

Nutrition Nibbles

Green Eating

What the Heck is Green Eating All About?

You've probably heard the terms: "going green," "green living," and "green eating." What does it mean to eat green? Eating more green vegetables? Eating more eco-friendly? Eating like Kermit the Frog?

Green eating is a way of feeding your body without sacrificing the health of the earth at the same time. At its best, green eating takes into account the earth's ecosystems including land, air, water; fair and proper wages for those who grow and harvest our food; seasonality of the foods we eat; the distance our food must travel to make it to our plates; and the food packaging and waste that our food decisions create. Read on for the simplified version of a complicated movement.

A few of the most popular green eating tips include:

- **Purchase organic.** Not only are organic foods good for you, they are healthy for the farmer and the planet.
- **Buy seasonally.** Foods taste their best when they

Green Lingo

Organic: farming methods that do not include the use of synthetic pesticides and chemicals. Sewage sludge, antibiotics, hormones, genetic modification, and irradiation are not allowed.

Locavore: a person interested in eating food that is locally produced and has not traveled long distances to the market or grocery store; also called a "localvore." The term locavore was created in 2005.

Carbon Footprint: the total amount of greenhouse gas emissions created both directly and indirectly by an individual, organization, event, product, or food.

Greenhouse Gases: gases that trap heat in the Earth's atmosphere. Common greenhouse gases include carbon dioxide, methane, nitrous oxide, and fluorinated gases.

Fair Trade: trade that satisfies certain criteria on the supply chain of the goods involved, usually including fair payment for producers; often with other social and environmental considerations

Eco-Friendly: not harmful to the environment

Sustainable: Capable of being continued with minimal long-term effect on the environment

Continued on Page 2



College Corner:

Good Ol' **Red**, White, & **Blue**

While we celebrate our independence and freedom during this month of July, why not tickle our taste buds with the flavors of red, white, and blue?

Red Watermelon is always a summer picnic favorite. Its thirst quenching and rich in vitamins A and C, as well as the mineral potassium. Not only is it delicious but it keeps your heart healthy, helps prevent cancer and inflammation.

Red Radishes offer a nice bite to salads and some variety to your party's crudites. Rich in vitamin C, folate, and potassium, radishes contain antioxidant properties, protect the heart, and help prevent neural tube defects in developing babies.

White Nectarines and Peaches provide a tasty source of fiber and fluid, plus some zip to your summer fruit salad.

White Corn is a sweet addition to your family BBQ. Rich in fiber and potassium, corn is a delicious way to keep your heart healthy.

Blueberries are a popular
Continued on Page 2

Questions or Comments? Email me at marymahoneyrd@comcast.net

Green Eating continued...

are naturally in season. They also tend to be more affordable.

- **Eat locally.** Being a “locavore” reduces your carbon footprint. Choose food that has been grown locally, within 100 miles of your community.

In these tough economic times, green eating can seem expensive, not to mention overwhelming. Here are 10 easy ways to eat green while not breaking the bank!

1. **Scratch More:** Cut down on unfriendly packaging and unhealthy preservatives by cooking fresh from scratch more often.
2. **Veg Out:** Eat efficiently by veggin’ out. Vegetables take less energy and water to grow. They also produce no greenhouse gases.
3. **Eat More Tofu:** To save 20,000 gallons of water each year, replace one pound of beef with one pound of tofu each month.
4. **Pack Your Own Lunch:** (One of my personal favorite tips!) Reduce your intake of processed and fast foods and keep extra money in your wallet by packing a lunch more often.
5. **Get the Scoop:** Buy your favorite snacks, like nuts and cereals, from your grocer’s bulk bin. They’re free from excessive packaging, minimally processed, and you can buy just what you need.
6. **Brew Your Own:** Purchase fair trade coffee and brew your own. Don’t forget to pour it into your earth-friendly reusable mug.
7. **Bag It:** Bring your own canvas bag to the market to cut down on your plastic bag use.
8. **Fill Up Your Freezer:** A full freezer uses less energy than an empty one. (The same holds true when running your dishwasher.) Fill up your freezer with healthy favorites.
9. **Treasure Your Trash:** Recycle your take-out containers or reuse them to store your leftovers or to stash tomorrow’s lunch.
10. **Grow Your Own:** Summer is the perfect time to start a simple garden of fresh herbs (rosemary, basil, sage), radishes or tomatoes. Next time you chop green onions for a recipe, save the bottom inch or two of the white parts. Place them in a cup of water on the windowsill and watch your green onions grow back!

Eco-Fun Info!

For more eco-friendly, healthy info, check out these sites:

Dirty Dozen vs. Clean Fifteen: What should you really buy organic?
<http://tinyurl.com/bl8ejw>

Calculate Your Meal’s Carbon Footprint:
<http://tinyurl.com/3twgt3>

Find A Farmer’s Market Near You:
<http://tinyurl.com/dqzk6>


College Corner continued...

summer superfruit. Rich in antioxidants that ward off bacteria and cancer, packed with phytochemicals that improve your memory, and fiber-filled to keep your digestive tract healthy, you can’t go wrong snacking on blueberries.

Blue Potatoes can be a little tough to find but they sure are fun to eat. Blue potatoes get their color from anthocyanins, a powerful antioxidant that slows down age-related cell damage in our bodies. Surprise your friends by making a red, white, and blue potato salad for your next get-together.

Check out these other fun red, white, and blue recipes:

 **Patriotic Fruit Salad**
<http://tinyurl.com/mtu9os>

 **Red Plum, White Nectarine, and Blue Cheese Pizza**
<http://tinyurl.com/lz3m2c>

 **Fourth of July Smoothie**
<http://tinyurl.com/l383lm>

Happy 4th!

