

A Note from President and Founder
Nada Cory



Treasures and gifts of our Ancestors

As this newsletter reaches you, I have shared a most wonderful visit with my family and new granddaughter. It made me reflect upon my cycle of life, where it all started and where it has brought me. My growing up was a simple one by most standards, yet abundant in nature's gifts, family times and community gatherings. There was a special richness to it, tutoring me with the knowledge of our natural world and ancient wisdom, exactly what I now teach others in the name of health and wellbeing.

Becoming a new grandmother has reawakened all these fond memories, as I focus on this exciting time with my new ever-evolving bundle of energy and curiosity. Knowing I will take any opportunity to awaken in her the ancient love of the land, sustainable living, and the endless ways to grow and prepare wholesome meals, has breathed a new light in me.

I wonder, as we walk through the garden, will she be interested. Will she ask me endless questions about my childhood when I read her my **"Adventures of Bo and Dona"** stories? That I do not know, but I must remain patient and teach by example first. What I can assure you, we are imprinting and building trust, and as previous generations, our experiences together will bring forth all the ancestral knowledge that has been imparted and handed down for centuries to me.

I hope with this personal contemplation, you too will be prompted to awaken your connection to nature and share it with your family and community to create a healthy tomorrow. Let us plant seeds for an amazing future for our children, our children's children, and humanity.

To a bright future and your good health,
Nada

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"Dip" into Health!

February was a good harvest month, perfect to pick and eat “heart”y vegetables. Our Gardens of Hope school clubs spent time together, collecting a large variety of delicious homegrown treats, including some tomatoes that looked like pumpkins they were so large, and cauliflower soon to become a wonderful snack!

Just the word “cauliflower” would have most kids running in the other direction, however our club students have become conditioned to trusting the recipes and the combining of ingredients to reveal yummy outcomes.

For this lesson’s snack, an amazing cauliflower dip was created, and students scooped with whole grain chips and their own grown Everglade cherry tomatoes. An eye-popping surprise occurred, and seconds and thirds were requested, as well as an opportunity to share the recipe at home. It truly is “heart”warming to see them ask for samples so they may enjoy it with their families.

A post-class worksheet said it all, as answers revealed students experienced warm feelings, enjoyed our visit, time with their friends, and even pulling weeds!

Please be a grower of healthy lives and donate to educate.



Cauliflower snacking



Today's harvest



Teamwork in the garden

Photo Link:

New BMI Pilot program for Gardens of Hope in Schools!

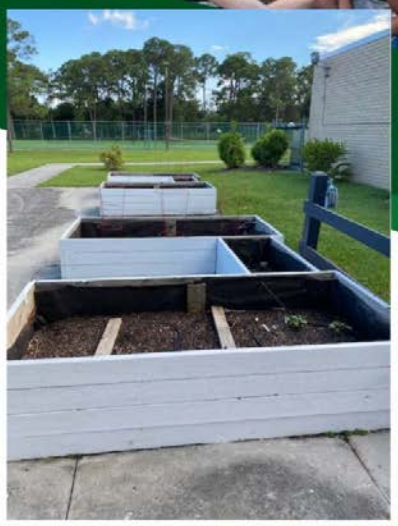
We are excited to share one of our new school initiatives with you. During the 2023/2024 school term, two Palm Beach County's schools have been chosen to take part in an important study. By refurbishing two fallow organic garden sites at two middle school campuses, we will be able to provide students with "hands on" gardening and education, thereby addressing the critical issue of "1 in 5" children is obese. We are opening up this opportunity to other community leaders in health, should you wish to partner with us and be a "seed of change"! Keep checking back to see the "growth" and amazing success stories.



GARDENS OF HOPE
JOSEPH P CORY FOUNDATION

BMI PILOT

2023/2024



Left: Loggers Run Middle School - Mrs. Lauren Rigler, Choice Program Teacher/Sponsor

Below: Lake Worth Middle School - Mrs. Marta Galvez, Choice Program Teacher/Sponsor





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Helping Our Students and Community: Mind, Body, Spirit

- **1 in 5 school-aged children is obese**
- **Obesity results in diseases once considered adult-limited**

School gardens represent a unique opportunity to influence childhood health outcomes by providing an empowering setting, with opportunities such as, but not limited to:

- Early exposure to fruits, vegetables, and herbs
- Hands on nutrition education
- Cultivation of an early appreciation for healthy food

Previous studies that have suggested strategies to improve childhood fruit and vegetable consumption include:

- Increasing food literacy
- Availability/convenience of fruits and vegetables: *Two aspects in which school gardens are exemplary.*

The Joseph P Cory Foundation, a non-profit organization, provides our Gardens of Hope program at no cost, a proven and impactful way to optimize health and wellbeing: Mind-Body-Spirit. Our on-site gardens and companion syllabus, is grade appropriate, supports SDPBC course standards, and has been adopted by teachers and parents in Palm Beach County and beyond.

We partner with The School District of Palm Beach County, Palm Beach County Parks and Recreation, and the University of Miami Miller School of Medicine.



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The Gas We Pass, and other stories...

Flatulence is passing gas from the digestive system out of the back passage. It's more commonly known as "passing wind", or many other slang terms. Often laughed about, excessive flatulence can be embarrassing and make you feel uncomfortable around others. However, it can effectively be controlled with changes to your diet and lifestyle.

Why it happens

Gases can build up when you digest food. The body needs to get rid of the build-up by flatulence or burping. Excessive flatulence can be caused by swallowing more air than usual or eating foods that are difficult to digest, Therefore it is important to know what to eat, how to combine foods, and other holistic dietary information.

Controlling the problem

By making changes to your diet and lifestyle and finding a health care professional that

specializes in food combination and holistic diets, you pass your mealtimes, *not with gas*, but comfortably with ease. In the meantime, try to implement some of these tips.

