

A SERVICE OF THE
UW FOOD GROUP

UPCOMING EVENTS:

11/22—Acts of Kindness serving event helping members of Seattle community who have food access issues. 1 pm, 6th and Columbia downtown.

12/5—Tour of Marra Farm, a local urban community farm located in South Park, Seattle. 10:30 a.m.

RECENT EVENTS:

11/14—Food Group members volunteered at an event for Fare Start, a local non-profit that provides nutritious meals to those in need.

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FOOD FOR THOUGHT

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Get Your Move On

BY RACHEL MYHRE

"Some people create with words, or with music, or with a brush and paints. I like to make something beautiful when I run. I like to make people stop and say, 'I've never seen anyone run like that before.' It's more than just a race, it's a style. It's doing something better than anyone else. It's being creative."

These are words from Steve Prefontaine, one of the best American distance runners in history. He appreciated running. He appreciated movement. And he went on to set several American records. It all began with movement.

Movement. Our bodies are designed for it. This is convenient considering the health benefits present for active individuals. However, that topic is for another day. Instead, why don't we step back and look at exercise from a different angle?

Throughout time, we have seen or heard of legs that have carried the fastest human 100 meters in less than 10 seconds. Arms that have thrown baseballs at astonishing speeds. And bodies that have leapt beyond 29 feet.

Throughout time, we have learned about muscle contractions, a complex mechanism occurring routinely during every movement. Driving muscle contractions is the production of energy dense molecules, or ATP. The high-energy chemical molecule allows for complex biochemical reactions to occur in our bodies every minute of the day.

Respiration adaptations take place during heavy workloads and at varying altitudes. The body wonderfully compensates for changes in oxygen concentrations found in inspired air.

Hormonal release in response to rigorous exercise provides a phenomenon known as "runner's high." And the list goes on.

With so many unique physiological features related to movement, why do we fight against it? Why have



Humans are born pre-wired with the urge—and the need—to run.

we submitted our leisure time to almost motionless entertainment?

We know the trends well. We've heard it many times: how today, kids play outside for recreational leisure much less frequently than they did a generation ago. We also understand the severity of our health situation in America – obesity rates are high and climbing. But before the guilt of this crisis begins to bear down on you, let us, for a change, pause and reflect on the amazing gift of movement that so many of us have been given. It is not a man-made right. It is easily taken away. It is a gift. Will you receive it?

Why is it that the question, "How much do you exercise?" stimulates angst in many, as if someone is trying to "one up" the inquirer or prove herself worthy of something? Instead, let us simply embrace and appreciate the amazing ability of our bodies to move.

Yes, move in ways that help you feel refreshed and alive. Exercise, because you *can*! Then, simply sit back and reap the benefits.

Advice From A Terrible Gardener

BY CASEY WILSON

Bright red tomatoes have always been quite alluring and appetizing to me.



The scientific name for “tomato” is *Solanum Lycopersicum*.

Ever since I started gardening in my first P-Patch at the beginning of this summer, I’ve been babying my tomato plants. Literally, I’ve staked out my claim for beautiful Roma tomatoes, and I’ve been preparing my palate for the tangy goodness of fresh tomatoes.

I told myself that patience would reap rewards, but as I write this October has progressed into its gardening death knell. My dozens of tomatoes haven’t progressed—they look and feel as hard and green as small gala apples.

So when life stalls in your hands you can make the best of hardened green tomatoes. I searched for days for recipes, most of which consisted of frying and breading the green tomatoes in some traditional southern early cardiovascular death sauce.

Hoping for a little longer life ahead of me, I settled on Green Salsa.

1 dozen small green tomatoes

2 cloves garlic

½ onion

2 tablespoons olive oil

Habanero hot sauce (add to taste)



Habanero peppers are among the hottest in the world.

First you take your green tomatoes, slice them in half, and lightly braise them with olive oil. Then add two cloves of garlic all smashed up with one-half of a chopped onion, and put them in the broiler on high for about 15 to 20 minutes. The skins of the tomatoes should break and blacken just a little bit and the aroma is wonderful.

