



Cabbage Cuts Cancer

Broccoli, Cabbage, Soy Found to Cut Cancer Risk

Environment News Service, February 10, 2005

WASHINGTON, DC, February 10, 2006 (ENS) -

Some vegetables contain chemicals that appear to enhance DNA repair in cells, which could lead to protection against cancer development, say Georgetown University Medical Center researchers.

In a new study published in the "British Journal of Cancer" and by the journal "Nature" the researchers show that in laboratory tests, a compound called indole-3-carinol (I3C), found in broccoli, cauliflower and cabbage, and a chemical called genistein, found in soy beans, can increase the levels of two specific proteins that repair damaged DNA.

This study is one of the first to provide a molecular explanation as to how eating vegetables could cut the risk of developing cancer, an association that some population studies have found, says the study's senior author, Eliot M. Rosen, MD, PhD, professor of oncology, cell biology, and radiation medicine at Georgetown's Lombardi Comprehensive Cancer Center. "It is now clear that the function of crucial cancer genes can be influenced by compounds in the things we eat," Rosen says.

"Our findings suggest a clear molecular process that would explain the connection between diet and cancer prevention." In this study, Rosen exposed breast and prostate cancer cells to increasing doses of I3C and genistein, and found that these chemicals boosted production of the repair proteins BRCA1 and BRCA2.

Since decreased amounts of the BRCA proteins are seen in cancer cells, higher levels might prevent cancer from developing, Rosen speculates, adding that the ability of I3C and genistein to increase production of BRCA proteins could explain their protective effects.

The study was funded by the Susan G. Komen Breast Cancer Foundation and the National Cancer Institute and co-authors include Drs. Saijun Fan, MD, PhD, Qinghui Meng, MS.

from WHO and Health Canada

- Cancer accounts for 7.1 million deaths annually (12.5% of the global total).
- Dietary factors account for about 30% of all cancers in Western Countries and approximately up to 20% in developing countries; Diet has been linked to cancers of the breast, colon, mouth, stomach, pancreas and prostate
- Diet is second only to tobacco as a preventable cause.
- A simple change, such as eating the recommended five servings of vegetables and fruit each day, could by itself reduce the cancer rates more than 20%.
- Eating right, plus staying physically active and maintaining a healthy weight, can cut cancer risk by 30% to 40%
- Eating right, plus staying physically active and maintaining a healthy weight, and coupled with not smoking have the potential to reduce cancer risk by 60% to 70%



Don't forget:
**Seedy Saturday is
March 18th**

Look for more info in next
week's Good Food Box or
www.foodshare.net

Field to Table Centre
200 Eastern Avenue
Toronto, ON M5A 1J1

t. 416. 363. 6441 xt 221
f. 416. 363. 0474
e. gfb@foodshare.net
www.foodshare.net

working with communities to improve access to affordable healthy food - from field to table





recipes

Grilled Cabbage Wedges

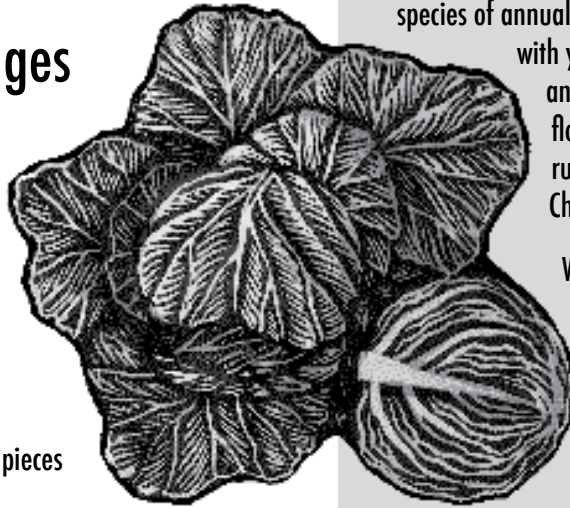
makes 6 servings

INGREDIENTS:

- 1 head cabbage, cored and cut into wedges
- 1 onion, sliced
- 1 green bell pepper, sliced
- 1 clove garlic, minced
- cracked black pepper to taste
- 1/4 cup butter or margarine, cut into pieces

DIRECTIONS:

1. Preheat grill for medium heat, and lightly oil grate.
2. Place cabbage on a large sheet of aluminum foil. Top with onion slices, bell pepper slices, garlic, black pepper, and butter. Fold edges of foil together to seal, then wrap entire package again with another sheet of foil.
3. Cook on hot grill for 30 to 45 minutes, turning packet every 10 minutes.



featured this week:

All true cabbages belong to the Brassica genus, a group within the Cruciferae or Brassicaceae (mustard) family, comprising about 30 species of annual, biennial and occasionally perennial herbs with yellow or white flowers. This includes the green and purple cabbage, brussels sprouts, cauliflower, broccoli, kale, collards, kohlrabi, and rutabaga, as well as the Asian cousins Bok Choi, Choi Sum, Tat Soi.

Wild cabbage is thought to have been brought to Europe around 600 B.C. by groups of Celtic wanderers. It was grown in Ancient Greek and Roman civilizations that held it in high regard as a general panacea capable of treating a host of health conditions.

Keeping cabbage cold will keep it fresh and help it retain its vitamin C content. Put the whole head in a plastic bag in the crisper of your refrigerator. Red and green cabbage will keep this way for about 2 weeks. If you need to store a partial head of cabbage, cover it tightly with plastic wrap and refrigerate. Since the vitamin C content of cabbage starts to quickly degrade once it has been cut, you should use the remainder within a couple of days.

Cabbage is a good source of Vitamin C and a source of folacin.

Asian-style Coleslaw 10 servings.

INGREDIENTS:

- 6 tablespoons rice wine vinegar
- 6 tablespoons vegetable oil
- 5 tablespoons creamy peanut butter
- 3 tablespoons soy sauce
- 3 tablespoons brown sugar
- 2 tablespoons minced fresh ginger root
- 1 1/2 tablespoons minced garlic
- 6 cups thinly sliced green cabbage
- 3 cups thinly sliced red cabbage
- 2 red bell peppers, thinly sliced
- 2 carrots, julienned
- 6 green onions, chopped
- 1/2 cup chopped fresh cilantro

DIRECTIONS:

1. In a medium bowl, whisk together the rice vinegar, oil, peanut butter, soy sauce, brown sugar, ginger, and garlic.
2. In a large bowl, mix the green cabbage, red cabbage, red bell peppers, carrots, green onions, and cilantro. Toss with the peanut butter mixture just before serving.

"Cabbage" by any other name...

- Brassica oleracea var. capitata - Latin
- Chou - French
- Kohl - German
- Kalam - Iranian
- Cavolo - Italian
- Repolho - Portuguese
- Col - Spanish

if you want to be on call as a GFB NEWS vegetable translator, please email: "laura@foodshare.net"

DELIVERIES

for the week of: **March 7th**
orders are due 5 pm Tues. **Feb 28th**

for the week of **March 14th**
orders are due 5pm Tues. **March 7th**



e. gfb@foodshare.net
f. 416. 363. 0474
t. 416. 363. 6441 xt 221