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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

Kale
Carrots
Apples
Juicer or High Powered Blender

Kale
Lemon
Apple
Juicer or High Powered Blender

Apple
Pear
Juicer or High Powered Blender

Bok Choy
Kale
Garlic
Lemon
Apple
Juicer or High Powered Blender

Tangerine
Apple
Juicer or High Powered Blender

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.

Enjoy!

Smoothie Recipe

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

Wash fruit thoroughly. Combine ingredients in blender.

Meal Recipes

Roasted Broccoli Rabe

1-2 bunches broccoli rabe
1 small onion, diced
2-4 garlic cloves
2-3 tbsp extra virgin olive oil

Put the onion, garlic and olive oil in a roasting pan. Place it in the oven (or outdoor grill) while it preheats to 350 degrees. Remove pan from oven. Add broccoli rabe and toss well. Return to oven for 10-15 minutes. Toss and return to oven for 5-7 more minutes.

Candied Butternut Squash with Cinnamon and Honey

1 large Butternut Squash, quartered lengthwise
¼ Cup melted Vegan Butter (Earth Balance)
¼ Cup Agave Nectar or Honey
½ Cup finely chopped Pecans
¼ Teaspoon Cinnamon

Scoop seeds out of butternut squash. Arrange butternut squash pieces, cut-side down, in a large baking dish. Pour hot water in the baking dish to a depth of about 1/4-inch. Bake butternut squash at 350° for 50 to 60 minutes, or until tender. Cool squash; peel. Cut squash into 1/2-inch slices and place in a 9x13x2-inch baking dish. Pour butter and honey over squash, then sprinkle with pecans and cinnamon. Return to oven and bake for 15 to 25 minutes, until butternut squash is glazed and hot.

Baked Rutabaga

2 or 3 medium sized Rutabagas
1 Tbsp of Agave Nectar or Natural Sweetener
1 Tsp. Celtic or Himalayan salt
1/8 Tsp White Pepper
¼ Cup of Vegan Butter (Earth Balance)
½ Cup Rice or Soy Milk
1 Tbsp Unbleached Flour

Peel and slice rutabagas. Cook in salted water until soft. Drain. Mash and add sweetener, milk, flour and pepper. Beat until consistency of lumpy mashed potatoes. Pour into greased loaf pan. Dot with butter. Bake at 350°F. for about 45 minutes, until brown peaks appear.

Squash Stew

3 Tbsp Extra Virgin Olive Oil
½ White Onion, diced
1 Leek, chopped
1 Tbsp Ground Cinnamon
2 Tbsp Chili powder
4 cloves crushed garlic
1 Tbsp cumin seeds, toasted
2 Tbsp lemon juice
4 large tomatoes – peeled, seeded, and coarsely chopped
Bok Choy, chopped, use desired amount
Shitake Mushrooms, chopped, use desired amount
1 medium butternut squash, peeled & diced
1 medium rutabaga, peeled & diced (optional)
1 cup pinto beans, cooked or canned
1 cup water
Celtic or Himalayan salt & pepper to taste

In a large heavy-bottomed pot, heat olive oil and saute the onion and leek for a few minutes. Add the cinnamon and chili powder and continue to saute for another 2 minutes. Mix in the garlic and cumin seeds, saute for 2 minutes more before adding lemon juice and the tomatoes. Mix thoroughly so the stew doesn't get too chunky. Stir the squash, rutabaga, bok choy, shitake mushrooms, pinto beans and water into the stew. Season with salt and pepper to taste. Let the stew simmer for 1 hour, or until squash is tender. Stirring occasionally throughout the cooking hour, and add more water if necessary. The finished stew should have a nice, thick stewy texture.



Produce Nutritional Facts 12-28-2009

Kale – 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.

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.

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 over all.

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.

Broccoli Rabe - 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.

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.

Tangerines – Immune system booster, lowers cholesterol, protects against cancer and builds connective tissue.

Key Nutrients: High in Vitamin C, high in fiber and many phytonutrients such as flavanoids.

Storage: Can be kept in the refrigerator or room temperature. It is all preference because it will keep the same amount of time either way. They will easily last 2 weeks but keep them dry and disregard any molded Tangerines or they will spoil the bunch.

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.

Bok Choy - Cancer – Fighting Properties

Key Nutrients: Vitamin C, Vitamin K, Dietary Fiber

Storage: Keep in a plastic or paper bag in refrigerator.

Tips for Preparing Green Beans: 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.

Leeks – Improves cardiovascular health (Cholesterol), Reduces risk of prostate, ovarian and colon cancer. Helps to stabilize blood sugar.

Key Nutrients – vitamin C & B6, Manganese, Iron, Folate.

Storage - Fresh leeks should be stored unwashed and untrimmed in the refrigerator, where they will keep fresh for between one and two weeks. Wrapping them loosely in a plastic bag will help them to retain moisture. Cooked leeks are highly perishable, and even when kept in the refrigerator, will only stay fresh for about two days. Leeks may be frozen after being blanched for two to three minutes, although they will lose some of their desirable taste and texture qualities. Leeks will keep in the freezer for about three months.

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 shiitake mushrooms is to keep them in the refrigerator in a loosely closed paper bag. They will keep fresh for about one week.

Rutabaga – Cancer Fighter,

Key Nutrients – Vitamin A & B, Calcium and Phosphorus.

Storage - Store in a cool, moist area for winter storage, or in a plastic bag in the fridge for about one month.

Butternut Squash – Have anticancer effects, Supports Men's Health (Prostate), Promotes Lung Health (reduces lung cancer risk).

Key Nutrients – Manganese, Potassium, Vitamin C & A, Dietary Fiber and Folate.

Storage - should be kept away from direct exposure to light and should not be subject to extreme heat or extreme cold. The ideal temperature for storing winter squash is between 50-60°F (about 10-15°C). Once it is cut, cover the pieces of winter squash in plastic wrap and store them in the refrigerator, where they will keep for one or two days. The best way to freeze winter squash is to first cut it into pieces of suitable size for individual recipes.