



Acorn Squash Soup with Kale

Look for squash with smooth skins and no soft spots or blemishes. They should also feel heavy for their size.

Prep:30mins | Total Time:30mins | Servings: 4

Ingredients

- * 4 strips bacon, 4 ounces, cut crosswise into 1/2-inch pieces
- * 1 medium onion, finely chopped
- * 1/2 pound kale, thick stems removed, leaves finely chopped (about 8 cups)
- * 4 cups Acorn Squash Puree, or 2 packages (12 ounces each) frozen winter squash puree, thawed
- * Coarse salt and ground pepper

Directions

Cook bacon in a large saucepan over medium heat, stirring occasionally, until crisp, 4 to 5 minutes. Using a slotted spoon, transfer bacon to a paper-towel-lined plate; set aside.

Add onion to fat in pan, and cook until softened, 4 to 5 minutes. Add kale; cook until soft, 3 to 4 minutes.

Add squash puree and 3 cups water (or more if necessary to achieve desired consistency); bring just to a boil. Season generously with salt and pepper. Serve, garnished with reserved bacon.

Source: <http://www.marthastewart.com/326547/acorn-squash-soup-with-kale#Acorn%20Squash%20Recipes> | /275063/acorn-squash-recipes/@center/276955/seasonal-produce-recipe-guide|326547



National Acorn Squash Day September 7th, 2015

Acorn Squash Basics

In Season:

Acorn squash is at its peak in the fall, from early October through December, though many supermarkets carry it year-round.

What to Look For:

With its ridged, dark-green skin, sweet yellow-orange flesh, and handy size, acorn squash is one of the most popular winter squashes. Choose acorn squash that is heavy for its size, with a hard skin free of blemishes.

How to Store:

The squash's sturdy exterior allows it to be stored at room temperature for up to one month, or longer if kept in a cool, dark place.

Source: http://www.marthastewart.com/275063/acorn-squash-recipes/@center/276955/seasonal-produce-recipe-guide#slide_12

Health Benefits of Acorn Squash

- * 1 cup = 56 calories, 1 gram of protein and no fat
- * Rich in potassium, which helps to regulate blood pressure
- * Has high levels of vitamin A, which protects eye health
- * A good source of carotenoids; plant-based pigments and antioxidants, including alpha-carotene; beta-carotene, lutein and zeaxanthin
- * It also is a fantastic source of immune-boosting vitamin C

Source: <http://ashleypettitliving.com/2014/09/07/national-acorn-squash-day/>

Acorn squash's sweet, orange flesh shines when it's roasted, but it can also be steamed or sautéed. And don't throw out the seeds — they're edible, too!

September 2015 Newsletter



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Kale & Apple Green Smoothie

Ingredients

- * 2/3 cup unsweetened almond milk
- * 1 1/2 cups (packed) chopped kale leaves
- * 1 stalk celery, cut into 1-inch pieces
- * 1/2 Gala apple, cut into chunks
- * 1 tbsp ground flax seed
- * 3/4 cup ice
- * Agave nectar (optional)

Instructions

Place the almond milk, kale, celery, apple, ground flax seed and ice into a blender. Blend until smooth. Taste and add agave nectar if you would like a sweeter smoothie. Serve.

<http://www.cookincanuck.com/2014/10/kale-apple-green-smoothie-recipe-vegan/>

1 smoothie

Calories: 125 Fat: 4.0g
Saturated fat: 0.1g
Carbohydrates: 22.3g
Sugar: 9.5g
Sodium: 181.3mg
Fiber: 6.0g Protein: 4.2g
Cholesterol: 0mg



DIY: Apple Hair Mask for Shiny Strands

This has been used in Germany for some 12,000 years! It's a beauty recipe for hair that's lost its mojo and seems totally dry and dull.

The reason it works?

Apples contain an ingredient called *pyrus malus*, which is a terrific hair conditioner. In fact, *pyrus malus* is used as a conditioning agent in many hair products.

Apple cider vinegar, at the same time, helps balance hair's pH levels, while simultaneously removing all gunk and product buildup. It also helps close the hair cuticle. The result is a smoother surface, which reflects more light, making hair shinier and easy to manage.

How to proceed

1. Peel, core and grate 1-2 large apples.
2. Combine this pulp with 2 tablespoons apple cider vinegar, 1 teaspoon lemon juice and 1 tablespoon corn flour; mix well.
3. Work this mixture into dry, unwashed hair and leave it on for 30 minutes.
4. Rinse off the hair mask with tepid water.
5. Wash your hair as usual.

Source: <http://thebeautygypsy.com/apple-hair-recipe/>

15 Best Superfoods for Fall

The weather is getting cooler, but your produce choices are heating up. These amazing superfoods, are either hitting their peak in the garden or can easily be found in your local farmers market or grocery store. They are the perfect excuse to get cooking on cool nights!

