

ZUCCHINI PASTA

Figure on one medium large zucchini per person. If you have a mandolin this will be perfect for the job, and you can hook up the julienne attachment for perfectly formed noodles. If you don't have a mandolin, and you can either use a vegetable peeler or a knife. The peeler method will give you long flat noodles, and if using a knife, just cut the zucchini into thin slices, stack up, and cut again lengthwise into thin strips.



RAW

Place zucchini noodles in dish, lightly salting them. Let them sit for 10-15 minutes. Rinse and squeeze excess liquid out.

COOKED

Microwaving is a quick method to cook zucchini pasta. Place in a covered dish and microwave for 1 to 2 minutes. Check on doneness. Toss if necessary and continue to microwave until desired tenderness. Drain liquid

Sautéing is a convenient method also to prepare zucchini pasta. Place a small amount of oil in a non stick pan and heat while gently stirring over a medium heat.

Either method is efficient. You may also wish to add seasonings such as garlic powder and herbs (basil, sage, oregano etc)

Zucchini

Nutrition

The zucchini fruit is low in calories (approximately 15 food calories per 100 g fresh zucchini) and contains useful amounts of folate (24 mcg/100 g), potassium (280 mg/100 g) and vitamin A (384 IU [115 mcg]/100 g. 1/2 cup of zucchini also contains 19% of the recommended amount of manganese.

History

Zucchini, like all squash, has its ancestry in the Americas. However, the varieties of squash typically called "zucchini" were developed in Italy, many generations after their introduction from the "New World". In all probability, this occurred in the very late 19th century, probably near Milan. The first records of zucchini in the United States date to the early 1920s. It was almost certainly brought over by Italian immigrants and probably was first cultivated in the United States in California.



Tomato

Originating in South America, the tomato was spread around the world following the Spanish colonization of the Americas. The exact date of domestication is not known. The first domesticated tomato may have been a little yellow fruit, similar in size to a cherry tomato, grown by the Aztecs of Central Mexico. The word "tomato" comes from the Nahuatl word *tomatl*, literally "the swelling fruit". While it is botanically a fruit, it is considered a vegetable for culinary purposes (as well as by the United States Supreme Court, see *Nix v. Hedden*), which has caused some confusion.

Benefits

The fruit is rich in lycopene, which may have beneficial health effects. In some studies, lycopene, especially in cooked tomatoes, has been found to help prevent prostate cancer. Tomato consumption has been associated with decreased risk of breast cancer, head and neck cancers and might be strongly protective against neurodegenerative diseases. Tomatoes and tomato sauces and puree are said to help lower urinary tract symptoms and may have anticancer properties.

RAW MARINARA SAUCE

4-6 large tomatoes
3-4 minced sundried tomatoes (rehydrate in boiling water or get the kind that is stored in liquid)
1/4 cup minced onion
a few twigs of fresh basil
2 TB minced garlic
Optional capers or kalamata olives
salt to taste

Using a food processor pulse all the ingredients until desired consistency is reached. Serve with raw zucchini pasta, pita or corn chips

EDAMAME PESTO

2 cups of fresh basil
1 bag of frozen shelled edamame beans
3 TB minced garlic
1/3+ cup nutritional yeast
1 TB lemon juice
1/2 - 3/4 cup veg broth
1 tsp salt
2 TB olive oil

Boil the beans in a pot for about 5 minute. Drain . All the ingredients to the food processor and pulse until smooth.

Edamame

Edamame is the immature soybeans in the pod commonly found in Japan, China, and Hawaii. The Japanese name literally means "twig bean" (eda = "twig" + mame = "bean") and refers to young soybeans cropped with its twig. The earliest solid reference to the green vegetable dates from the year 1275, when the well-known Japanese monk, Nichiren Shonin, wrote a note thanking a parishioner for the gift of "edamame" he had left at the temple.

Benefits

Edamame beans contain higher levels of abscisic acid, sucrose, and protein than other types of soybean, and may contain carotenoids.

Edamame are rich in carbohydrates, protein, dietary fiber, omega-3 fatty acids & micronutrients, particularly folic acid, manganese and vitamin K.



Basil

Basil, or Sweet Basil, is a common name for the culinary herb *Ocimum basilicum* (pronounced /'bæzɪl/ or, in the US, /'be:zɪl/), of the family

Lamiaceae (mints), sometimes known as Saint Joseph's Wort in some English-speaking countries.

