



01/18/2010
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As a thank you for purchasing your organic produce from Life, Strength & Health we would like to share with you some delicious recipes that utilize the ingredients that you received in this week's box. Variety in the ways that your produce are juiced & prepared helps you to incorporate them in your diet on a more consistent basis.

Enjoy!

Juice Recipes of the Week

Body Cleanser

½ Cucumber
1 Beet
½ Apple
4 carrots

Liver Mover

1 small beet
2 – 3 Apples

1 Apple
1 stalk Celery

Dandelion Greens
Lemon
Apple
Cucumber

Kale
Carrots
Apple
Celery

Apples
Pears

Wash fruits & vegetables. Chop if needed and feed into juicer. If you do not have a juicer you can blend all of the ingredients with 8ozs of water in blender. Then strain with a cheesecloth or juice bag.

Smoothie Recipe

12 ozs Non Dairy Milk (Soy, Rice, Almond, Oat, etc)
Kale
Banana
Natural Sweetener to taste (Agave Nectar, Raw Honey, Stevia)
2 Tablespoons of Hemp Protein Powder or Vital Mineral Greens
EFA Oil
Blender

Wash fruit or vegetables thoroughly. Combine ingredients in blender.

Meal Recipes

Garlic Mashed Cauliflower

2 cups Cauliflower cut up
5 cloves Garlic
2 tbsp Veganaise
1/2 tsp Celtic or Himalayan Salt
1/8 tsp Pepper

Preparation

Add garlic and cauliflower to a pot of water and cook until tender.
Drain water and mash adding salt, pepper and veganaise.
Serve topping with some fresh parsley if desired

Garden Salad

Arugula
Bell Pepper, seeded & chopped
Cherry tomatoes, chopped
Apples, chopped
Cucumber chopped
Carrots, shredded

Vinaigrette Salad Dressing:

1/2 cup extra virgin olive oil
1/2 cup raspberry wine vinegar or red wine vinegar
1/2 cup agave nectar or honey
2 teaspoons Dijon mustard
1/4 teaspoon dried oregano
1/4 teaspoon ground black pepper

In a jar with a tight fitting lid, combine the oil, vinegar, sweetener, mustard, oregano, and pepper. Shake well.

Sautéed Kale

Kale, coarsely chopped
3 tbsp olive oil
2 cloves garlic, finely sliced
½ Cup Vegetable Stock
Celtic & Himalayan Salt
2 tbsp red wine vinegar

Heat olive oil in a large saucepan over medium-high heat. Add the garlic and cook until soft, but not colored. Raise heat to high, add the stock and kale and toss to combine. Cover and cook for 5 minutes. Remove cover and continue to cook, stirring until all the liquid has evaporated. Season with salt and pepper to taste and add vinegar.

Frozen Mashed Banana Treat

1 Banana
2 tablespoons of rice milk, soy milk, almond milk or apple juice
1 tablespoon of peanut butter

Cut banana into half-inch pieces. Place in a zip locked baggie and put in the freezer overnight, or for 8 hours. Place frozen banana pieces and nondairy milk or apple juice in a blender. Pulse until chopped and then blend until mashed. Put into bowl dollop with a tablespoon of peanut butter.



Produce Nutritional Facts 01/18/2010

Kal e – Powerful cancer fighter.

Key nutrients: Vitamin K, Vitamin A, Vitamin C, Manganese, Dietary Fiber, Copper, tryptophan, Calcium, Vitamin B6, Potassium, Iron, Magnesium, Vitamin E, Omega 3 Fatty Acids, Vitamin B2, Protein, Vitamin B1, Folate, Phosphorus, Vitamin B3.

Storage: Kale should be wrapped in a damp paper towel, placed in a plastic bag and stored in the refrigerator crisper. It should not be washed before storing since this may cause it to become limp. Kale can be kept in the refrigerator for several days, although it is best when eaten within one or two days after purchase since the longer it is stored, the more bitter its flavor becomes.

Apples – Promote cardiovascular health and colon health. Antioxidants.

Key Nutrients: Fiber, Vitamin C, and many phytonutrients.

Storage: store apples in the refrigerator and enjoy a sweet, crunchy, whole apple at least 2-3 times each week.

Carrots – Great for the heart, the eyes, the lungs, the colon and good health overall.

Key Nutrients: High in vitamin A, K, C, fiber and potassium. Also high in antioxidants.

Storage: Carrots are hardy vegetables that will keep longer than many others if stored properly. The trick to preserving the freshness of carrot roots is to minimize the amount of moisture they lose. To do this, make sure to store them in the coolest part of the refrigerator in a plastic bag or wrapped in a paper towel, which will reduce the amount of condensation that is able to form. They should be able to keep fresh for about two weeks. Carrots should also be stored away from apples, pears, potatoes and other fruits and vegetables that produce ethylene gas since it will cause them to become bitter.

Tomatoes – Cancer Fighter, Improves Prostate Health

Key nutrients: Vitamin C, A & K.

Storage: store them at room temperature and out of direct exposure to sunlight. They will keep for up to a week, depending upon how ripe they are when purchased. To hasten the ripening process, place them in a paper bag with a banana or apple since the ethylene gas that these fruits emit will increase the tomato's maturation. If the tomatoes begin to become overripe, but you are not yet ready to eat them, place them in the refrigerator (if possible, in the butter compartment which is a warmer area), where they will keep for one or two more days. Removing them from the refrigerator about 30 minutes before using will help them to regain their maximum flavor and juiciness.