Apples: * full of antioxidants

* 4 grams of dietary fiber per serving

Brussel Sprouts: * ½ cup contains more than your DRI of vitamin K * very good source of folate

* good source of iron

Parsnips: * rich in potassium * good source of fiber

Pears: * good source of vitamin C and copper

* 4 grams of fiber per serving

Turnips: * the roots are a good source of vitamin C * turnip leaves are an excellent source of vitamins A, K and folate

Cauliflower: * compounds that may help to prevent cancer * phytonutrients may lower cholesterol * excellent source of vitamin C

Squash: * contains omega-3 fatty acids

* excellent source of vitamin A

Pumpkin: * rich in potassium * more than 20% of DRI of fiber * good source of B vitamins

Sweet Potatoes: * excellent source of vitamin A

* good source of iron * anti-inflammatory benefits

Rutabaga: * good source of fiber

* good source of vitamin C

Pomegranates: * pomegranate juice has high antioxidant levels * good source of vitamin C and folate

Dates: * low in fat * good source of fiber

* good source of potassium

Kiwi: * more vitamin C than an orange

* good source of potassium and copper

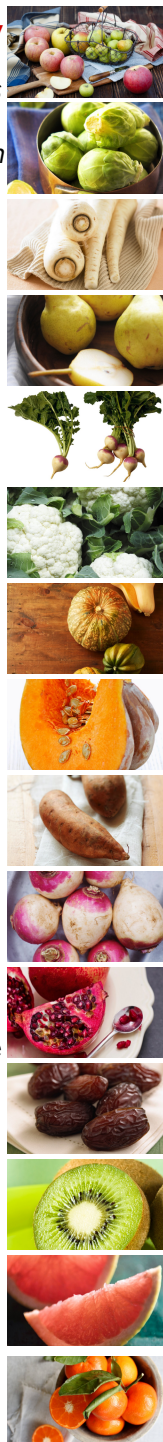
Grapefruit: * more than 77% of your DRI of vitamin C * good source of lycopene

* contains pectin, which is shown to lower cholesterol

Tangerines: * good source of vitamin C

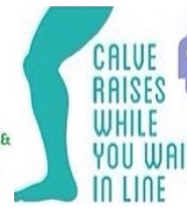
* good source of beta-carotene

Source: <http://www.cnn.com/2013/10/23/health/fall-foods-nutrition/>



"I'M NOT TRAINING FOR A 5K. I'M NOT PREPARING FOR A COMPETITION. I'M NOT TRYING TO SET A NEW RECORD. I'M NOT TRYING TO IMPRESS YOU. I'M SAVING MY LIFE."

9 EVERYDAY WAYS TO SNEAK IN A WORKOUT



Healthy Cooking & Cholesterol

A big part of controlling Cholesterol has to do with cooking techniques. When it comes to healthy eating- cooking technique is everything. The way that food is cooked can turn healthy fare into junk food! The unhealthiest way to cook food is frying. It adds a lot of extra fat. Next, is boiling it is not unhealthy but it takes away a lot of the vitamins and minerals that are so beneficial for us.

Instead of those two methods give these a try:

Baking: dry heat, below 400 degrees for meat and fish, roasts, and vegetables.

Braising: browning the ingredients first, then covering with broth or water and slowly cooking.

Poaching: gently simmer ingredients in water or broth, using minimal amounts of liquid.

Steaming: quickly cooking foods above a small amount of water, allows food to retain most of the nutrients. AND when you smell it, it's done!

Broiling: uses intense, direct heat. Broiling can be done under the broiler in an oven, or over the coals of a BBQ grill. High temperatures browns and crisps the outside while sealing in the juices.

Grilling: use leaner cuts and marinade meat to reduce to the HA formation which may cause colon cancer. Gas grills are better than charcoal for reducing HA.

Sautéing: quickly cooks relatively small or thin pieces of food.

Roasting: like baking, but at higher temperatures- using a rack under beneath meat so excess fat can drip below.

Stir-frying: quickly cooks small pieces of food while rapidly stirring in a small amount of oil that's almost to the smoking point.

Source: <http://cookingwithruthie.com/2012/09/12/chat-with-ruthie-healthy-cooking-and-cholesterol/>



The Clamshell

Works: butt & outer thighs

A. Tie a resistance band around your thighs, just above your knees, and lie on your left side with knees bent and legs stacked, left arm extended and right hand on floor in front of chest.

B. Keeping feet together, lift right leg. Return to starting position.

Do 12 reps, then switch sides to complete set.

Source: <http://www.shape.com/fitness/workouts/get-strong-sexy-legs-rockette/slide/6>

