



THE GENOMIC
KITCHEN

TRANSCRIPT FROM: THE BUILD YOUR BEST IMMUNE DEFENSE

00:18:46 brontegrooms: Link for the recipe pack <http://bit.ly/2Whrhmt>

00:23:18 Kim Fox: what about washing produce in a light vinegar solution?

00:23:53 linda: What about rinsing with diluted white vinegar? Will that kill some bacteria?

00:24:43 BRIGID: An RD I know posted a baking soda (?) solution/time formula some months ago. I don't know the source.

00:25:29 Melinda Hemmelgarn: Going to farmers' markets and grocery stores has become a challenge now because of the need for social distancing.

00:26:06 Kim Fox: What about lemon juice?

00:26:45 brontegrooms: Hi Kim, lemon juice can destroy the bioactives.

00:27:27 Valencia Browning-Keen: All, When I lived through this before, we used a diluted Clorox with water; Small Amount;

00:27:28 brontegrooms: I'm not so sure about cleaning with lemon juice

00:28:04 Amanda Archibald: Bronte and I will research and provide options as we know them in the post broadcast email

00:28:31 Amanda Archibald: Podcast I mentioned: wildhealthmd

00:29:49 Amanda Archibald: asfetida

00:31:08 Melinda Hemmelgarn: Quercetin is also found under the skins of apples, if I recall correctly.

00:31:47 Amanda Archibald: correct Melinda. Most robustly in alliums, capers, radishes, Med herbs

00:33:05 Melinda Hemmelgarn: What was the ingredient in the tube?

00:33:12 Amanda Archibald: puree

00:34:31 Melinda Hemmelgarn: what was pureed?

00:34:38 Amanda Archibald: tomato

00:34:43 Melinda Hemmelgarn: Got it, thanks.

00:36:29 Valencia Browning-Keen: Best place to be is hanging in the kitchen

00:36:59 Valencia Browning-Keen: Best place to be is hanging in the Kitchen! Valencia

00:37:35 Kim Fox: Any tips to easily skim a squash? Yes you can get frozen squash and precut

00:37:48 Valencia Browning-Keen: All, Yes. I buy frozen and is in Pic Sweet brand. Valencia

00:39:54 pamgrd@yahoo.com: I wash the butternut squash well and then prick with a fork. I put the squash in a pyrex dish and fill with water. Roast at 350 degrees for 1-2 hours depending on sides, until tender when pierced with a fork. Cool. Drain the water. And now the skin peels off easily using your hand.

00:40:16 320061080: Can regular low fat cream be used? From health point of view, why is coconut milk preferred?

00:42:08 brontegrooms: I would say that you could use low fat cream in place of coconut milk. I replace a lot of cream recipes with coconut milk and vice versa

00:43:02 320061080: makes sense, thanks

00:43:29 Catherine Brown: if you need to peel a butternut squash a T-shaped veg peeler with firm pressure applied is a great method!

00:44:56 Kim Fox: Can pre-cut bottled garlic be used?

00:45:23 jacquelinestutsman: Can you repeat that about garlic? Alynase is created by cutting 10 mins before cooking and that makes it more heat-stable?

00:45:34 susanmccandless: How sensitive is Quercetin to heat? Is there a way to protect it?

00:46:45 CQUESADA: If you are cooking the vegetables, do you still need to peel them (due to COVID-19 at the moment)? Or is it safe to just scrub them well and let the heat take care of the rest?

00:47:36 brontegrooms: Susan, Quercetin does well with heat. Yay! With garlic, one tip is to mince 10 minutes before cooking

00:48:38 brontegrooms: Wash and scrub and heat should take care of it!

00:50:40 brontegrooms: Hi Kim, there are some great options for pre cut bottled garlic available now

00:50:54 Barb: Could a smaller amount of ground celery seed be used? Especially if using tinned bean that is not low sodium?

00:52:06 brontegrooms: Hi Barb, you can always try with a smaller amount and adjust to taste

00:52:58 Melinda Hemmelgarn: Kate, what do you mean by "activate" the spices? Are you speaking from a flavor perspective?

00:54:58 brontegrooms: Melinda, did Amanda help answer your question?

00:56:06 linda: Bloom?

00:56:06 Owner: tempering?