You then take three-fourths of the broiled ingredients and food-process them until smooth.

Add Habanero hot sauce to the mixture until it is hot enough for your taste.

Finally, cube up the remaining ¼ of the broiled ingredients and add to the mixture.

Voilà—you now have authentic chunky green salsa with that smoky hot garlicky flavor that will make you forget you even wanted red roma tomatoes.

Wait! Maybe it’s easier if I tell myself I never wanted red tomatoes...I specifically grew the tomatoes for green tomatoes...Nix the title of this article—the more I think about it, maybe I *am* an amazing gardener. If I could only figure out how to cook wilted lettuce and non-existent carrots.

WHO WE ARE

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**.

Join us today! It’s free. As a member you can enjoy our nutritious gatherings and active outings, get involved in the community through healthy eating and exercise, contribute to and receive this newsletter, and more.

To learn more, email foodgrp@u.washington.edu or visit us on the web at students.washington.edu/foodgrp

Recipe: Seasonal Spotlight

BY KARA BREYMEYER

Wander through your local farmers market or down the produce aisle and you are surrounded by autumn harvest bounty. Beautiful, hearty winter squash, shiny red and green Washington State apples, and local onions all sit ready to fill your belly with nourishment. Here is a simple and surprisingly delicious soup to warm your gastronomic soul. This recipe is rich in vitamin A, Vitamin C, potassium, and fiber.



Washington has led the U.S. in apple production since the 1920's.

Roasted Winter Squash and Apple Soup **By Dr. Andrew Weil and Rosie Daily**

1 large winter squash (about 2 1/2 pounds), such as butternut, buttercup, or kabocha, peeled, seeded, and cut into 2 inch pieces

2 medium onions, peeled and quartered

3 cloves garlic, peeled

2 tart, firm apples such as Granny Smith or Fuji, cored and quartered

2 tablespoons extra-virgin olive oil

Salt and pepper to taste

Preheat oven to 400 F. In a large roasting pan, toss the squash, onion, garlic, and apples with the olive oil to coat. Season well with salt, pepper, and chili powder, and cayenne if desired. Toss to cover mixture well with oil and seasonings. Roast in oven, stirring every 10 minutes, until vegetables are fork tender and lightly browned, about 60 minutes.

Put half of the vegetables with 2 cups of the broth or water in a food processor or blender and puree until smooth. Then pour into a pot. Be careful as ingredients are very hot. Repeat with remaining vegetables and broth. If soup is too thick, add more broth and stir thoroughly. Correct seasoning and heat to a low simmer.

Portion generously into a bowl and add a dollop of plain yogurt. This soup is wonderful with a big green salad including dried cranberries, chèvre, and pecans. Serve with some hearty bread to wipe the bowl clean.

Try the soup and bread together—they're the perfect cure for the Seattle wintertime blues.

Recipe: No-knead Ciabatta Bread

BY YVETTE FIERCE

From Chef John's recipes at foodwishes.blogspot.com

4 cups bread flour*
1/4 tsp yeast (instant or rapid rise)
2 cups water
1 1/2 tsp salt

Dissolve the yeast in the water and then add to flour and salt. Mix well with a rubber spatula or wooden spoon. It will seem dry at first. Don't panic! Continue to stir a little longer and it will moisten up. Scrape down sides of bowl. Cover bowl with tinfoil for 10-18 hours at room temperature or for 24 hours in the fridge.

Uncover bowl and scrape your sticky dough onto a well-floured surface. Do not knead the dough. Simply spread it out and lightly shape it into a rectangle about 1-1.5 inches thick.

Cover a baking sheet with parchment paper** and carefully transfer your dough to the sheet. Allow it to rise for 2 hours at room temperature. Bake at 425 F for 35-40 minutes. Cool on a rack before slicing.

Notes:

*You can use All-purpose flour or 3 1/2 cups of white flour mixed with 1/2 cup whole wheat flour.

**You can use a lightly-oiled sheet sprinkled with corn-meal if you do not have parchment paper



No-knead Ciabatta Bread is an easy-to-make accompaniment for a variety of meals.

