

November 24, 2008

Special Notice

**Holiday Food Drive
to benefit
Northwest Harvest
Nov 20—Nov 25**

See page 4 for details

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Food For Thought

Seasonal Spotlight by Elizabeth Payne

The days are getting shorter and wetter; a sure sign that winter is just around the corner. The onset of gloomy weather is a great time to bump up your intake of fresh, seasonal produce. Many of the fruits and vegetables grown in the late fall and winter are packed with nutrients that can help us stay healthy through the cold winter months.

Though winter may seem an unlikely season for local produce, you can find a bounty of fresh produce from Washington state at grocery stores or local farmers markets. To find out what vegetables will be harvested each month check out the Puget Sound Fresh website (www.pugetsoundfresh.org) and click on the Harvest Schedule link. The Puget Sound Fresh website also has links to a list of grocery stores carrying local produce and a list of farmers markets in Western Washington.

Buying local ensures that you get fresh, flavorful produce and supports our local economy. And with food prices on the rise, buying local can ease the strain on your food budget. Though many people believe that farmers markets are more expensive than grocery stores, a study conducted last February by a business statistics class from Seattle University debunked that myth. They found that pound for pound prices at the farmers market were slightly lower than at grocery stores for fifteen commonly purchased produce items (see reference).

Joining a CSA (Community Supported Agriculture) is another way to get fresh, seasonal produce without breaking the bank. CSA's enable you to purchase directly from the farmer and generally whatever is harvested that week is what goes in your box, guaranteeing that you will get lots of produce variety. Some CSA's will

deliver directly to your door while others have pick-up locations throughout the city. Check out the CSA directory on the Puget Sound Fresh website for more information.

Reference:
http://seattletimes.nwsourc.com/html.localnews/2003733548_farmer_s04.html



The farmer's market in the U-District offers a wide variety of local produce every Saturday.

Brussels Sprouts with White Beans and Pecorino by Elizabeth Payne

This *Seasonal Spotlight* we are highlighting Brussels sprouts, harvested through February in Washington. Brussels sprouts are a superb winter vegetable with a delicate, earthy flavor (when fresh and not overcooked!). They are packed with nutrients and are a good source of Thiamin, Riboflavin, Iron, Magnesium, Phosphorus and Copper, and a very good source of Dietary Fiber, Vitamin A, Vitamin C, Vitamin K, Vitamin B6, Folate, Potassium and Manganese (www.nutritiondata.com).

A great way to enjoy brussels sprouts is in this hearty side dish from epicurious.com. A coarse grating of pecorino cheese adds a little creaminess and tang to this dish, but it's equally delicious without it.

Yield: Makes 12 servings
Active Time: 45 min
Total Time: 1 hr 15 min

Ingredients

8 Tbsp extra-virgin olive oil, divided
2 lbs brussels sprouts, trimmed, cut in half lengthwise
6 garlic cloves, chopped
1 C low-salt chicken broth
1 15-oz can cannellini (white kidney beans), drained
2 Tbsp (1/4 stick) butter
1 C (about 4 oz) coarsely grated young pecorino (such as a young Pecorino Toscano)

Preparation

Heat 3 tablespoons oil in heavy large skillet over high heat. When just about to smoke, add half of brussels sprouts.

Cook until brown, stirring occasionally, about 5 minutes. Transfer to large bowl. Heat 3 tablespoons oil in same skillet. Add remaining brussels sprouts, reduce heat to medium-high, and cook until brown, stirring occasionally, about 5 minutes. Transfer brussels sprouts to same bowl.

Add remaining 2 tablespoons oil to skillet; increase heat to high. Add garlic; sauté until brown, stirring constantly, about 1 minute. Add broth and brussels sprouts. Cook until brussels sprouts are crisp-tender, stirring frequently, about 3 minutes. Add beans and butter; stir until butter melts and broth is reduced to glaze, about 1 minute. Season with salt and pepper. Stir in cheese.



Food Group Activity Highlights

Wondering about what fun things Food Group members got to do this quarter? Check out the event highlights on pages 2 and 3 of this newsletter.

If you're feeling a little left out, keep an eye out for future Food Group event announcements in your Webpine inbox. You can also find some upcoming events listed on the last page of this newsletter.

Event Highlight #1: Puget Sound Heart Walk 2008

On Saturday, October 4, 2008, Team Food Group gathered at Qwest Field in Downtown Seattle to participate in a 5k (3.2 mi) walk to help raise money for the American Heart Association and to create heart disease awareness.



Team Food Group at the Puget Sound Heart Walk finish line.

We had great fun as we shared the Alaskan Way Viaduct with 7,000 Heart Walkers and enjoyed live local band performances along the way.