00:56:10 thpassano: blooming the spices

00:58:50 Cindy Sullivan: Does the age of the spices matter? (For example if the cinnamon is old, I know the essential oils decrease but does the ability to stimulate endogenous antioxidant enzymes decrease also?)

01:02:15 Melinda Hemmelgarn: I would love to have some good research articles re the role of spices stimulating endogenous antioxidant enzymes. Talk about a great reason to promote using more spices in our cooking!

01:03:15 Bethany Braunstein: what about frozen spices

01:04:53 thpassano: please send the spice research articles to me also! Thanks

01:05:28 Cindy Sullivan: The spice research articles would be awesome please!

01:05:29 elisabethyeun: I', halfway through a 12 oz shaker (McCormick) of ground turmeric. It goes into just about everything. It's been open for at least a year....has it lost a lot? Should I replace it? For a while I was buying Indian packages, any concerns with heavy metals or contaminants?

01:05:29 contact@eatrightpa.org: I would also love the spice research articles, please

01:06:18 320061080: Do you have tips for using raw turmeric? It is quite tricky to handle as it stains everything :)

01:06:54 CQUESADA: Amanda, please share articles on role of spices stimulating endogenous antioxidant enzymes with everyone.

01:08:01 Cindy Sullivan: A sharp peeler works really well!

01:08:42 elisabethyeun: I use a carrot peeler on it to peel and shred. It's difficult using up a package (not sold free weight) before it moulds). I don't know what to do about orange fingers....it wears off eventually.

01:08:44 brontegrooms: Hi Elisabeth, a year should be fine. Spices last about 3 years or so

01:09:08 Bethany Braunstein: also focusing on avoiding dirty dozen or peeling those

01:11:23 Catherine Brown: We're still eating winter squash we harvested here in the fall. Stored as Kate described, they are an excellent investment.

01:11:27 Liliane: thank you!

01:13:09 elisabethyeun: Question for Kate; are Vita mix and instapot now available for 220 voltage and Australian current?

01:14:40 Claudine Jones: Hello! Happy to be here! Just hopping on! Sorry I am late!

01:15:19 Kim Fox: I have an Instapot but haven't used it. A healthcare professional told me that they denature the protein. Is that true?

01:16:01 Claudine Jones: I have a Vitaclay and an Instant pot but love the vitaclay the most!

01:16:31 elisabethyeun: Are you on UK or AUS current?

01:16:50 jacquelinestutsman: I put all the veggies in the instant pot with the chicken bones, any reason not to do that?

01:17:21 Claudine Jones: Yes, I freeze organic peelings, etc. and use later!

01:17:39 Claudine Jones: Great idea on the kombucha, mushrooms, sun-dried tomatoes!

01:17:50 Claudine Jones: kombu not kombucha

01:20:30 brontegrooms: Elisabethyeun, The vitamix is available in Australia, Im not sure about the instapot

01:21:00 elisabethyeun: Thank you; my daughter has wants one for years!

01:21:21 Claudine Jones: Wow! That is amazing!

01:22:12 brontegrooms: Kim fox, I will wrap back to Amanda about the instapot denaturing proteins but I believe it keeps most of the nutrients intact

01:23:13 elisabethyeun: Proteins are denatured by heat and acid.

01:23:55 Claudine Jones: How long does those powders last in cupboard in a jar like that?

01:24:14 Ann Johnson: will we receive recipes for the powered recipe discussing now? And thanks so much for this info.

01:24:43 Cindy Sullivan: Many ovens will not go below 170 F

01:25:00 Claudine Jones: Excellent!

01:25:10 brontegrooms: Ann here is the link to sign up for the recipes <http://bit.ly/2Whrhmt>

01:25:56 Claudine Jones: Thank you for the link!

01:26:01 Sue: Ratio suggestion 1 Tbsp per 8 oz hot water or more?

01:26:21 susanmccandless: polyphenols also help prevent formation of AGEs during cooking (esp animal products)...e.g., Add/coat the meat before grilling.

01:27:52 Claudine Jones: I have a Vitamix that I use for cold smoothies, etc. but for hot soups, I use the new Instant Pot blender since it is glass. My instant pot was wearing away because of the heat! The instant pot blender is amazing and works well and very affordable!

