

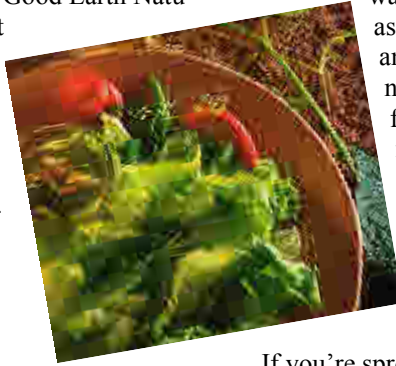


# Good Earth Natural Food Store

638 Main Street, Spearfish, SD 57783 • (605) 642-7639 • [www.goodearthnaturalfood.com](http://www.goodearthnaturalfood.com)

## DO YOU HAVE SPRING FEVER?

The recent warm spell of weather and the flood of seed catalogs arriving in the mail has given me a case of spring fever. I suddenly wanted to plant something. I started craving fresh greens from the garden. While wandering the aisles at Good Earth Natural Foods, I spotted just what I needed - a sprouting jar! Now I've grown my own sprouts before, but have always used cheesecloth over a canning jar. It was messy, but it worked. The sprouting jar has a nice stainless steel mesh screen on a screw-on lid. It's very easy and there's no messy cheesecloth to try to pick unsprouted seeds from.



### Benefits of Sprouts

Sprouts are one of the most complete and nutritional of all foods that exist. Even after you harvest your sprouts and refrigerate them, they will continue to grow slowly and their vitamin content will actually increase. Sprouts are high in vitamins, minerals, proteins and deliver them in a form which is easily assimilated and digested. In fact, sprouts even improve the efficiency of digestion!

Common seeds for sprouting include alfalfa, fenugreek, peas, lentils, radish and red clover. Some other not so common seeds for sprouting are broccoli, cabbage, mustard seed, garbanzos, and quinoa.

### Getting Started

Growing sprouts is very quick and easy. First you should obtain high quality, organic seeds. Place two tablespoons of seeds in a quart jar and gently rinse several times in lukewarm water. Then cover with three times as much water as there are seeds and let them soak overnight. The next morning, drain the water from the jar and rinse them again in fresh lukewarm water. Lay the jar at an angle in a warm (70°), dark place. I lay mine in a small bowl to collect the drain water. Do this 2-3 times a day. In 3-5 days you should have some tasty, fresh greens.

If you're sprouting alfalfa, radish, or clover try placing them in indirect sunlight for a couple of hours on the fourth day, and tiny, green leaves will emerge.

### Ways to Use Sprouts

- Try using cabbage, clover, and radish sprouts in coleslaw.
- Mung, bean, and lentil sprouts are good in potato salad.
- We've all had mung beans in stir-frys, but you might also want to try alfalfa, clover, radish, and lentil sprouts.
- Mung bean and lentil sprouts are good just steamed and served with butter.
- Alfalfa, sunflower, and radish sprouts are good in wraps and roll-ups.
- You can try mung beans, or radish sprouts mixed with a soft cheese to make a dip.
- Fenugreek, lentil, mung bean sprouts are good in any type of rice dish.

## THE SURPRISING BENEFITS OF CALCIUM

Calcium is by far the most abundant mineral in your body. As you probably already know calcium is most notable for increasing bone strength, but did you know that it also helps regulate blood pressure, nerve transmission, muscle contraction, and clotting of your blood?

Calcium is important all throughout your life. In your first thirty years your body is building bone mass. From this point on your bone mass begins to decrease. Now calcium is important to maintain bone density and slow down the process of bones becoming brittle.

### Weight loss

It has also been discovered that calcium helps in weight loss. When you don't get enough calcium, your body thinks you're starving and enters an emergency mode. Your body then releases a hormone which stimulates your bones to release some of their calcium into your bloodstream. This hormone then also stimulates the production of fat and inhibits its breakdown. This makes your body store fat even if you're on a low calorie diet.

### Colon cancer

Scientists aren't quite sure why, but also have seen evidence that calcium helps your overall risk of colon cancer and suppresses the growth of polyps that can lead to cancer. They believe that excess calcium that's left in your colon binds with cancer promoters in your colon, and they are excreted together.

### Kinds of Calcium Supplements

First, be aware that most natural calcium supplements such as bone meal, oyster shell and dolomite can contain harmful contaminants such as lead. Always carefully read the label.

The best natural sources of calcium are low fat dairy products, fruits and vegetables.

When taking tablets, calcium is always paired with another compound. Calcium carbonate has the most calcium per tablet and is best taken with meals as it needs stomach acid to aid in absorption.

Calcium citrate and calcium citrate-malate are more easily absorbed, but tend to be larger tablets.



This is something to consider if you have a hard time swallowing pills.

You may need to take two calcium citrate tablets to get the same amount of calcium as in calcium carbonate, but they don't need to be taken with meals.

Calcium citrate is often used by older people as it doesn't need as much stomach acid to dissolve and be absorbed.

### Tablet Taking Tips

For the best absorption make sure you are also getting enough Vitamin D.

Avoid taking calcium with meals that are high in wheat fiber, which may partially block absorption.

Talk to your doctor when taking calcium with osteoporosis medication. It may make the medication less effective.

A high calcium intake can impair your zinc absorption. Take no more than 2,500 mg of calcium per day.