And what is a little light rain when we get free food and items from event sponsors at the end?



Eating to Boost Your Mood by Kris Timme



It's that time of year in Seattle again—shorter days, darker skies. Do you find yourself feeling a little blue when the skies are gray here in Emerald City? It is estimated that 20-30 percent of persons living in a region with a latitude similar to Seattle experience Seasonal Affective Disorder (SAD).

SAD is a pattern of seasonal depression that can be experienced by people who are otherwise happy, healthy people. College students regularly suffer from SAD in the fall and winter because of Seattle's overcast skies and rainy weather. Changes in the weather patterns may bring about changes in mood, appetite, weight, and sleep.

SAD occurs more frequently in northern latitudes, and is thought to be caused by the body's reactions to reduced natural light. Photo (light) therapy has been widely demonstrated to be an effective treatment for SAD. University of Washington's Counseling Center offers light therapy for S.A.D. to currently enrolled UW-Seattle Students at no charge. Call (206) 543-1240 to schedule an appointment or check out their website for more information (<http://depts.washington.edu/counsels/services/sad/sad.html>).

Even if you don't suffer from SAD, feelings of lethargy and gloom may accompany the cold, dark winter

months. The typical person spends more times indoors and is less physically active during the winter than other months of the year.

Along with increased sadness, higher irritability, and greater anxiety persons affected by the weather during fall and winter months may have increased appetite and experience craving of carbohydrates and sweets. Monitoring both the quality and quantity of snacks is an important way to maintain a healthy weight during the winter months.

In a recent interview on NBC, nutritionist and Registered Dietitian Joy Bauer provided some simple strategies on what and when to eat to help improve mood. She emphasized the following:

- Eat every 4 to 5 hours to prevent dips in blood sugar levels.
- To lessen blood sugar swings, limit refined carbohydrates, such as sugar from candy, soda, fruit juice, jam, and syrup. Try to eat high-quality carbohydrates, like vegetables, fruit, beans, peas, lentils, brown rice, wild rice, and oatmeal.
- Eat fiber! Fiber can help slow the absorption of sugar into the blood and can potentially lessen blood sugar and mood swings. Some of her favorites include: brown rice,

barley, apples, pears, strawberries, oranges, sweet potatoes, carrots, peas and beans .

- When possible, incorporate protein into meals and snacks. Like fiber, this also helps to slow the absorption of sugar into the blood. Eating high protein sources like poultry, seafood and fish, veal, pork tenderloin, tofu, eggs and low-fat yogurt may leave you feeling better and give you more energy for hours after eating. Opt for food over powder sources of protein.

Other nutrients to include: Omega-3 fats, folic acid, B12, and Vitamin D. Aside from benefits for a healthy heart, some research suggests that omega-3 fatty acids may have a mood-lifting benefit and may combat depression. Folic acid and B12 may play a role in normalizing mood by regulating levels of serotonin, a key neurotransmitter involved in brain chemistry. Vitamin D is of particular interest in Seattle because of its potential role in alleviating symptoms of SAD. It is also involved with serotonin levels that ultimately impact mood.

For more information on healthy eating visit Joy Bauer's web site at <http://joybauernutrition.com/>

Hungry for food news you care about?

While we at Food For Thought do our best to write about fun, engaging topics in food news, no one knows better about what interests you than you! E-mail us at foodgrp@u.washington.edu with topic suggestions or food questions that you would like answered, and we will incorporate your feedback to make our next issue even better.

Eating Well and Not Going Broke by Simone Eppich

It's the holiday season, and food is a hotter topic than ever. I can just taste those Thanksgiving goodies. But I'm also interested in eating every day, at least 3 meals a day. And I must admit, money is getting tighter. What can I do?

Well, you know what they say, time is money. And this is true. In order to spend less, I need to plan more. What does this mean? Making a list, for one. Before I head-out to do my grocery shopping, I check my larder. What do I need? Hmm, bread, eggs, potatoes, apples... By making a list and sticking to it, I will limit my impulse buys which, though fun, will throw me off my budget. And there's the next planning item: how much do I want to spend? This will limit which grocery stores I go to, which

items I buy from each store, and which items I buy organic.

Coupons, coupons, coupons. You've heard of those coupon-cutters who barely spend anything in the grocery store? It can be done. Don't be afraid to bring those coupons to the store. And watch for the sales. In buying food, be sure to check the price per pound for food items, as bulk items really do cost less. But think also if you'll actually use the amount of food you're buying. At some stores, there are great deals on buying a 10 pack of mega sized containers of peanuts, but I'll probably get tired of peanuts after eating the first container, so it doesn't save me anything to buy the 10 pack.

