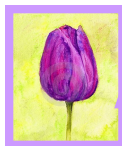


# April 2013 Newsletter



## Eat your greens: A guide to leafy green veggies

Discover a whole new world of green with rapini, kale, collards, endive and other healthy vegetables. Greens are not only for the salad bowl. There's a variety of hearty leaves to chop, sauté, steam and bake up into flavourful new dishes. Here's a quick introduction to what's on today's market shelves.

**Baby bok choy** - These small heads of bok choy have mild crunchy stems and spinach-like leaves that are more tender than the larger variety.

**Broccolini** - A trademarked cross between broccoli and Chinese kale, this is a slender stalk topped with tiny buds that resemble little broccoli florets. It is sweet, delicate, more tender and less fibrous than broccoli.

**Curly endive** - Curly endive grows in a voluminous loose head with lacy leaves that curl at the tip. The inner leaves are more tender and milder than the slightly bitter outer leaves.

**Escarole** - Escarole has broad, slightly curved, pale sturdy leaves and mild slightly bitter flavour.

**Kale and collard** - Collard has wide, heavy, long-stemmed flat leaves. Kale has long stems with curly-edged leaves. Both members of the cabbage family, collard and kale are interchangeable in cooking. Collard has earthy flavour, while kale has a sharper, more pronounced cabbage taste.

**Rapini** - With thin stalks, serrated leaves and some stems with clusters of floral buds, rapini (also known as broccoli rabe) tastes slightly bitter and is very tender.

**Savoy cabbage** - This cabbage has a loose, full head of dark to pale green crinkled leaves and a milder flavour than ordinary cabbage.

**Swiss chard** - With broad glossy leaves, Swiss chard has wide stems that are usually white or red but sometimes yellow, pink or multicolour. When cooked, the leaves are similar in flavour to spinach but more sour.

**Cleaning your greens** - Leafy greens can be quite gritty. To clean, plunge them into plenty of cold water. Swirl around to loosen and remove any grit; let stand for one minute. Lift greens out of water and drain. Repeat two or three times, depending on amount of sand and grit. Then use a salad spinner to dry them.

### BLANCHED GREENS

Young greens are generally more tender and cook faster than mature greens. These are just guidelines to leave a bit of crunch. Cover and cook in large pot of boiling salted water as in chart. Drain and chill in cold water; drain again and squeeze out liquid. Pat dry. (Make-ahead: Wrap in towel and refrigerate in resealable bag for up to 24 hours.)

#### Step 1: Greens

1 lb (500 g) **baby bok choy**

1 lb (500 g) **kale**

1-1/2 lb (750 g) **Swiss chard**

2 lb (1 kg) **collard greens**

1 lb (500 g) **rapini**

1 lb (500 g) **Broccolini**

#### Step 2: Preparation

Halve lengthwise

Discard tough stems/ribs; coarsely chop leaves

Discard bottom 1 inch (2.5 cm) of stems; coarsely chop remaining stems and leaves

Discard tough stems/ribs; coarsely chop leaves

Discard bottom 1/4-inch (5 mm) stalks

Discard bottom 1/4-inch (5 mm) stalks

#### Step 3: Minutes

3 to 6 minutes

3 to 5 minutes

2 to 4 minutes

8 to 12 minutes

4 to 5 minutes

4 to 5 minutes

[http://www.canadianliving.com/food/menus\\_and\\_collections/eat\\_your\\_greens\\_a\\_guide\\_to\\_winter\\_friendly\\_leafy\\_green\\_veggies.php](http://www.canadianliving.com/food/menus_and_collections/eat_your_greens_a_guide_to_winter_friendly_leafy_green_veggies.php)

## Braised Greens with Garlic

Braised greens complement rich meaty dishes, such as stewed shanks, barbecued ribs or roasts. Pick your greens and use the chart for amounts and cooking times. This recipe is fantastic using any one you choose.

This recipe makes 4 serving(s)

### Ingredients

\* 2 tbsp extra-virgin olive oil

\* 2 cloves garlic, minced

\* 1/4 tsp hot pepper flakes

\* 1 pinch salt

\* 1 Blanched Greens recipe (see article to the left)

### Preparation:

In skillet, heat oil over medium-high heat; fry garlic and hot pepper flakes until garlic is golden, about 20 seconds. Add greens; sprinkle with salt. Heat through, tossing to coat, 3 to 5 minutes.

**Nutritional Info:** Per serving: cal 76, pro 2g, total fat 7g, sat. fat 1g, carb 3g, fibre 1g, chol 0 mg, sodium 307 mg, calcium 10, iron 99, vit A 49, vit C 50, folate 21

**Source:** Canadian Living Magazine: November 2007

[http://www.canadianliving.com/food/braised\\_greens\\_with\\_garlic.php](http://www.canadianliving.com/food/braised_greens_with_garlic.php)

And the  
**Winner**  
Is...  
**Lou Ann Shillinglaw**  
for the  
month  
of **March!**

## STRESS LESS

01. DANCE IT OUT
02. GO FOR A WALK
03. TALK ABOUT IT
04. BREATHE
05. GO TO BED EARLIER
06. FOCUS ON WHAT YOU CAN CONTROL
07. REMINISCE ABOUT GOOD TIMES
08. ASK FOR A HUG
09. LOOK FOR OPPORTUNITIES IN LIFE'S CHALLENGES
10. SMILE



# World Health Day – April 7<sup>th</sup>, 2013 – Theme: High Blood Pressure

World Health Day is celebrated on 7 April to mark the anniversary of the founding of WHO in 1948.

