

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

Vegetable power's in your mind -- and in your pocketbook

New research on vegetables and aging gives mothers another reason to say "I told you so." It found that eating vegetables appears to help keep the brain young and may slow the mental decline sometimes associated with growing old.

On measures of mental sharpness, older people who ate more than two servings of vegetables daily appeared about five years younger at the end of the six-year study than those who ate few or no vegetables.

The research in almost 2,000 Chicago-area men and women doesn't prove that vegetables reduce mental decline, but it adds to mounting evidence pointing in that direction. The findings also echo previous research in women only.

Green leafy vegetables including spinach, kale and collards appeared to be the most beneficial. The researchers said that may be because they contain healthy amounts of vitamin E, an antioxidant that is believed to help fight chemicals produced by the body that can damage cells.

Vegetables generally contain more vitamin E than fruits, which were not linked with slowed mental decline in the study. Vegetables also are often eaten with healthy fats such as salad oils, which help the body absorb vitamin E and other antioxidants, said lead author Martha Clare Morris, a researcher at the Rush Institute for Healthy Aging at Chicago's Rush University Medical Center.

The fats from healthy oils can help keep cholesterol low and arteries clear, which both contribute to brain health.

The study was published in this week's issue of the journal *Neurology* and funded with grants from the National Institute on Aging.

- By LINDSEY TANNER, AP Medical Writer

If anyone doubts that local food provides lots of energy, check out this jam-packed one-day event put on by a partnership of Toronto's localistas (locavors, they're also called).

The November 25 event is called "**What Does Local Food Really Mean? Getting Down to Business with Local Jobs, Sales and Economic Development**". There are two featured speakers. Glenys Babcock, a Vice President of Ipsos-Reid, breaks the latest polling news on how consumers judge local food. And Mike Hamm, one of the most respected food analysts in the U.S., a professor at University of Michigan and leading light on the Michigan Food Policy Council, will present his recent and path-breaking research on what local food means for local jobs and economic development. As well, there are expert-led workshops on a variety of themes: institutional sales; culinary and agro-tourism; urban agriculture; education; New Canadians/New Farmers; public health and environmental implications; rural economic development.

This is a must-attend event for engaged academics, rural, economic and regional planners, leaders of food agencies and NGOs, and above all, farmers and other entrepreneurs keen on getting in with the early birds on the hot new local food trend.

The event runs from 8:30 am to 4:30 pm on Saturday, November 25, 2006, at Black Creek Pioneer Village. The cost is \$30, which covers all sessions, refreshments, and a local and seasonal meal provided by Black Creek Pioneer Village catering staff. This year's local food conference is sponsored by Caledon Countryside Alliance, Local Flavour Plus, the GTA Agricultural Action Committee, and the Toronto Food Policy Council.

Space is limited, so to reserve a space, please register ASAP at 905-584-6221 or www.caledoncountryside.org. For further information, please contact Karen Hutchinson at 905-584-6221, or karen@caledoncountryside.org.

- from Toronto Food Policy Council email news

What's Local: The cabbage, of course! In the conventional GFB it's from all over Ontario by way of the Food Terminal. If it's organic it comes from Pfennings. We have been buying all of our organic produce through Pfennings lately except for sweet potatoes which come from John Willenger

FIELD



TABLE

a project of

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Good Food NEWS



recipes

Gujarat-Style Baked Cabbage (Patta Gobi Wadi)

Serves 8

- 2 cups green cabbage firmly packed finely shredded
- 1 med onion, halved and finely sliced
- 1/4 cup grated coconut
- 3/4 cup chick-pea flour
- 1 tsp fresh grated ginger
- 1-2 hot green chiles, chopped or to taste
- 1 tsp ground coriander
- 1 tsp salt
- 3 tbsp mild vegetable oil
- 1/4 cup water
- 1 tsp esame seeds

Position a rack in the middle of the oven and preheat the oven to 350F. Combine the cabbage, onion, coconut, chick-pea flour, ginger, chile, coriander, and salt in a large mixing bowl. Toss to mix. Add the oil and water and mix thoroughly. Pour the mixture into an ungreased 8x8x2 inch baking pan or earthenware baking dish. Press lightly to spread into an even layer. Sprinkle the sesame seeds on top. Bake until the top is lightly browned, about 45 minutes. Let it rest for 5 minutes. Cut into 2-inch squares. Serve hot or at room temperature. Texture should be between a crisp potato pancake and hashbrowns

Cabbage and Carrot Bahji

- 1 tbsp coriander seeds, crushed
- 1/2 tsp cumin seeds
- 2-3 dried chilis
- 4 cups shredded cabbage
- 1 cup diced carrots
- 1/3 cup chopped tomato
- 1/4 tsp tumeric
- 1 green chili, chopped

Pam or dry fry coriander, cumin seeds, and whole chili. Stir for a min over medium heat, or until chilis darken. Add carrots, cabbage, tomatoes, then tumeric, green chilies. Stir to mix thoroughly. Reduce heat, cover, and simmer 15-20 minutes. Veggies should be a little crunchie



featured this week: CABBAGE

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.

BY ANY OTHER NAME

- Brassica oleracea var. capitata - Latin
- Chou - French
- Kohl - German
- K'roov - Hebrew
- Kalam - Iranian
- Cavolo - Italian
- Repolho - Portuguese
- Col - Spanish
- Kool - Dutch

DELIVERIES

for the week of: Nov. 28
orders are due 5 pm Tues. Nov 21

for the week of Dec. 5
orders are due 5pm Tues. Nov 28

