



April Showers Bring May Flowers



Cornell Health and Nutrition Newsletter

May 2009

In This Issue

From My Garden
Spring Greens
Recipe of the Month
Ways to Become a Client

From My Garden



If April showers bring May flowers, we're in for a bonanza here in Chicago! We've had the wettest April on record. The good news is there's lots of groundwater for the summer. The bad news is that local farmers haven't been able to plant their major crops yet.



Spring Greens

Greens and berries are what makes spring so good for you. That and the extra daylight and warmer temperatures, of course! Start to look for all the dark leafy greens in the grocery store and early Farmer's Markets: dandelion, kale, collard, spinach, romaine lettuce. They are really great for you and will help you shed some of the winter accumulation of fat most of us add. In a recent *Nutrition Action* newsletter from the Center for Science in the Public Interest, they published a [ranking of mostly cooked vegetables](#) by nutritional content (scores from 0 to 150+). Guess what the top 6 are? Kale (1389), spinach (931), collard greens (733), turnip greens (709), Swiss chard (700) and raw spinach (672). So dive in. A serving size has 20 calories for each of them - so eat all you want. Just be careful not to make them with bacon grease, or you boost the calorie count sky-high. Want some really tasty, healthy, easy recipes to make the greens? [Order *Greens! Glorious Greens* by Johnna Albi and Catherine Walthers.](#) I give this book to all of my clients because it's so good. Remember that kids need to see and try a food 10 - 15 times before they will feel comfortable with it and will want to eat it. So don't give up if they don't like the first thing you make.

I have some crops in though: kale, Swiss chard, romaine, red leaf lettuce, and peas. Lots of peas - like 18 plants worth. I seem to have overbought at the store ... While soggy they all seem well established, so I'm looking forward to harvesting in June or so. I took all of these pictures in my garden.

Every year, I wish the daffodils and tulips lasted longer, or that I had many, many more. There's something about the bright yellow of traditional daffodils that just makes me happy against all the grey and brown in the garden when they bloom. And the tulips arrive with their palette of bright colors and my days are each lifted a little more.

I grew up on the East Coast (in the NY suburbs) and the one thing they have that we can't grow here is azaleas. Growers have bred hardy ones for the Chicago winter and they survive and give you a bright spot in the garden about now, but they are NOTHING like the huge bushes that can cover the whole front of a house like on the East coast.

Here's hoping your favorite spring flower is in bloom, and not making you sneeze!

Quick Links

- [Register Now](#)
- [News](#)
- [Sign up for my blog](#)
- [More About Us](#)



Recipe of the Month:

Green Lift Smoothie

Prep Time: 5 minutes

Cooking Time: None

Yields: 2 servings

Ingredients:

3 cups boiling water
1 bunch of kale, finely chopped
1-2 grated carrots
1 cup coconut milk

Directions:

Add kale, carrot and water to a blender and puree very well, about 2 minutes.

Add coconut milk and blend for 10-15 seconds more.

Serve warm or place in the fridge and serve chilled.

Note:

Add a slice of ginger or a dash of cayenne pepper for an added kick.

There are Many Ways to Become a Client

- Want to jumpstart a weight loss program? Clear your body of toxins or fat? I now offer a variety cleansing programs using the #1 products on the market today. There's an 11 day program or a 30 day program (national average weight loss for the 11 day program is 7 lbs.). [Click here](#) to learn more about the programs and products.
- Individual coaching programs to help you meet weight loss or healthy living goals .
- Employer programs to reduce absenteeism, increase productivity, and teach employees about things like healthy eating on the go and stress reduction.
- Group cooking classes to learn how to put healthy meals on the table in fewer than 30 minutes - if you have a group of two to ten friends we can do a single or series of cooking lessons based on the skills of the group.
- Attend a workshop. We give them in person in Chicago or via the web. For a web seminar, all you need is a phone and a computer connected to the Internet. See below for more information about our next web seminars.
- Eating for Peak Performance - Programs for athletes of all ages from middle school to adulthood to learn to fuel your body correctly.

- Group coaching programs if an individual program is too much of an investment.

[Contact me](#) to learn more about any of these services.

Upcoming Events

May

Carbs: The Good, The Bad and The Ugly

Carbs are the latest no-no in diet advice. But is that good advice? Or is it just another way to sell diet books and programs? There is a great deal of new evidence to consider and, as always, there is no simple answer. In these one-hour, interactive sessions you'll learn:

- Why low-carb diets? Do they work?
- Good vs. bad carbs
- How to choose the right carbs for you

Workshop: Tuesday, May 12 - 7:45 pm [register for workshop and pay](#)
Chiropractic for Life, 5138 N. Clark Street (1/2 block south of Foster)

Web seminar: Monday 5/11 @ 7pm CT - [register for Monday Web seminar and pay](#)
Web seminar: Friday 5/15 @ 12 noon CT - [register for Friday Web seminar and pay](#)

And coming in June: Fiber. What's the Big Deal?

Have You Checked out my [Blog](#)?

Please feel free to comment or ask questions or suggest topics you'd like to know more about. If you register for the blog, you'll get an e-mail every time I post a new topic - that way you won't have to keep checking back to see if there's anything new. Registering is a two step process. Just enter the information the blog requests. You will receive an automatic e-mail verifying your e-mail address. This most often ends up in your junk mail or spam folder. Open the message, click on the link and you'll be all set.

Contact Info

Natalie Cornell, CHC, AADP
President and Health Counselor
Cornell Health and Nutrition
www.cornellhealthandnutrition.com
natalie@cornellhealthandnutrition.com