Buy in season and locally. These food

items also cost less, and they taste even better because they haven't been stored for a long period of time.

It's hard to find time to cook as a student. So, do it all at once—that's right, cook a big meal that will last the entire week and stick it in the fridge and freezer. I cook a big pot of soup, for example. And separately prepare some tofu or meat and some rice and additional vegetables. I then mix them all up in a different way on a daily basis, so I have a quasi fun new main dish every day. And don't forget to share meals with friends—that will help both your budgets out and give you more food variety—plus it's fun! Eating on a tight budget is challenging, but it gets the creative juices flowing.

Lighten Up this Thanksgiving by Anna Carroll

If ever there's a time for indulgence, Thanksgiving Day is it! But who says you have to sacrifice your health to indulge in Thanksgiving delights? Here are some fresh ideas to lighten up some of your favorite Thanksgiving Day foods.

Green Bean Casserole

A healthy spin on a classic comfort food. This option is lower in saturated fat and sodium while still offering up lots of calcium and fiber.

Ingredients

- 3 Tbsp canola oil, divided
- 1 medium sweet onion (half diced, half thinly sliced), divided
- 8 oz mushrooms, chopped
- 1 Tbsp onion powder
- 1 ¼ tsp salt, divided
- ½ tsp dried thyme
- ½ tsp freshly ground pepper
- ¾ C all-purpose flour, divided
- 1 C low-fat milk
- 3 Tbsp dry sherry
- 1 lbs frozen French-cut green beans (about 4 C)
- ½ C reduced-fat sour cream
- 3 Tbsp buttermilk powder (look in the baking or powdered milk section)
- 1 tsp paprika
- ½ tsp garlic powder

Preparation

Preheat oven to 400°F. Coat a 2 1/2-quart baking dish with cooking spray.

Heat 1 tablespoon oil in a large saucepan over medium heat. Add diced onion and cook, stirring often,

until softened and slightly translucent, about 4 minutes. Stir in mushrooms, onion powder, 1 teaspoon salt, thyme and pepper. Cook, stirring often, until the mushroom juices are almost evaporated, 3 to 5 minutes. Sprinkle 1/3 cup flour over the vegetables; stir to coat. Add milk and sherry and bring to a simmer, stirring often. Stir in green beans and return to a simmer. Cook, stirring, until heated through, about 1 minute. Stir in sour cream and buttermilk powder. Transfer to the prepared baking dish.

Whisk the remaining 1/3 cup flour, paprika, garlic powder and the remaining 1/4 teaspoon salt in a shallow dish. Add sliced onion; toss to coat.

Heat the remaining 2 tablespoons oil in a large nonstick skillet over medium-high heat. Add the onion along with any remaining flour mixture and cook, turning once or twice, until golden and crispy, 4 to 5 minutes. Spread the onion topping over the casserole.

Bake the casserole until bubbling, about 15 minutes. Let cool for 5

minutes before serving.

*Makes 6, ¾ cup servings

Not-so-classic mashed potatoes (Mashed Roots with Buttermilk & Chives)

Made with potatoes, celery root and rutabaga, these mashers not only lighter on calories but also nutrient packed and intriguing.

Ingredients

- 2 lbs celery root, peeled and cut into 1-inch pieces
- 1 lb. rutabaga, peeled and cut into 1-inch pieces
- 1 lb. Yukon Gold potatoes, peeled and cut into 1-inch pieces
- 5 cloves garlic, peeled
- 4 Tbsp unsalted butter, divided
- ¾ C nonfat buttermilk
- ½ tsp salt
- ¼ tsp freshly ground pepper
- ¼ tsp ground nutmeg
- ½ C snipped fresh chives

Preparation

Bring 1 inch of water to a simmer in a large pan. Place celery root, rutabaga and potatoes in a large steamer basket over the water, cover and steam over medium-low heat for 20 minutes. Add garlic and continue

Event Highlight #2: Orchard Visit

On Saturday, October 25, 2008, Food Group members made a road trip out to Eastern Washington to visit Talbot Orchards in Quincy, Washington.



Food Group members with their apple-picking baskets at Talbot Orchards in Quincy, Washington.

Talbot Orchards is in the process of transitioning to organic farming.

We picked lots of apples—Galas, Fujis, Reds, Golden—enough to make gallons of cider and to still have plenty of apples left over to take home!