Basil is originally native to India and other tropical regions of Asia, having been cultivated there for more than 5,000 years. It is best known as a culinary herb prominently featured in Italian cuisine, and also plays a major role in the Northeast Asian cuisine of Taiwan and the Southeast Asian cuisines of Thailand, Vietnam, Cambodia, and Laos.

The word basil comes from the Greek βασιλεύς (basileus), meaning "king", as it is believed to have grown above the spot where St. Constantine and Helen discovered the Holy Cross.

Health Benefits

Recently, there has been much research into the health benefits conferred by the essential oils found in basil. Scientific studies in vitro have established that compounds in basil oil have potent antioxidant, antiviral, and antimicrobial properties, and potential for use in treating cancer.

Basil is traditionally used for supplementary treatment of stress, asthma and diabetes in India. In Siddha medicine, it is used for treating pimples on the face. A study of the essential oil showed antifungal and insect-repelling properties. A similar study reported in 2009 has confirmed that extracts from the plant are very toxic to mosquitoes.



Garlic



Allium sativum, commonly known as garlic, is a species in the onion genus, *Allium*. Its close relatives include the onion, shallot, leek, chive, and rakkyo. Dating back over 6,000 years, garlic is native to central Asia, and has long been a staple in the Mediterranean region, as well as a frequent seasoning in Asia, Africa, and Europe. It was known to Ancient Egyptians, and has been used throughout its history for both culinary and medicinal purposes/

Garlic is mentioned in the Bible and the Talmud. Hippocrates, Galen, Pliny the Elder, and Dioscorides all mention the use of garlic for many conditions, including parasites, respiratory problems, poor digestion, and low energy. Its use in China was first mentioned in AD 510. It was consumed by ancient Greek and Roman soldiers, sailors, and rural classes (Virgil, *Eclogues* ii. 11), and, according to Pliny the Elder (*Natural History* xix. 32), by the African peasantry.

Garlic has been regarded as a force for both good and evil. According to Cassell's Dictionary of Superstitions, there is an Islamic myth that considers that after Satan left the Garden of Eden, garlic arose in his left footprint and onion in the right.

Benefits

In *in vitro* studies, garlic has been found to have antibacterial, antiviral, and antifungal activity. Garlic is also claimed to help prevent heart disease (including atherosclerosis, high cholesterol, and high blood pressure) and cancer. Garlic is used to prevent certain types of cancer, including stomach and colon cancers. In fact, countries where garlic is consumed in higher amounts, because of traditional cuisine, have been found to have a lower prevalence of cancer.

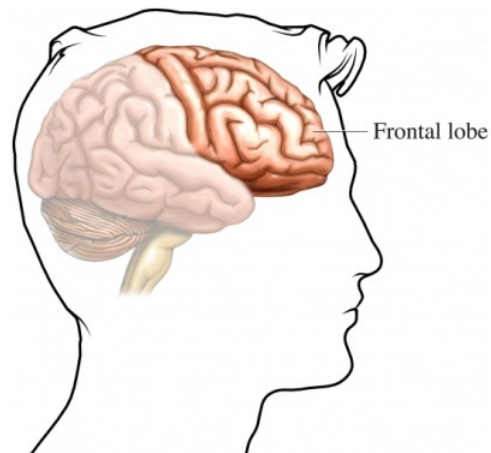
In 2007, the BBC reported *Allium sativum* may have other beneficial properties, such as preventing and fighting the common cold. Garlic is also alleged to help regulate blood sugar levels. Regular and prolonged use of therapeutic amounts of aged garlic extracts lower blood homocysteine levels and has been shown to prevent some complications of diabetes mellitus.

Religion

In both Hinduism and Jainism, garlic is considered to stimulate and warm the body and to increase one's desires. Some devout Hindus generally avoid using garlic and the related onion in the preparation of foods for religious festivities and events. Followers of the Jain religion avoid eating garlic and onion on a daily basis.

In some Buddhist traditions, garlic - along with the other five "pungent spices" - is understood to stimulate sexual and aggressive drives to the detriment of meditation practice.

NEXT MEETUP - THE FRONTAL LOBES
A special two night presentation from Kae Borerro, vegan health educator.



Tuesday Oct 18th: 6PM - 7PM
Thursday Oct 20th: 6PM - 7PM

The right and the left frontal lobes collectively are "the frontal lobe." It is the largest lobe of the brain. It is the control center of our entire being. It is the seat of: spirituality, morality the will, judgment, reasoning, and intellect. The body and mind are intricately connected. The main causes of compromised frontal lobe function are improper lifestyle habits. We will be taking a look at common acceptable lifestyle choices that are compromising the frontal lobe.