Recipe: Soak Your Oats

BY KARA BREYMEYER

Here's a quick and easy single-serving oatmeal you can make before bed to greet you in the morning.

1/4 cup thick-cut rolled oats

2 tablespoons ground flax seeds

1/8 teaspoon cinnamon

1 cup milk (try soy or almond "milk")

2 tablespoons dried cranberries or raisins

2 tablespoons almonds, sliced or slivered

Combine all dry ingredients in a bowl or portable container. Mix thoroughly. Pour in the milk and stir to cover dry ingredients. Cover and let stand overnight in the refrigerator. Wake up and enjoy at home or on the go. This is a very flexible recipe. Other cooked grains, such as brown rice or quinoa also work nicely. Or

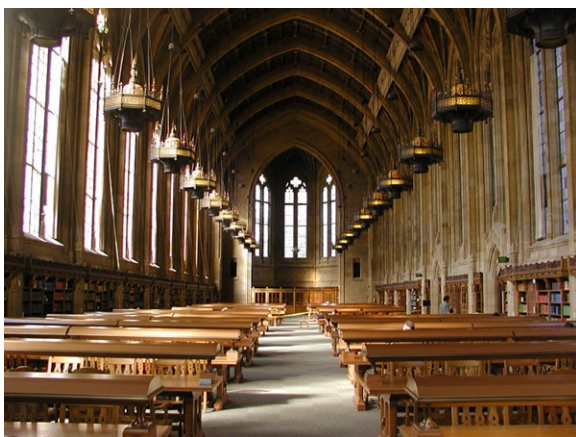
try a combination of rolled rye, oat, and spelt flakes, which can be found in the bulk section of most stores.

Or consider substituting other dried fruits and nuts, such as diced dried apricots and walnuts, or fresh berries or peaches. Feel free to add other spices such as a pinch of cardamom or turmeric. Some people may need to add a sprinkle of sugar, honey, or maple syrup to sweeten it up. Also, if you have a favorite muesli, soaking overnight is another way to prepare it.

Soaking the grains not only makes preparation easier—it also helps your digestive system. According to *Nourishing Traditions* by Sally Fallon, “Traditional societies usually soak or ferment their grains before eating them, processes that neutralize phytates and enzyme inhibitors and in effect, predigest grains so that all their nutrients are more available.” The combination of complex carbohydrates from the oats, fruit and nuts, along with the protein in the milk, keep you going all morning.

Alumni Spotlight: Carley Bollen, MPH, RD, CD

Last year, the UW School of Public Health granted 150 Master's degrees and 28 Doctorate degrees.



INTERVIEW BY JULIANNE GIBSON

When did you graduate from the Nutritional Sciences program?

I just graduated in the summer of 2009.

What degrees/certifications do you currently hold?

I have a Bachelors of Science in Dietetics from Seattle Pacific University and a Masters of Public Health in Nutrition from the University of Washington. I also became a Registered and Certified Dietitian after completing my dietetic internship at the University of Washington.

Who is your employer, and what do you do?

I work at Auburn Regional Medical Center as a clinical dietitian. It is a small community hospital with three dietitians on staff. I help cover the intensive care unit, the progressive care unit, the medical-surgical unit, the rehabilitation unit, and the geriatric psychiatric unit. I also work at Washington State University—Extension, Snohomish County as a nutrition educator. As a nutrition educator I work under the “Food \$ense” program and teach nutrition to third graders.

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

Not to avoid the question, but I honestly do not think I could choose! I truly enjoyed the variety of classes offered – from metabolism to public health to epidemiology to health services. Each course was equally intriguing. The metabolism series gave an incredible foundation to base future learning upon. The public health courses were challenging and thought provoking. The epidemiology and health service classes opened my eyes to see nutrition as a part of the larger, interdisciplinary, public health system.

Any advice for current NS students?

Explore the many opportunities available through the University of Washington and the Nutritional Sciences program to meet professionals and gain experiences outside of the classroom. I found these experiences to be priceless!