01:28:23 Kim Fox: My impression with the instapot is because it cooked so much faster than oven, etc. there was less nutrition. I hope I'm incorrect as I'd like to use this.

01:29:07 Claudine Jones: Thank you for all these amazing ideas!

01:29:32 brontegrooms: Kim, that is incorrect. Science has shown that it actually retains a lot more nutrients than other cooking methods

01:30:24 brontegrooms: S: Salmon M: Mackerel A: Anchovy S: Sardines H: Herring

01:30:54 Claudine Jones: Aren't the SMASH fish low in mercury as well?

01:31:14 brontegrooms: Yes they are low in mercury

01:31:39 Catherine Brown: True, most ovens do not go below 170. Ideally you want to keep the heat at 118 F or below to maintain the integrity of the bioactives/enzymes etc. If a dehydrator is not available, you can use just the heat from the oven's pilot light for lighter ingredients (parsley, herbs, thinly sliced onions, etc) or turn your oven on 200 F for just a few minutes then turn it off. Keep the oven door closed and repeat until mostly dried, then finish overnight with just the pilot light. More time consuming for sure, but an option.

01:36:26 Cindy Sullivan: Thanks Catherine! Unfortunately electric ovens don't have a pilot!

01:36:31 CQUESADA: Catherine, can you share a link to your blog?

01:37:50 Melinda Hemmelgarn: I concur. Catherine's website is fantastic!

01:38:06 Catherine Brown: www.aseatatmytable.com

01:38:28 Catherine Brown: Thank you Amanda! 😊

01:38:45 Liliane: What was this site?

01:38:48 Claudine Jones: I would love to know what olive oils you use!

01:39:01 Liliane: the database one?

01:39:20 Amanda Archibald: phenolexplorer.eu

01:39:40 Liliane: thank you!

01:39:48 Claudine Jones: Thank you!

01:40:16 Catherine Brown: Also my FB page by the same name, A Seat at My Table 😊

01:40:17 Amanda Archibald: Silikpak is the name of this recipe

01:40:29 brontegrooms: One of the olive oils Amanda uses is from Milestone

01:40:44 Ann Johnson: In our Clinic we have our clients use olive oil on soups, salads and ON SKIN as we see it absorbs thru skin as seen on biochemistry testing (ION) 2-3 months after. Olive oil is extraordinary healthy.

01:40:52 Claudine Jones: Thank you brontegrooms!

01:41:36 Catherine Brown: Is there a link for purchasing this olive oil?

01:42:10 Amanda Archibald: right now it is on hold into the USA. To be continued shortly

01:47:58 Melinda Hemmelgarn: will this be taped for later viewing?

01:48:07 Claudine Jones: I would love to know how distinguish from other plants!

01:48:09 Melinda Hemmelgarn: Thank you!!

01:48:45 And it's my iPhone: any issues adding veggies to bones in instant pot rather than afterwards? I do it all in one go.

01:49:02 susanmccandless: nettles are mineral rich. Found in northwest

01:49:24 brontegrooms: Yes nettles grow here and I forage them all the time

01:49:39 susanmccandless: Pestos!

01:50:23 Liliane: high in iron too

01:51:35 Liliane: for that reason it builds the blood, and used in related illnesses, like anemia.

01:52:09 Ann Johnson: link to biochemistry of stinging nettles Phytother Res. 2017 Aug;31(8):1183-1191. doi: 10.1002/ptr.5836. Epub 2017 May 24.

01:52:15 maryopfer: Can you find nettles in stores in the US?

01:52:56 maryopfer: or on line from a reputable source?

01:53:04 brontegrooms: You can usually find nettles in US stores in the bulk section of health food stores

01:53:07 Catherine Brown: Don't have the science research at my fingertips but here's one simple summary article

<https://www.medicalnewstoday.com/articles/325244#allergies>

01:53:19 Felicia: Nettle infusion is a rich source of calcium as well as other minerals

01:53:52 Catherine Brown: Dried nettles are readily available dried in bulk online

01:54:20 maryopfer: thank you - do you have place you buy them from

01:55:08 Claudine Jones: I took a herbalist class and nettles reduces allergies as a tea with local honey. Nettles are therapeutic and anti-inflammatory and good for arthritis and joint issues. A 90 year old in Asheville flogs himself with nettles and follows up with jewelweed and plantain to soothe. It injects skin with properties that stay there. Nettles can be put in smoothies and blending gets rid of the sting. It also is so nutritious because it brings up minerals from the ground and gets rid of metals.

