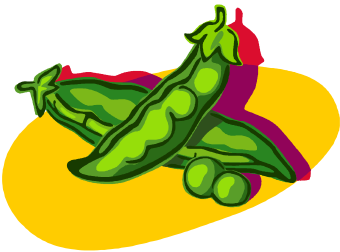


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FOOD FOR THOUGHT

A quarterly newsletter by the Food Group @ UW



SEASONAL SPOTLIGHT: Peas

By Kate Winne

Welcome to Seasonal Spotlight! Every issue we'll feature a different seasonal item, list some facts about this fruit or vegetable, and give a delicious, healthy recipe featuring this food. Today's vegetable: peas!

Pea season - early Spring to the first weeks of Summer - is coming! You know canned peas, you know frozen peas, but have you tried fresh peas? Yes, you have to shell them, but it's worth it. (One pound of unshelled peas equals about a cup of shelled peas.) At the grocery store or farmer's market, choose medium-sized pea pods. Large pods will contain too-starchy peas; small pods might contain

underdeveloped peas. If you buy your peas at a farmer's market, you can ask when they were picked - peas picked more recently will be sweeter because of their higher sugar content. (After picking, peas convert sugar to starch.)

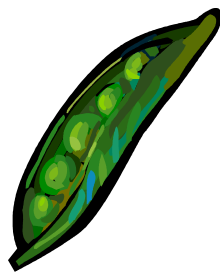
Peas may have been one of the first cultivated crops. Archaeologists have found evidence of pea crops in Iraq dating back to 7000 BC! This long agricultural history continues to benefit us today - peas are good sources of vitamins A and C, folate, iron, and phosphorus. The recipe below is a simple and delicious way to try fresh peas!

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Risi e Bisi (Rice and Peas) (adapted from Nigella Lawson)

6 c. chicken or vegetable broth	1 small yellow onion, minced
1 3/4 lb. fresh peas in pods, shelled	3 T. chopped flat-leaf parsley
2 T. butter	1 1/4 c. Arborio rice
5 T. freshly grated Parmesan cheese, plus more for serving	Salt and black pepper.
2 T. extra virgin olive oil	



Melt 1 T. butter in a saucepan over low heat. Sauté about a quarter of the peas until tender. Put in a food processor with 1 T. Parmesan and puree. (If you don't have a food processor, you could mash the peas with a fork or potato masher.)

In a wide saucepan over medium heat, melt 1 T. butter with the olive oil. Add the onion and cook until tender. Add 1 T. parsley and the remaining peas. Stir in Arborio rice until it is coated in the butter and oil. Add the broth, stir, and then add the pea puree. Cover and simmer for about 15 minutes (or until the rice is cooked). Remove from heat, and stir in the remaining Parmesan and parsley.



FOOD GROUP at University of Washington promotes and raises awareness of nutrition on campus and in the greater Seattle area. We aim to increase access to nutrition information for students, conduct educational outreach and fundraise with promotional messages.



Seasonal Eating: Community Supported Agriculture

By Alanna Boynton

Spring has now officially arrived! The sun is shining (occasionally), the days are getting longer, and the blossoming fruit trees offer the promise of plenty of cherries, peaches, plums, and pears to enjoy this summer. Late spring is the perfect time to start to include more locally-grown produce in your diet, since it becomes widely available at farmer's markets and grocery stores. Another way to receive locally-grown, often organic produce is to sign up for a Community-Supported Agriculture (CSA) program. These programs directly link farmers to local consumers; the consumer pays in advance for a "share" in the farm, and in return receives a regular selection of crops produced by that farm. These programs have many advantages besides providing fresh produce. They aid in protecting the rural environment and wildlife habitats, as well as decreasing greenhouse gas emissions since your food travels a shorter distance from the farm to your plate. Many also offer helpful information with each box of produce, such as recipes, instructions on how to prepare fruits and vegetables provided, nutrient content of foods, and articles on nutrition issues. Typically, there are several drop-off locations where you can pick up your produce each week. Because you are pledging your support to the farm, there is some risk involved depending on the weather and crop conditions. For example, the first year I participated in a CSA, there was a bumper crop of lettuce and we ended up eating salads every day. But, on the flip side, we also received some of the most delicious, otherworldly, melt-in-your-mouth strawberries that I have ever tasted. Participating in a CSA is a great way to support your local farmers and enjoy incredibly fresh fruits and vegetables all season long. Visit <http://www.pugetsoundfresh.org> for a list of CSA programs in Washington. Happy eating!

