

March 2008 Newsletter: Nutrition Matters

Good news: Nutrition Matters has a new website. Please visit us at

www.nutrition-matters.info

Slow Down

Who hasn't felt the press of time? The "not enough time to get it all done" feeling? Have we perhaps come to the point of believing that **doing** rather than **being** is the ultimate goal? Of course we do know our time here is fairly brief and we don't know how soon it's going to end. So doesn't it behoove us to take what Samuel Johnson called "the golden moment" and remember simply to be?

Take food, for instance. It offers the chance to relish grocery shopping, relish cooking, relish eating, and relish the company we eat in. Last year I joined Slow Food Boston, part of Slow Food USA: <http://www.slowfoodusa.org>. Slow Food is a twenty-year old movement to preserve local tastes and production. As an educational organization, it has local chapters through which members can find others who want to participate in a "delicious and sustainable future." The Slow Food emblem is the snail (*see right*), both tasty and slow. Consider joining or at least adding your name to the distribution list for slow food related events and notices.



Food Focus: Millet

If you've ever had pet birds, you've probably fed them millet. But have you eaten it yourself? Common in Asia and Africa for human consumption over the last four or five millennia, it's rare on a menu in the U.S. However, as more and more people are diagnosed with Celiac/sprue (intolerance of gluten), millet is appearing in the grocery stores. It is in there with the other grasses whose seeds we regularly eat: wheat, rice, oats, barley, and so on.

What does millet have to offer you? For one thing it is an abundant source of Lutein and zeaxanthin, which you may remember are anti-oxidants that help protect the eyes from macular degeneration. Furthermore, according to Paul Pitchford, millet is good for many things: it strengthens the kidneys, it sweetens the breath by "retarding bacterial growth in the mouth," it alkalizes the blood – useful if you have a high sugar or high meat diet – and, if you roast the grains before cooking, it can help ease diarrhea.

(*Healing with Whole Foods*, Paul Pitchford, N. Atlantic Bks., 1993, p. 427.)

Recipe of the Month: Francie's Millet

Ingredients

1 cup of millet
2 cups of boiling water
Butter or olive oil
1 "half a thumb" of ginger root

Directions

Wash the millet thoroughly and throw away the water;
Put it in a saucepan over low/medium heat, stirring till it's all dry;
Continue stirring so that it toasts a bit -- if it starts popping it's too hot;
Add 1 teaspoon of butter or olive oil;
Add the minced ginger root;
Add 2 cups of boiling water and bring to a high boil;
Stir vigorously for 2-3 minutes while the millet is boiling;
Add half a teaspoon of salt (optional);
Cover and simmer for 20-30 minutes;
Add more butter or olive oil to taste and serve hot.

Forward to a friend?

Since it's a pleasure to help friends become healthier, please forward this newsletter to any who might be interested in it.

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