



# The Moon Gardens' Messenger

Cultivating Creative ways to care for others, ourselves, and the environment.

## Enhancing the Health of Potatoes

Many times we hear potatoes are our

enemy. But potatoes can be part of a healthy diet and here are some tips to make them be just that.

Fiber & fifty percent of the fantastic antioxidants (nutrients super good for our health) are found in the skin. The take home message is... "Enjoy eating the skin!"

Without a doubt, the purple and orange fleshed potatoes are the best! They are the highest in nutrients and are superstars for our health.

When having a standard white potato, a tip to lower its glycemic index (the measure of how fast sugar is processed in the body) is to prepare the potato in whatever way you desire. Then refrigerate the potato dish for approximately 24 hours. Through this chilling process, the rapidly digested potato starch is transformed making the potato dish a slower processed sugar (it's like magic).

Another way to slow down this sugar absorption, is to add a form of fat and/or vinegar to the dish. In addition make sure to always eat the skin as the fiber also helps to slow down the processing of sugar too. Check out our highlighted recipe for a delicious example fusing all these cooking tips together.

Enjoying potatoes in these ways helps us to prevent health conditions associated with a diet high in foods in which the sugars are quickly processed. In addition it's a way to eat a more nutrient rich diet. So potatoes are okay as long, more than not, you're enjoying them in the proper way!

"My fake plants died because I did not pretend to water them."  
~Mitch Hedberg

## How to Cook Corn for Health

It's that time of year again when we go crazy for corn!

Corn has changed a lot over the years and has been manipulated to be sweeter than its past varieties. But we can still make modern-day corn a nutritious part of our diet. Enjoy these tips to do just that:

Choose varieties that are deep in color: deep yellow is a better choice than white corn and if you ever have the option to try (or even grow) red, blue or purple corn, these varieties are lower in sugar and higher in nutrients.

You may also be pleasantly surprised to know that whenever you cook corn, cooking it with its husks on will retain the most nutrients. Two optimal ways to do this are steaming and grilling the corn.

Unfortunately, the most common way people prepare corn is by removing the husk and placing it in boiling water. This cooking technique leads to most of its nutrients ending up in the water and very little is left in the corn. It is to our advantage to decrease boiling corn, and choose to grill it or steam it instead.



## Food for Thought is Money for the Budget

Take a look at this:

A meal budget for one  
person eating each  
meal out:

\$5.00 for Breakfast  
\$10.00 for Lunch  
\$12.00 for Dinner

\$27.00 for a day x 7  
days per week =

**\$189.00 per week**

Think about how far  
this money would go  
for one person in a  
grocery store...

Limiting the amount  
of time we go out to  
eat opens up our  
budgets for  
purchasing quality  
foods.

## When to Go Organic

The Environmental Working Group is a non-profit working for us! Each year they put out a list of foods that we should try to buy the organic option. This list contains the produce that retain the most pesticides and insecticides. It may not be realistic with our food budgets to go all organic, but when we can buy organic it's a win for our health and the environment.

Many local farms do not spray, but they cannot afford to have the expensive seal of approval put on their product. It's in our best interest to shop at farmers markets for local fruits and vegetables, Then, we could ask the person selling the produce their situation. We don't have to go all organic, but when possible, we should give it a try. Doing so supports the farmers that are practicing traditional ways of farming; and this will make it more successful method for all. And hopefully, this will aid in bringing down the cost.

When possible try to choose the organic forms of these fruits and veggies:

1. Strawberries
2. Spinach
3. Nectarines
4. Apples
5. Grapes
6. Potatoes
7. Pears
8. Cherries
9. Tomatoes
10. Celery
11. Peaches
12. Sweet Bell Peppers

To learn more visit: <https://www.ewg.org/foodnews/dirty-dozen.php>

## Travel Through Taste

### Mediterranean Flavored Potato Salad

#### Earthy Ingredients:

- 2 ½ pounds potatoes (leave skins on)
- ½ cup heaping red onion, finely chopped
- 1/4 cup parsley, finely chopped
- 1/3 cup olive oil
- 1/4 cup plus 2 tablespoons red wine vinegar
- Salt and pepper to taste (approximately 1 1/4 teaspoons of salt)

#### Delectable Directions:

Boil whole potatoes in salted water until they can be pierced with a fork but still firm. Drain and run cold water over top, then cube potatoes. Mix oil and vinegar together and pour over potatoes then add other ingredients mix and refrigerate overnight.

#### Get Creative in the Kitchen

Add in some capers or try using white wine vinegar instead.