Each year a theme is selected for World Health Day that highlights a priority area of public health concern in the world.



## About high blood pressure

High blood pressure – also known as raised blood pressure or hypertension – increases the risk of heart attacks, strokes and kidney failure. If left uncontrolled, high blood pressure can also cause blindness, irregularities of the heartbeat and heart failure. The risk of developing these complications is higher in the presence of other cardiovascular risk factors such as diabetes. More than one in three adults worldwide has high blood pressure. The proportion increases with age, from 1 in 10 people in their 20s and 30s to 5 in 10 people in their 50s. Prevalence of high blood pressure is highest in some low-income countries in Africa, with over 40% of adults in many African countries thought to be affected.

However, high blood pressure is both preventable and treatable. In some developed countries, prevention and treatment of the condition, together with other cardiovascular risk factors, has brought about a reduction in deaths from heart disease. The risk of developing high blood pressure can be reduced by: reducing salt intake; eating a balanced diet; avoiding harmful use of alcohol; taking regular physical activity; maintaining a healthy body weight; and avoiding tobacco use.

## Goals: Greater awareness, healthy behaviours, improved detection, and enabling environments

The ultimate goal of World Health Day 2013 is to reduce heart attacks and strokes. Specific objectives of the campaign are: to raise awareness of the causes and consequences of high blood pressure; to provide information on how to prevent high blood pressure and related complications; to encourage adults to check their blood pressure and to follow the advice of health-care professionals; to encourage self-care to prevent high blood pressure; to make blood pressure measurement affordable to all; and to incite national and local authorities to create enabling environments for healthy behaviours. <http://www.who.int/campaigns/world-health-day/2013/event/en/index.html>

### Sign up for the **NEW** Yoga Class!

Please reserve your spot for **April 11<sup>th</sup>** by signing up at the front desk.

The class is free for newcomers to Gail's unique style of yoga!

Those looking forward to continuing their yoga practice with Gail can also pre-register before April 11<sup>th</sup> to reserve their spot!

Spots will be available on a first-come-first-served basis.

**More about the yoga class:** Learn the basic techniques and key principles of yoga postures and yoga breathing exercises. This class focuses on developing balance, strength, and flexibility in a safe and comfortable space.

*No previous experience necessary.*

Your instructor, Gail, is well versed in yoga. She believes yoga is great for the body, but more importantly, it nourishes the heart and mind.

## Spring clean your health regime

*As the warmer weather sets in, so does our appetite for lighter fare and an increased energy level. Spring clean your health regime by treating yourself to wholesome lunch options and an active new lifestyle to get yourself back on track for the summer months. Here are three ways to get you started.*

**1. Re-introduce activity:** After months of using the “it’s cold out” excuse for not getting your 45 minutes a day, it is time to get back into the swing of things. Using your lunch break in the middle of the day to enjoy a brisk walk is a great way to get moving again.

**2. Clean out the cupboards:** A healthy spring diet is full of fresh fruits and vegetables – rid your cupboards of things like refined sugars, fatty dairy and soft drinks. Replace these with whole grain breads and cereals, nuts and veggies. Having well-balanced choices on hand for days when you are in a rush can help you avoid grabbing fast food on the go. Stock up on a convenient staple like healthy frozen entrees. Many, such as Healthy Choice Gourmet Steamers, are a good source of iron, fibre and contain a whole serving of vegetables.

**3. Up the fluid intake:** For prime functioning capabilities, our bodies need a lot of water. An easy way to determine your daily intake is to divide your body weight (in pounds) by two. This equals the amount fluid in ounces you should drink per day. Lots of fluids will help rid your body of toxins and fill you up so you don’t eat as much. Most of this should be water – avoid sugary drinks. Try to limit your intake of tea and coffee and opt for decaffeinated versions instead.

*These three easy steps can help breathe new life into your regime. Lots of fluids, a healthy activity level and a well-balanced diet can lead to increased energy, improved digestion, strengthened immunity and sharper mental abilities. A couple of weeks on your new regime will put that spring back in your step.* <http://www.food.ca/content/view/1608/0/>

## Join the April Challenge to *De-Stress your Life!*

It's simple:

**30 minutes of Exercise AND  
Participating in Stress Free/Relaxing Activities  
and/or Eating Foods which reduce Stress  
EVERYDAY!**

**FitnessWorks For Women** is happy to be able to offer free tickets to the **Green Living Show** courtesy of the **Nature Conservancy**.

For tickets please copy and paste this link below into your browser: <http://www.natureconservancy.ca/en/what-you-can-do/promotions/green-living-show-tickets.html>