- avoiding foods known to cause flatulence
- eating smaller and more frequent meals
- eating and drinking slowly
- exercising regularly






Cauliflower Dip

High in vitamins, minerals and nutrients, low in calories!

Ingredients

- 2 cups cauliflower florets
- 2 Tbsp ghee or avocado oil
- 6 cloves whole peeled garlic
- ½ cup cooked chickpeas
- ⅓ tahini
- 2 Tbsp lemon juice
- 2 Tbsp olive oil
- Sea salt and pepper to taste
- Parsley to garnish

Directions

1. Preheat oven to 425 degrees Fahrenheit and line a baking sheet with parchment paper.
2. Toss cauliflower and garlic cloves in avocado oil or ghee and add to lined baking tray. Sprinkle with sea salt and pepper.
3. Roast cauliflower and garlic for 20-25 minutes, or until tender and lightly browned and crisped.
4. Remove from oven and let cool for 10 minutes.
5. To a food processor add roasted cauliflower and garlic, chickpeas, tahini, lemon juice, olive oil, and a sprinkle of sea salt and black pepper. Pulse for 20-40 seconds, or until mixture is broken down, combined, and to a texture of your liking. For a thicker hummus, pulse mixture less.
6. Scoop hummus into a bowl and garnish with a drizzle of olive oil, chickpeas, and parsley, if desired. Enjoy!
7. Leftover hummus will keep in an airtight container in the refrigerator for 4-5 days.

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Many of us avoid certain foods thinking they "don't agree" with us. Cauliflower being one of them.

As a cruciferous vegetable, cauliflower is an excellent source of fiber — most Americans consume less than half of the recommended daily amount. This fiber content helps maintain healthy digestion — reducing your risk of digestive disorders — and promotes good bacteria growth in your stomach.

Here are a few other **foods to consider that are very beneficial to "gut health".**

- Kimchi
- Sauerkraut
- Kombucha
- Miso
- Tempeh
- Yogurt

Corpses in your fridge?



Don’t want to clean out the corpses in your fridge?

It is shocking to see how much food Americans waste each year. Approximately 103 pounds is the number most recently reported according to new research. Food habits show that Americans toss out four spoiled items each week, amounting to approximately $54. Fruit is the number one item being tossed, followed by vegetables. Many things can be to blame.

Whether you purchase your product in the market or use your time and passion to grow it on your own, here are a few hacks to help you keep things fresher, longer!

Cilantro, basil, parsley, and tarragon

Loosely wrap in paper towels and store them in the crisper drawer. Another method preferred by many, is to first remove the twist tie around the stems if you purchased it this way, plunk the bunch in a glass of water, and store it on the counter. Remember to change the water ever day or so to keep things fresh. **Special containers** can be purchased and seem to also work well in the fridge. Experiment!

Salad Greens

First, if you pick fresh daily, or buy it weekly, you will ensure you are eating veggies every day. To extend the life of these precious commodities, add a paper towel on top of greens inside the container it came in, then flip the box upside down; it works wonders. The moisture is absorbed by the towel, keeping the greens from sitting in their own liquid to rot. Obviously, for best results, make sure to choose greens that have a best – before date farther out, and look for fresh vibrant greens.

Celery

The approved method is to wrap heads of celery tightly in aluminum foil. The foil allows for ethylene to escape and prevents the moisture from leaving, keeping celery crips and fresh up to a month. You can reduce waste and reuse by washing the foil in mild detergent, taking care not to tear it.

Ginger

A common trait we share… panic to buy more ginger, garlic, shallots, without checking if you already have some. This results in a lot of partial knobs and bits rattling around the bottom of your crisper. To combat this, try using this trick, our own Nada Cory has recommended it often. Take any of these on its own or try combing them in a food processor to form a paste. Simply remove the paste and freeze the mixture in tablespoon-size portions. These frozen quantities are ready to use in stir-fries straight from the freezer!

Cucumber, Zucchini and Squash

Nothing beats some crisp cucumber as a snack or in a fresh salad. True heartbreak comes in the form of a limp, mushy, or wrinkly one left in the crisper. Borrowing the technique of shrink-wrapped English cucumbers, wrap each vegetable in plastic wrap forming a second skin, which prevents moisture from escaping in the fridge.

With all your savings, treat yourself to dinner out one night!



Seed Library open in Jupiter, Florida



The Jupiter Branch of the Palm Beach County Library System wants you to cultivate a plant or two.

Several weeks ago, the Jupiter Branch celebrated the grand opening of the first seed library in Palm Beach County.

“The goal is to make gardening accessible for community members to grow healthy food, in plots, pots or yards,” said Diane Gilmore, the research librarian who founded the seed library. Each packet received will contain enough seeds to grow a few plants.

The seeds in the collection are both purchased and donated from seed companies, including hybrid and heritage seeds, and is open to anyone who visits the Jupiter Branch. A library card is not required to get seeds, nor do they take special orders, send seeds outside of the library, and accept community saved seeds.
Location: 705 Military Trail, Jupiter - Info: 561-744-2301.



Kefir and other good things

The second class of the “Cooking with Nada” series yielded another afternoon of fun, food, and education.

With a guest lecturer taking the lead, attendees learned about natural probiotics, food combining, eating for good health, and how to open and utilize a Thai coconut!

If you were in the area and tempted to stop your vehicle due to amazing flavors wafting through the air, we can only recommend you experience this in person.

Classes meet on the third Saturday of each month for a total of four (two left for this series). Please keep checking our social media posts, newsletter, and website, for more information on how to register. All tax-deductible proceeds from these lessons go to fulfill the mission, programs, and resources of the Joseph P Cory Foundation.

Contact us to see how you can join in!

Photo link: Photo Link:













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