Food Group Q & A

By Moz Benado

A classmate (I will call him Mike) wanted to know what he should take to "cleansing his blood." With a few questions, I found out that "Mike" works out "a lot" and he feels he does not recover as quickly as he is accustomed. He stated he has a tendency to be anemic and wondered what he should do to feel better. He was skeptical about protein supplements, but wanted to know what I thought.

Mike's questions give rise to 4 topic areas that you may also want to know more about. In upcoming issues the following will be reviewed: cleansing rituals, balanced eating, protein/ ergogenic supplements and vitamin/iron supplementation for the active adult.



But 1st every one with health concerns needs to establish care with a medical doctor. If you are experiencing changes in your health, addressing these issues with a trained professional is a must in order to rule out any conditions needing urgent care. A medical doctor also can make appropriate referrals to other professionals such as a dietitian. If you relate to Mike, check in with your primary health care practitioner. If you do not have one then go to Hall Health as one free visit is permitted each term. (Hall Health Primary Care Center: 206 616-2495)

Cleansing rituals <http://nccam.nih.gov/health/ayurveda/#ayurveda>

The National Institute of Health has a Center for Alternative and Complementary Medicine and a website providing information on various alternative approaches to health. The idea of cleansing may mean different things to different people and cultural systems. Cleansing in the sense of soap and water may not be applicable when evaluating the content of our diets. Sometimes we may think some foods are the cause of ill feelings and wonder if this is true. In today's world, the nutrient content of some foods may not be as rich because of the way the food is processed. In other cases our food preferences may include foods containing similar nutrients and we lack the full range of foods that is recommended. Increasing the variety of foods you eat is the best approach to acquiring optimal nutrient needs. A variety of colorful fruits and vegetables included with dairy, protein and complex carbohydrates will assure your body and blood contain the nutrients you need to be and feel healthy. (For more guidance, go to <http://www.mypyramid.gov/> and see balanced eating in the next issue.)

Faculty Epicure: Glen Duncan, PhD

By Kate Winne

What did you eat for breakfast?

This morning I had OJ and an Asiago cheese bagel and coffee. I always have OJ before I leave home, but usually buy coffee and something to eat at one of the many places around campus (sesame bagel with hummus at Bean & Bagel, berry mazurka at Parnassus, or white chocolate banana bread at Solstice).

What is your favorite vegetable?

Asparagus.

When it comes to food, what is your guilty pleasure?

I don't really have any guilty pleasures when it comes to food. I pretty much eat whatever I want, I just eat the real good stuff like chocolate, ice cream, and cookies in moderation.

How do you get active on the weekends?

Primarily martial arts training, but I also do quite a bit of walking around the neighborhood on the weekends, projects around the house, and head to the mountains for a long hike in season.

What is your favorite Seattle restaurant?

That's a tough one probably Union.



Dr Glen E Duncan
Assistant Professor,
Epidemiology

Save the Dates!

Join us for some summer fun

Tea Tasting

June 24, 2007, 2pm. Location TBD.



3rd Annual Food Group Summer Picnic

August 16, 2007, 6 pm. Location TBD.



More information on our summer fun to come....



Join the Food Group!!!

Joining the Food Group is FREE!

As a member of the Food Group you will be able to:

- Participate in fundraising and social events
- Get involved in community events related to healthy eating and exercise
- Meet other students interested in nutrition issues

For membership information, please contact foodgrp@u.washington.edu

<http://students.washington.edu/foodgrp/>