01:55:31 Melinda Hemmelgarn: Speaking of seeds, the seeds from the butternut squash are delicious roasted.

01:56:16 Claudine Jones: Looks amazing!

01:56:39 brontegrooms: Hi Mary - I've bought them from a local health food store. Natural Grocers may be another place to look if you have one in your area

01:57:17 maryopfer: Thank you I will look at my local natural market

01:57:18 Catherine Brown: Frontier organic nettles (the brand I like) can be purchased online through Amazon

01:57:45 maryopfer: oh good to know - interested for my niece who is iron depleted!

02:01:46 Liliane: what would be the equivalent of the 5-flavors if we use Mediterranean herbs?

02:05:32 susanmccandless: Would a bit of lemon help preserve the color?

02:05:54 Catherine Brown: Yes! Freezes in ice cube trays beautifully!

02:11:26 Catherine Brown: Pairing beets with citrus is also a delicious combination... any citrus but I love blood oranges. The acidity compliments well.

02:12:13 brontegrooms: The herbs and their flavors that come to mind are: parsley (grassy), Basil (licorice and spicy), oregano (bitter), thyme (earthy). Is that what you are asking Liliane?

02:12:56 Liliane: Yes, brontegrooms, this helps. Thank you.

02:13:17 maryopfer: The Flavor Book is a great reference for pairing foods with herbs and spices and other foods

02:13:40 maryopfer: Sorry the book is called the flavor bible

02:13:55 maryopfer: looks great

02:14:08 Felicia: Thank you for this. Very enjoyable.

02:14:31 Liliane: It is beautiful!!!

02:15:18 Catherine Brown: Golden beets are a great option too if you have access... a little less earthy and a little sweeter.

02:17:09 maryopfer: Thanks

02:19:03 susanmccandless: Wonderful!! Thank you, Amanda and Kate for your generosity and knowledge. You are amazing.

02:19:51 BRIGID: This has been fantastic! Such great sharing among colleagues!

02:20:36 Claudine Jones: This has been fabulous! I also grow broccoli sprouts for sulforaphane!

02:21:00 CQUESADA: THANK YOU Amanda and Kate for doing this!!!

02:21:03 Catherine Brown: Bok choy is one of the easiest crucifers to grow too! Readily reseeds too and can be grown in containers as well.

02:21:04 rhodesks: Thank you!!

02:21:14 contact@eatrightpa.org: So great to take this time to listen to this wonderful instruction!

02:21:31 Mich: Would be great if you could include a few fermented food recipes please!

02:22:02 corlansky: Such a fabulous cooking demo and educational webinar during this week of non traditional work! Thank you Amanda and Kate!

02:22:10 brontegrooms: Here are some from the website
<https://www.genomickitchen.com/blog/fermented-foods-recipes-to-improve-gut-health-naturally>

02:22:40 Claudine Jones: What does it turn off?

02:22:44 Isabelle: Thank you for providing this to everybody. You are very altruistic.

02:22:46 Claudine Jones: I missed that!

02:23:42 Catherine Brown: Link to purchase those fermenting jars?

02:23:44 Liliane: Thank you all!!!! <3

02:23:51 lisa: thank you!!

02:23:56 Claudine Jones: Awesome! Thank you so much Kate and Amanda! You both are so informative and amazing!

02:23:57 Cindy Sullivan: Thank you so much Amanda & Kate!

02:23:57 Kim Fox: Thank you!!!

02:24:01 Mich: thank you sooo much! was excellent!

02:24:01 thpassano: wonderful!

02:24:04 Melinda Hemmelgarn: Thank you so great to connect.

02:24:09 Claudine Jones: Thank you so much!

02:24:09 Liliane: Very grateful!

02:24:12 Barb: Thank you so much. This has been great.

02:24:15 Catherine Brown: Thank you both!!

02:24:16 Kristel Wiesner: Wonderful info. I have your book. Can't wait to read it!

02:24:18 brontegrooms: <http://bit.ly/2Whrhmt>

02:24:27 Sarah Steele: THANK YOU!