

## SIX EASY STEPS FOR SEASONAL SUMMER EATING

Nix the mayonnaise and macaroni for fresh, seasonal produce that packs a nutritional punch. As warmer temperatures lure us outdoors, we want to get out of the kitchen to enjoy lighter, quicker dishes *al fresco*. Luckily, summer brings to the table many unique, fresh flavours of locally ripened produce that make it simply to go big on taste and easy on labour. All you have to do to enjoy some seasonal greats is to think local, and here's how:

**1. EAT SEASONALLY** - A warm weather palette means locally grown, fresh produce, which is the most flavourful and nutritious. So step into the produce aisle or visit the local farmers' market for fresh pickings. "The great thing about eating locally is that the produce is picked in the morning and on your plate that evening, and that means fresher food and less loss of nutrients," says Elizabeth Frank, a registered dietitian in Lunenburg, Nova Scotia.

**Here's what some seasonal hits pack, nutritionally:**

- Cantaloupe is high in vitamin A
- Strawberries and other berries contain vitamin C and potassium, as well as fibre
- Cherries, peaches, pears and watermelon contain vitamin A, potassium, and the skins of the fruit offers the bonus of fibre
- Asparagus, beets, kale, Brussels sprouts, cabbage, carrots, and tomatoes contain vitamin A and potassium
- Bell peppers are rich in vitamin A
- Potatoes are also rich in potassium, are a good source of vitamin C, and the skin is loaded with fibre
- Snow peas offer high amounts of both vitamins A and C

**2. PUT AWAY THE CROCK POT** - Replace heavier meat dishes and heavy stews, casseroles, and pan fried dishes with lighter fare such as barbecued chicken and fish, grilled or steamed vegetables. These cooking methods offer lower fat content, reduced calories and cholesterol – and it won't take hours to cook a meal. "Steaming vegetables retains more nutrients and they look more appetizing, and this is a great way to introduce new, healthy recipes to your menus," Elizabeth suggests. Also, think of serving fresh fruits and vegetables, and skip the trip to the stove or grill altogether.

**3. DON'T BE A PLAIN JANE** - If you think seasoning a dish consists of sprinkling in salt and pepper, it's time to wake up your taste buds and spruce up your usual dishes with fresh herbs and spices from the garden. Skip the sodium and add flavour with fresh herbs instead, says Elizabeth, who offers the following ideas:

- Oregano is great in pasta dishes, sauces, and eggs
- Parsley can be added to fish and chicken, and to garnish vegetable sides
- Fresh dill and parsley are great on grilled fish
- Rosemary adds zip to pork, fish and potatoes
- Basil and oregano can be added to vegetables
- Fresh chilli peppers can be added to spice up meat marinades

**4. NAB YOUR 5 TO 10 A DAY** - Freshly picked produce also makes it easier to increase your fruit and veggie servings, so think about grilling some peaches, tossing blueberries into a salad or smoothie, or adding cherry tomatoes and fresh basil leaves to pasta salads. "Peppers, zucchini, mushrooms, yellow squash, eggplant, and tomatoes are also great skewered, and cooked on the BBQ", says Elizabeth. "Red onions are nice too, and add colour."

**5. THINK OUTSIDE THE BOX** - A lot of packaged, processed foods are sources of bad fats, high sodium, and lots of artificial additives. And studies have shown that produce loses lots of its nutritional punch the longer it's in the fridge, so it makes sense to eat fresh more often. Moreover, you can make summer last longer by freezing and preserving your summer harvest. "Freezing fresh stuff helps them to retain most of their nutrients," Elizabeth says. "Just make sure to do it the same day you pick the produce, and do it quickly and use within five months."

**6. DRESS LIGHTLY** - Salads and sandwiches are usually big hits for summertime, but what you put on them can turn them into calorie bombs. So ditch the butter, mayo, and creamy salad dressings. Now what? Use olive oil, balsamic vinegar, white vinegar, and lemon juice, and herbs to dress salads. Top sandwiches with grilled veggies, smear on a little hummus, olive paste or sun-dried tomato paste, or roasted garlic. You can also grill bread on the BBQ slightly for added flavour. Source: [http://www.canadianliving.com/health/nutrition/six\\_easy\\_steps\\_for\\_seasonal\\_summer\\_eating.php](http://www.canadianliving.com/health/nutrition/six_easy_steps_for_seasonal_summer_eating.php)

**JUNE** is **SENIORS MONTH** in Ontario, a great time for seniors to celebrate their lives and the many ways they continue to make our province a better place to live. Ontario's 2013 theme – **The Art of Living** - celebrates how seniors in Ontario have created their own unique approach to living. Older Ontarians practice The Art of Living every day. They've worked hard and continue to contribute much to the prosperity we all enjoy today. Celebrating Seniors' Month has become our collective way of giving something back to them.