Celery – Lowers blood pressure and cholesterol. Fights free radical fighter and is a diuretic which helps excess fluid in the body.

Key Nutrients: Vitamin K, Vitamin C, electrolytes and many other active compounds. Eat 2 stalks daily or juice 2 stalks or more daily to benefit from blood pressure and cholesterol lowering medicine.

Storage: keep covered or in a bag in the Refrigerator; keep dry.

Garlic – Immune system booster, antibacterial, and antiviral. Great for the cardiovascular system with blood pressure lowering properties. Cancer fighting and great for overall health. Protects against Vampires ☺.

Key Nutrients: High in manganese, B6, and vitamin C along with other cofactors.

Storage: Store fresh garlic in either an uncovered or a loosely covered container in a cool, dark place away from exposure to heat and sunlight. This will help maintain its maximum freshness and help prevent sprouting, which reduces its flavor and causes excess waste. It is not necessary to refrigerate garlic. Some people freeze peeled garlic; however, this process reduces its

flavor profile and changes its texture. Depending upon its age and variety, whole garlic bulbs will keep fresh from two weeks to two months. Inspect the bulb frequently and remove any cloves that appear to be dried out or moldy. Once you break the head of garlic, it greatly reduces its shelf life to just a few days.

Beets – Cancer Fighter (High Antioxidants), Protects against heart disease

Key Nutrients – Fiber, Vitamin B (Folate – essential for normal tissue growth)

Storage - Store beets unwashed in the refrigerator crisper where they will keep for two to four weeks. Cut the majority of the greens and their stems from the roots, so they do not pull away moisture away from the root. Leave about two inches of the stem attached to prevent the roots from "bleeding." Store the unwashed greens in a separate plastic bag where they will keep fresh for about four days.

Pears – Lowers Cholesterol, Also promotes colon health by toning the colon walls.

Key Nutrients: Vitamin C, B2, E, Copper, Potassium and fiber.

Storage: should be stored in the refrigerator where they will keep for several days.

Cucumbers – Great for the skin and complexion, Lowers blood pressure, good for inflammation. Also promotes colon health.

Key Nutrients: Vitamin C, Molybdenum, Potassium and fiber.

Storage: Cucumbers should be stored in the refrigerator where they will keep for several days. If you do not use the entire cucumber during one meal, wrap the remainder tightly in plastic or place it in a sealed container so that it does not become dried out. For maximum quality, cucumber should be used within one or two days. Cucumbers should not be left out at room temperature for too long as this will cause them to wilt and become limp.

Bananas – Promote cardiovascular health, kidney and colon health. Protects eyesight and prevents ulcers. Helps to build bone.

Key Nutrients: Fiber, Vitamin C, Vitamin B6 and potassium.

Storage: While bananas look resilient, they're actually very fragile and care should be taken in their storage. They should be left to ripen at room temperature and should not be subjected to overly hot or cold temperatures. Unripe bananas should not be placed in the refrigerator as this will interrupt the ripening process to such an extent that it will not be able to resume even if the bananas are returned to room temperature. If you need to hasten the ripening process, you can place bananas in a paper bag or wrap them in newspaper, adding an apple to accelerate the process. Ripe bananas that will not be consumed for a few days can be placed in the refrigerator. While their peel may darken, the flesh will not be affected. For maximum flavor when consuming refrigerated bananas, remove them from the refrigerator and allow them to come back to room temperature. For the most antioxidants and to prevent constipation, eat fully ripened fruit (they will have freckles).

Arugula – Cancer fighter

Key nutrients: Vitamin A & C, Folic Acid, Calcium, Manganese, Magnesium, Potassium, Iron, Zinc, Riboflavin & Copper.

Storage: Arugula is highly perishable and does not keep well, even when refrigerated. Before storing it in the refrigerator, wrap a damp paper towel around the roots and place the vegetable in a perforated plastic bag; it will keep for 2 to 3 days but should be consumed as soon as possible.

Arugula can also be preserved standing up in a glass of water, like flowers; change the water daily.

Lemons – Antioxidant and anti-cancer properties, Strengthens immune system.

Key Nutrients – Vitamin C

Storage - Lemons will stay fresh kept at room temperature, away from exposure to sunlight, for about one week. If you will not be using them within this time period, you can store the lemons in the refrigerator crisper where they will keep for about four weeks.

Dandelion Greens - Cancer fighter.

Key Nutrients: Potassium, Iron, Magnesium, Phosphorus, B Vitamins, Calcium and Beta Carotene.

Storage: The best way to store vegetables is slightly wet in an open or perforated plastic bag in the refrigerator.

Bell Pepper – Neutralizes free radicals, Reduces risk of cardiovascular disease.

Key Nutrients: Vitamin C, A B6 & Dietary Fiber.

Storage: Unwashed sweet peppers stored in the vegetable compartment of the refrigerator will keep for up to one week. Sweet peppers can be frozen without first being blanched. It is better to freeze them whole since there will be less exposure to air which can degrade both their nutrient content and flavor.

Cauliflower - Cancer Presenter, Promote Liver Detoxification.

Key Nutrients: Vitamin C, K, Folate & Dietary Fiber

Storage: Store uncooked cauliflower in a paper or plastic bag in the refrigerator where it will keep for up to a week. To prevent moisture from developing in the floret clusters, store it with the stem side down.