlic and pineapple and serve as a stir fry over rice. OR You could add garlic, oregano, tomato and cauliflower and toss with whole grain noodles to make a pasta primavera. OR you could add potatoes, peas, beans (such as Great Northern or Butter Beans), your favorite herbs and more veggie stock to make a soup or stew.

The options for cooking from scratch without oil are endless, easy and tasty! And your endothelium will take good care of you!

The home page of the Healthy Eating Adventure Website has "How To's" on all of these.

Healthyeatingadventure.org