



Ready for Spring?

News from Cornell Health and Nutrition

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From My Garden

Fat robins, cardinals, chives, strawberries, tulips, daffodils - that's what's showing signs of life in my garden!

You know it's spring in Chicago when the checkout line at the grocery store has both charcoal AND ice melt available for that "impulse buy."

My grandfather always used to say that St. Patrick's Day was the date to plant sweet pea flowers, even if you had to brush the snow off to do it ... so buy a packet today before it gets too

Get Ready for Spring

Ah yes, spring. Everything turns that bright green color, we throw open our windows and let the fresh air back in. And fresh vegetables and fruit return to the market in force. Now that we have fruit and vegetables available all the time, many of us have lost our sense of what's in season when. So what are the first vegetables? Peas, asparagus, lettuce and other greens. The first fruits are strawberries - but we don't get them until June in the north of the country.

What can you do this spring to increase the odds of eating better the rest of this year? Plant something you can eat: basil, parsley, thyme, lettuce, Swiss chard, kale, tomatoes, string beans. Put seeds in a pot on a warm, sunny window sill, water them regularly and watch them sprout. Start now so they are big enough to survive transplanting in May. Peas you can put in the ground almost as soon as it thaws (although they prefer the soil be more than 40 degrees). Make sure to give them something to grow up: a stick, a fence. They will wrap their little tendrils around it and climb. Do this with your kids and dramatically increase the chances they will eat what they grow!

If you don't want to grow your own, there's always a CSA box from a local farmer. Community Supported Agriculture (CSA) is a great system of buying the produce from a farmer before it is grown and getting a weekly box of just picked vegetables and fruit from June to October. It's true that you never know quite what you'll be getting and yes, you may get things you've never tried before, but most suppliers provide recipes and it's worth expanding your horizons just a little. To find a CSA farmer near you, check out [Local Harvest](#) for lots of information. Just type in your zip code.

Spring Clean Your Body and Your House

Are you finding that you are feeling a little lethargic as the weather improves? Still stuck on your winter rut? It's hard to get exercise when it's cold out and our natural tendency in winter is to hibernate and eat lots of things that keep us warm - fatty things mostly. Spring foods help cleanse that fat and lethargy from your body, so for the next few months load up on all

warm for them.

If you want to start some vegetables or herbs from seeds, now is the time. Kits to get started are plentiful, easy to use and inexpensive, so go find one. In late April and early May, the home and garden center stores will be filled with small plants, which are MUCH more expensive to buy than a package of seeds. But they do mean you can put off doing anything until then ... it's up to you! But I urge you to grow just one thing this summer: get a cherry tomato plant and put it in a pot; make a window box of your 3 favorite herbs. Once you see how easy it is and how much better it tastes, I think you'll be hooked.

Have you checked out our new [web site](#)? Be sure to check out the [recipes](#) under Healthy Eating Guides, and our [upcoming workshops and web seminars](#). There's also a blog where you can ask questions or respond to something I've written. Be sure to subscribe to the blog - you'll get a message every time there's a new posting and won't have to keep checking back.

Until April! Enjoy the

those bright green items that will be loading the grocery store shelves. Concentrate on salads, peas and asparagus. Then for snacks or desserts, add in berries as they come into season: strawberries and cherries (June), raspberries, blueberries and blackberries (July).

Try reducing the amount of animal protein you are eating, but add in beans, lentils and quinoa to be sure you are getting enough. You'll feel lighter and more energized.

Get out and move your body! Run, ride a bike, take the dog (or just yourself) for long walks, hire a trainer. Whatever works for you is fine. There's no one thing everyone should do. Just find something you like and it will be easier to do it regularly. Moving helps get rid of that heavy feeling that winter brings, improves your mood and outlook (and who couldn't use that right now?) and can help you lose weight.

Recipe of the Month: Citrus Greens Salad

This salad combines the best of 2 seasons - winter and spring - to make the transition tasty and healthy.

Ingredients

1/2 small red onion, diced fine
3 tablespoons red wine vinegar
1/4 cup olive oil
Table salt and ground black pepper
4 cups watercress, rinsed and large stems trimmed
2 heads Belgian endive, cut into 2-inch pieces
1 large orange, peeled and sectioned, juice reserved
1 grapefruit, peeled and sectioned, juice reserved
3 tablespoons fresh parsley leaves, chopped

Instructions

1. Mix onion and vinegar in small bowl; let stand 30 minutes. Whisk olive oil into onion mixture; season to taste with salt and pepper.
2. Mix watercress and endive in medium bowl. Add fruit and juices, onion mixture, and parsley; toss to coat. Divide among four salad plates and serve immediately.

Adapted from Cook's Illustrated

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 of 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

occasional spring day.

- *Natalie*

Quick Links

[Register Now for April workshops](#)

[Read an article by the Chicago Tribune that quotes Natalie](#)

[Healthy, Easy Recipes](#)

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 - April

Fats: Too Much or Not Enough?

- Types of fats; what's a trans-fat anyway?
- Causes of heart disease - too many fats?
- Is low-fat a good choice?

Workshop: Tuesday, April 14 - 7:45 pm

Chiropractic for Life, 5138 N. Clark Street (1/2 block south of Foster)

Web seminar: Mon 4/13 @ 7pm CST

Web seminar: Fri 4/17 @ 12 noon CT

[Register](#) for any of them on our web site. Cost is \$25.

Here's to Spring!

And that giddy feeling we all get on an early warm, sunny day. Take advantage of that feeling to make healthy choices in your life. Let me know if you need any assistance!

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