We want to thank the Talbots for their generosity and hospitality.



steaming, checking the water level and replenishing as necessary until the vegetables are fall-apart tender, 20 minutes more. Remove the vegetables, drain the cooking liquid and return the vegetables to the pan. Add 2 tablespoons butter and mash until chunky-smooth. Gradually stir in buttermilk, salt, pepper and nutmeg. Just before serving, stir in the remaining 2 tablespoons butter and chives. *Makes 8, ¾ cup servings



E-mail: foodgrp@u.washington.edu

Upcoming Food Group Events

Northwest Harvest: The Food Group volunteers every 4th Friday of the month from 3:00pm–5:00pm at the Northwest Harvest food bank (711 Cherry St., Seattle) to help sort and hand out food. It's a great way to give back to the community and to meet your fellow Food Group members as we mingle at Happy Hour afterwards!

Holiday Food Drive: For more details, take a look at Kate Murphy's article below.

Keep checking your Webpine inbox for more event announcements!

Alumni Spotlight by Mari Obara

Chelsey Bobcek, MS, RD, CD

In what year did you graduate from the Nutritional Sciences Program?

In 2007.

What degrees/certifications do you currently hold?

Bachelor of Science in Cell and Molecular Biology with a minor in Chemistry, Bachelor of Science in Psychology, Masters of Nutritional Science, Registered Dietitian, Certification in Adult Weight Management.

Who is your employer, and what do you do?

I am a Register Dietitian at Pro Sports Club in Bellevue. Here I work with the 20/20 Lifestyles program, the most successful weight loss program in the country. I provide clients with nutrition counseling and education that help them develop behaviors to maintain their weight life long. Motivational interviewing and nutrition education are the corner stones of what I do.

What was your favorite class in the NS program, and why?



My favorite class in the program was Lipids with Professor Rosenfeld and Professor Kirk. That is the first time I learned about atherosclerosis and the process of how our arteries actually clogged. I just could not get over the idea of a foam cell popping (basically going through apoptosis). It was a very fascinating topic that eventually became the center of my thesis, and now I use the knowledge in my everyday job.

Any advice for current NS students?

Whatever you love about nutrition, make sure that is the route you pursue. Learn all aspects, but do not settle for anything less than what you are most passionate about in nutrition. Then you can have the best of both worlds, a passion for nutrition and a love for your job.

Northwest Harvest by Kate Murphy

With lost jobs, rising food prices, and no relief in sight, more people than ever are turning to food banks as a way to feed themselves and their families. Just like most businesses and organizations across the country, food banks are also feeling the pinch as the current economic decline affects their ability to meet the demand. Fuel and food costs are up and donations are on a decline.

As Washington's own statewide hunger relief agency, Northwest Harvest distributes food to a network of 300 partner food programs

Holiday Food Drive Thu Nov 20–Tue Nov 25

Want to help out? Non-perishable food items are being collected at the following locations:

- HSB T-Wing espresso stand
- HSB library information desk
- The Rotunda

around the state. Each year, approximately 18 million pounds of food help to feed the estimated 275,000 Washington households living with hunger or the threat of hunger. Children and seniors make up 55% of those served by Northwest Harvest and its partner food banks and meal programs. Northwest Harvest receives no city, county, state, or federal funding for operating expenses and relies solely on contributions from individuals, businesses, foundations, and other organizations. Volunteers provide much of the assistance in preparing and distributing foods. Food drives sponsored by local organizations, businesses and schools help to supplement staple items and the monetary contributions used to purchase fresh and frozen fruits and vegetables. Northwest Harvest works hard to provide its clients with the most nutritious foods possible with over 50% of

foods distributed being fruits and vegetables. They also suggest donations of foods low in saturated fats and low in refined sugars and flours.

In addition to food distributions at its sites and through partner food banks, Northwest Harvest recognizes the importance of keeping children well-nourished so they are able to concentrate on learning in school and staying healthy. The Three Squares program was designed to meet the needs of children who qualify for free or reduced-price school meal programs. Operated in five school districts, Three Squares is provided to select public schools and offers nutritious, kid-friendly, supplemental food for children with limited food resources outside of school. This supplemental meal is sometimes the only food children can count on apart from school-provided meals. The Three Squares packages are

made up of food items selected for their portability, ease of preparation and nutritional value including flip-top cans of chili, tuna, small plastic jars of peanut butter, shelf-stable milk or soy milk, applesauce, vegetable soups, instant oatmeal, multi-grain bars or nut packets.

As you sit down to your bountiful holiday tables surrounded by family and friends this month, remember that nearly one in nine U.S. households does not have access to enough food to meet basic needs. Think about what you can do to make a difference. Donate a can. Volunteer an afternoon. Instead of gifts, make a donation. Every little bit helps.

Nutritional breakdown of food distributed by Northwest Harvest in 2006-2007:

Fruits and vegetables 51.3%
Ready-to-eat and other 20.7%
Protein 13.5%
Grains 11.0%