## WINTER SQUASH WARMS A COLD WINTER DAY

THIS MONTH AT  
GOOD EARTH  
NATURAL FOODS

CHECK THE  
PRODUCE DEPT.  
FOR  
ORGANIC WINTER  
SQUASH

### Butternut and Ginger Soup

- 1 tsp mild olive oil
- 1-1/2 cups chopped onion
- 3 cloves garlic, crushed
- 2 tsp chopped fresh ginger
- 1-1/2 lbs (6 cups) peeled raw butternut or other winter squash
- 1/2 lb (1 cup) new potatoes, peeled and chopped
- 1 cup unsweetened 100% apple juice
- 3 cups water
- 1/2 cup skim milk
- 1/2 tsp salt
  
- 1/2 cup chopped Granny Smith apple
- 2 Tbsp chopped parsley

Heat the oil in a high-sided skillet or large saucepan on medium high. Sauté the onions 3 minutes or until tender. Add the garlic and ginger and cook 1 minute longer. Add the squash, potatoes, 100% apple juice, and water or broth. Bring to a boil. Reduce the heat and simmer 35 to 40 minutes or until very soft. Puree in a blender or processor, in batches, until smooth. Pour back into the pan and stir in the milk and salt. Reheat and serve topped with chopped apple and parsley.

### Curried Butternut Apple Soup

- 1/4 cup reduced fat margarine
- 2 cups chopped onion
- 1 rib celery
- 4 tsp curry powder
- 2 medium butternut squash (about 2 1/2 – 3 lbs) peeled, seeded, and cut into cubes
- 3 medium apples—peeled, cored, and chopped
- 3 cups water (chicken stock or vegetable broth)
- 1 cup cider

In a heavy kettle, combine onions, celery, margarine and curry powder. Cover and cook over low heat until vegetables are tender (10–15 minutes), stirring often. Add cubed squash, chopped apples, and liquid (water, stock or broth) and bring to a boil. Reduce heat and simmer 20–30 minutes or until squash and apples are cooked thoroughly. Strain liquid and set aside. Puree the apple-squash mixture with one cup of the strained liquid. Add cider and remaining liquid to reach desired consistency. Garnish with grated apple, yogurt or low fat sour cream.

### Baked Acorn Squash with Pineapple

- 1 large acorn squash (approximately 32 oz)
  - 2 tsp ground cinnamon
  - 1 cup crushed pineapple, drained
  - 1 tsp ground nutmeg
  - 1/2 tsp ground allspice
  - 1/2 tsp ground ginger
- Preheat oven to 350°F. Cut the squash in half and remove the seeds. Place each half, cut side down, in a baking dish. Cover dish and bake for 45 to 60 minutes until squash is soft and tender. Meanwhile, combine the cinnamon, pineapple, nutmeg, allspice, and ginger. When squash is cooked, remove from oven. Let it cool for 10 minutes. Scoop out the pulp from both halves and combine with the pineapple mixture. Replace mixture into shells and return to the oven and bake for 7 minutes until pineapple mixture is hot and bubbly.

## DO YOU SUFFER FROM MIGRAINES?

If you suffer from migraines you are probably always on the lookout for ways to prevent them. Different things work for different people. Sometimes what prevents them for one person will at least lessen the severity for someone else. Here are a few things you can try and see how they work for you.

- Calcium supplements, either calcium carbonate or calcium citrate, up to 1,200 mg a day.
- Omega-3 fatty acids work for some people. Either a tablespoon of flaxseed oil or ground flaxseed. You can also increase your intake of salmon, herring, mackerel, and omega-3 fortified cereals.
- The herb feverfew may help prevent blood vessels from restricting and therefore lessen the severity of your migraine.. The recommended daily dose is 50-125 mg.

- Eat many small meals a day instead of three large meals to keep your blood sugar on an even level. Foods rich in soluble fiber are also said to help.
- Read labels carefully and always avoid anything containing MSG (monosodium glutamate). You'll find it hiding in an amazing amount of foods!
- Here are a list of foods often associated with triggering a migraine: cheese, beer, peanuts and peanut butter, red coloring -both artificial and natural - including red wine and red grapes, lunch meats preserved with nitrites, and any smoked or cured meats.
- One last thing to consider is that migraines can also be caused by migraine prevention medicine. You may want to discuss this with your doctor if they have been prescribed for you.

## SEED SPROUTING CHART

Seed	Seeds per Quart	Yield	Daily Rinses	Growing Time	Best Sprout Lengthh
<b>Alfalfa (for salads)</b>	2 Tbs.	4 cups	2	5 days	1 -2 "
<b>Alfalfa (for baking)</b>	¼ cup	1½ cups	2	1 day	1/8"
<b>Broccoli</b>	1 Tbs.	2 Cups	2	4 days	1"
<b>Fenugreek</b>	¼ cup	4 cups	2	5 days	3"
<b>Mung</b>	1 cup	4 cups	4	3-4 days	2-3"
<b>Radish</b>	1 Tbs.	2 cups	2	3-5 days	½ to 1"
<b>Red Clover</b>	3 Tbs.	4 cups	2	4 days	When they're green
<b>Sunflower</b>	1 cup	3 cups	2	1 day	1/2"
<b>Wheat</b>	1 cup	4 cups	3	3 days	1/2"