Creating Community  
Changing Lives

Fresh fruit & vegetable availability guide								
	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Apples				X	X	X	X	
Asparagus	X	X						
Beans		X	X	X	X	X		
Beets		X	X	X	X	X	X	
Blueberries			X	X	X			
Broccoli		X	X	X	X	X		
Cabbage		X	X	X	X	X	X	X
Carrots			X	X	X	X	X	X
Cauliflower		X	X	X	X	X	X	
Celery			X	X	X	X		
Cherries		X	X					
Corn			X	X	X	X		
Cucumber		X	X	X	X	X		
Eggplant				X	X	X		
Grapes				X	X	X		
Lettuce		X	X	X	X	X		
Nectarines				X	X			
Onions			X	X	X	X		
Peaches			X	X	X			
Pears				X	X	X		
Peas		X	X	X	X			
Peppers			X	X	X	X		
Plums			X	X	X	X		
Potatoes		X	X	X	X	X	X	X
Radishes			X	X	X	X	X	
Raspberries			X	X	X			
Squash				X	X	X	X	X
Strawberries		X	X					
Tomatoes			X	X	X	X		

June 2013  
Newsletter

## 2 GREAT Relish recipes to pair with all your Grilling Goodies this Summer!

### Roasted Red Pepper Relish - Portion size: 2 cups (500 mL)

**Homey:** Pair with sour cream. **Haute:** Pair with Grilled Artichokes (See below)  
Roasted peppers add robust flavour to this savoury relish.

#### Ingredients

- \* 1 jar (500ml) roasted red pepper
- \* 1 green onions, sliced
- \* 2 tbsp chopped fresh parsley
- \* 1 small clove of garlic, minced
- \* 1 tbsp white balsamic vinegar or wine vinegar
- \* 1 tbsp extra-virgin olive oil
- \* 1/2 tsp granulated sugar
- \* 1 pinch pepper

**Preparation** - Drain red peppers and pat dry; finely chop. In bowl, combine red peppers, onion, parsley, garlic, vinegar, oil, sugar and pepper. (Make-ahead: Refrigerate in airtight container for up to 24 hours.)

#### Additional information : Grilled Artichokes

Drain 9 oil-packed grilled artichoke hearts (available in jars in fine food stores, Italian grocery stores and some supermarkets); cut into quarters. Top each latke with 2 tsp (10 mL) sour cream, Crème Fraîche or Roasted Red Pepper Relish then artichoke quarter.

**Source** : Canadian Living Magazine - December 2006

**Nutritional Info** - Per 1 tbsp (15 mL): about -cal 7, pro 0g, total fat 0, sat. fat 0g, carb 1g, fibre 0, chol 0mg, sodium 16 mg % RDI: -iron 1 vit A 3 vit C 20 folate 1

### Corn Relish - Portion size: six 1-cup (250 mL) jars

The sweetness of local corn shines in this sweet yet savoury relish.

#### Ingredients

- \* 2 cups white vinegar
- \* 1 cup granulated sugar
- \* 1 tbsp salt
- \* 1 tbsp dry mustard
- \* 1/2 tsp celery seeds
- \* 1/2 tsp turmeric
- \* 1/2 tsp hot pepper sauce
- \* 5 cups corn kernels
- \* 1-1/2 cups finely chopped onions
- \* 1 cup finely chopped celery
- \* 3 tbsp all purpose flour
- \* 1 cup diced sweet red pepper
- \* 1 cup diced sweet green pepper

**Preparation** - In large Dutch oven or saucepan, bring vinegar, sugar, salt, mustard, celery seeds, turmeric and hot pepper sauce to boil. Stir in corn, onions and celery; reduce heat and simmer, stirring often, until softened, about 20 minutes.

Whisk flour with 3 tbsp (45 mL) cold water; whisk into pan. Add red and green peppers; bring to boil and cook, stirring often, until thickened, about 5 minutes.

Fill hot 1-cup (250 mL) canning jars, leaving 1/2-inch (1 cm) headspace. Cover with prepared lids. Screw on bands until resistance is met; increase to fingertip tight. Boil in boiling water canner for 10 minutes.

**Source:** Canadian Living Magazine - September 2008

**Nutritional Info** - Per 1 tbsp (15 mL) : about -cal 20 pro 0 total fat 0 sat. fat 0 g carb 5 g fibre 0 chol 0 mg sodium 75 mg % RDI: -iron 1 vit A 1 vit C 7 folate 2

## Runs to Keep your Eye On

### Relay for Life in the Beaches

Neil McNeil H.S., 127 Victoria Park Ave.  
June 21<sup>st</sup> @ 7PM – 7AM

### Pride & remembrance Run

June 29<sup>th</sup> @ 10am  
5KMs. Run, 3KMs. Walk

### Beaches International

### Jazz Fest Tune-Up

July 28<sup>th</sup> 20Kms.  
10Kms. & 5Kms. Run

### A Midsummer Night's Run

August 17<sup>th</sup> @5:30PM  
30kms.run, 15Kms. Run/Walk, 5Kms. Walk

### Oasis Zoo Run

September 21<sup>st</sup> @ 8:15am/10am  
10Kms. & 5Kms. Run



And the Winner Is...

Jackie Ogier  
for the Month of May!



## World Blood Donor Day

celebrated on the 14th of June every year, serves to raise awareness of the need for safe blood and blood products and to thank voluntary unpaid blood donors for their life-saving gifts of blood. With the slogan "Give the gift of life: donate blood", this year's campaign, the 10th anniversary of World Blood Donor Day, will focus on the value of donated blood to the patient, not only in saving life, but also in helping people live longer and more productive lives.

