



# Veg-Appeal

Experience the power of healthy and whole foods



April, 2011

## Upcoming classes by Veg-Appeal

- **Saturday, April 30, 2011**  
1:00 - 3:30 pm - Kearny Mesa, "Plant-Powered and Planet-Friendly"
- **Saturday, June 18, 2011,**  
1:00 - 3:30 pm - Kearny Mesa, "Summer Salads and Chilled Soups"
- **Special Event:** Veg-Appeal will be at EarthFair with The Cancer Project's booth, Sunday April 17, 10 am - 5 pm



## Who Are We?

Veg-Appeal, LLC was created to share with others the joy and simplicity of eating unprocessed, whole plant foods to achieve optimal health and energy. We offer presentations and cooking demonstrations that show how easy the quest to achieve these goals can be.

To learn more about Veg-Appeal classes & services, please visit our website, <http://www.veg-appeal.com/>.

Contact Veg-Appeal at:

(619) 263-2165 - Marge, or [info@veg-appeal.com](mailto:info@veg-appeal.com)

## "Plant-Powered and Planet-Friendly" - April 30

• **Saturday, April 30 – 1:00-3:30 PM, at our Kearny Mesa Location**

Our food choices have a profound impact on the health of the planet, as well on our own health. We all eat, usually at least 3 times a day, so this gives us the daily opportunity to make healthy choices for us and for the earth. We will show you how to eat for health, vitality, disease prevention, longevity, and planetary health. What produce is grown locally? What is presently in season? This class focuses on what's being produced locally, with tasty recipe ideas, especially helpful for CSA (community supported agriculture) followers.

Don't miss sampling these delicious dishes based on San Diego County's Spring harvest: *Carrot and Ginger Soup Gone Wild, Broccoli Salad, Low-Fat Guacamole, Whole Beet Borsht with Tofu Sour Cream and Strawberry Surprise.*

**Pre-registration is required.**

Cost: \$35. Be sure to take advantage of our reduced price of \$30 if payment is received by April 28th.

**Registration:**

1. **Pre-registration is required.** Pre-register by e-mail: Send your name, phone number and e-mail address to [info@veg-appeal.com](mailto:info@veg-appeal.com) to reserve your space.
2. Please send your check by **April 26th**. Make check payable to "Veg-Appeal" and send to: **Marge Wurgel, 6448 Scimitar Drive, San Diego, CA, 92114.**
3. Directions to our location and other information will be sent after your check is received.
4. If payment isn't received by **April 28th** directions and other info will be sent and \$35 will be collected at the class.

## June 18 – 1:00-3:30 PM "Summer Salads and Chilled Soups"

Mark your calendars now for this delightful summer class, and more information will be available on our website soon, <http://www.veg-appeal.com/>.

## Veg-Appeal Goes to the EarthFair, Sunday, April 17, 10:00 am - 5:00 pm

Veg-Appeal staff will be present at the EarthFair this Sunday in Balboa Park, the largest free annual environmental fair in the world. We'll be at The Cancer Project's Food For Life booth #232 in Area 2 (along the Prado, on the north side, east of the lily pond). Come visit us!

## Veg-Appeal - Pick of the Month :

### Beets



Beets may be our new “best friend” and are in season now. We’re not talking about canned beets that have been stripped of their naturally sweet flavor and lots of their health promoting nutrients. Using fresh, raw beets grated for salads, or lightly steamed for a side dish, or roasted, it turns out beets provide phytonutrients that function as anti-inflammatory compounds and antioxidants, and contain lots of beneficial dietary fiber, all helping to protect us against heart disease, birth defects, certain cancers and other diseases. Studies have shown that some of the most important nutrients in beets can be diminished by heat, so either steam cut up beets no more than 15 minutes, or roast them for no more than 60 minutes. They are done when a fork or tip of a knife can be easily inserted into the beet. The skins of the beets can be eaten or easily rubbed off after cooking and cooling down, then will be ready for your recipe of choice. One half cup of beet root contains about 40 calories and a half-cup of the greens about 20 calories. Preparation tip: Be aware that the red pigment stains easily, so try not to scrub too hard to injure the skin if you don't want the surrounding area to turn red!

## Veg-Appeal - Recipe of the Month :

### Gingered Beets and Sautéed Beet Greens



**Gingered Beets:** Cut off stems with leaves and use with recipe below. Wash beets with a vegetable brush. Cut off "tails" and large root hairs. Cut beets into bite sized pieces. Cut fresh ginger into very small pieces or grate ginger. Chop fresh garlic into fine pieces. Place beets, ginger and garlic into casserole dish with very small amount of olive oil. Toss. Cover & put in oven at 350 degrees for 1 hour.

**Sautéed Beet Greens:** Cut up some onions and garlic (amount depends on how many beets you have). Let them sit out in the air for about 10 minutes for cancer preventing chemicals to be activated. In the meantime, cut beets off of the stems and leaves and wash them. Cut the stems off the leaves and cut stems into 3/4 inch pieces. Start to sauté onions, garlic and stems in 1/4 cup water or vegetable broth until a little bit soft, adding more water if needed. Cut up the leaves and add them to the onions and stems and cook a few minutes more. Add 1 tsp. Bragg's Aminos or soy sauce, if desired (beet greens are already salty). Stir on low until greens are cooked, adding a squeeze of lemon if desired.



### "Lunch and Learn" at Your Business

Veg-Appeal is available for short, lunchtime, worksite nutrition education & cooking demonstrations. Maximize the health of your employees with short food demonstrations and nutrition presentations. The benefits you may derive from having worksite nutrition education are to:

- *Maximize employee health through better nutrition,*
- *Improve employee morale,*
- *Reduce your health-care costs, and*
- *Potentially minimize sick days.*

You may sign up for a series, or arrange for a single class. Any sized business is eligible. To talk to Veg-Appeal about bringing this exciting program to your worksite, call Marge at 619-263-2165.

### US Dietary Guidelines Recommend Plant-Based Diet

On January 31, the USDA released its [Dietary Guidelines for Americans](#), advocating for a more plant-based diet. Written in the guidelines was the suggestion that a vegetarian lifestyle was healthier. The Guidelines state, "Vegetarian-style eating patterns have been associated with improved health outcomes—lower levels of obesity, a reduced risk of cardiovascular disease, and lower total mortality." These new guidelines, re-issued every 5 years, are the road map for most federal school lunch programs. Two pages of the guidelines were dedicated to explaining how to be healthy on a vegan or vegetarian diet. It's about time!

