



02/1/2010  
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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**

2 Carrots  
1 Apple  
1 stalk Celery

Spinach  
Apple  
Ginger

Apples  
Pears  
Ginger

Radish  
Apple  
Celery

Grapefruit  
Apple

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.)  
Spinach  
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

### Garden Salad

Lettuce, chopped  
Cherry tomatoes, chopped  
Apples, chopped  
Pears, Chopped  
Carrots, shredded  
Shitake Mushrooms, chopped  
Alfalfa Sprouts  
Red Onions, chopped

### 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 Broccoli

Broccoli, 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 broccoli 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.



## Produce Nutritional Facts 02/1/2010

**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 in a bag in the Refrigerator; keep dry.

**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.

**onion** – Lowers Blood Sugar, Helps to Lower blood Pressure & Cholesterol.

**Key nutrients:** Vitamin C, Chromium, Dietary Fiber, Manganese.

**Storage:** Onions should be stored at room temperature, away from bright light, and in a manner where they are well ventilated. To do this, either place them in a wire hanging basket or a perforated bowl with a raised base so that air can circulate underneath.

**Alfalfa Sprouts** – Anti-Oxidant Rich, Lowers High Blood Pressure, Immune Booster, Lowers bad cholesterol, Beneficial for arthritis sufferers.

**Key nutrients:** Calcium, Folic Acid, Magnesium, Manganese, Molybdenum, Phosphorus, Potassium, Silicon, Sodium, Zinc, Vitamin A, B, C, E & K.

**Storage:** Refrigerated, it can keep for four to five days, but the "eat fresh" principle applies.

**Spinach** - Packed with nutrients, spinach fights cancer, strengthens brain, heart and bones; builds blood cells and also improves eyesight.

**Key Nutrients:** High in vitamin A, K, manganese, folate, magnesium, iron, C, E, potassium and a laundry list of other nutrients.

**Storage:** Store fresh spinach loosely packed in a plastic bag in the refrigerator crisper where it will keep fresh for about five days. Do not wash it before storing as the moisture will cause it to spoil. Avoid storing cooked spinach as it will not keep very well.

**Red Leaf Lettuce** – Heart-Healthy Green

**Key nutrients:** Vitamin K, A & C, Folate, Manganese, Chromium, Potassium.

**Storage:** wash and dry before storing in the refrigerator to remove excess moisture. A salad spinner can be very helpful in the drying of lettuce (and other salad ingredients as well). These lettuces should be either stored in a plastic bag or wrapped in a damp cloth and stored in the refrigerator crisper.

**Mangos** – Anticancer Food, improves Digestion.

**Key Nutrients** – vitamin C, B, E, carotenes, Potassium, Magnesium and dietary fiber.

**Storage** – Store at room temperature.

**Broccoli** - Powerful cancer fighter.

**Key Nutrients:** Vitamin C, Vitamin K, Beta-carotene, Iron and many other vitamins, minerals and phytonutrients.

**Storage:** seal it in a plastic bag and refrigerate it in your vegetable crisper for up to 5 days.

**Grapefruit** – Helps to support the immune system. Helps to reduce inflammatory conditions.

**Key Nutrients** – Vitamin C, Fiber.

**Storage** - store them at room temperature if you are planning on consuming them within a week of purchase. If you will not be using them within this time period, store them in the refrigerator crisper where they will keep fresh for two to three weeks.

**Shitake Mushrooms** – Invigorates immune system, contain powerful antioxidant (L-ergothioneine), lowers cholesterol.

**Key Nutrients** – Vitamin C, Iron, Protein and Dietary Fiber.

**Storage** - The best way to store loose shitake, mushrooms is to keep them in the refrigerator in a loosely closed paper bag. They will keep fresh for about one week.

**Radish** – Cancer Protective Properties

**Key Nutrients** – Vitamin C, Calcium, Molybdenum, Potassium, Folic Acid.

**Storage** – Can be stored in refrigerator for up to several days.

**Ginger** – Eliminates gastrointestinal Distress, Safe & effective relief of nausea during pregnancy.

**Key Nutrients** – Potassium, Magnesium, Copper, Manganese, Vitamin B6

**Storage** – Fresh ginger can be stored in the refrigerator for three weeks if left unpeeled. Stored unpeeled in the freezer, it will keep for up to six months.