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Carlisle, PA 17013

Phone: 717-249-7773

website: projectSHAREpa.org

Facebook: Project SHARE of Carlisle



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SHARE NEWS

SPRING 2020

PROJECT SHARE

IN THIS ISSUE:
Benefit Bins... Firms Unite for SHARE... Spring Into Health.

“When spiders unite, they can tie down a lion.” This Ethiopian truth illustrates the strength of unity. We have heard variations throughout our lives such as “United we stand, divided we fall”. Previously we wrote about the significance of light in many cultures. Now the light is returning by two plus minutes a day. Each of us has our own light, our ability to care and empathize, our skills, our dreams, our blessings... When I take “This little light of mine” and put it with yours and yours and yours a beacon shines out into the world saying nothing is impossible when we unify for good to love our neighbors, to “Nourish Our Community...” while “...Awakening Hope!” -JDSMK



Can You Make a Difference?

By Regina Ramsey, Co-Supervisor Lunch & Learn COG. Site

One of the first things that we wanted to do was find a way to work within the community. We started by taking a tour of Project SHARE. One of the programs that we were shown was Power Nutrition Packs, in which they bagged food weekly for students, eligible for the free lunch program, to have weekend meal supplements at home. These packs are delivered to the local schools for distribution each week through the guidance counselors. We quickly found our niche in this packing program each Monday at 8am.

Our church Mission Statement is “Making A Difference”. In keeping with this, Pastor Dean had shared with our congregation that he would like them to have a job inside of our church, but to also find somewhere to volunteer in our community. Many of our congregants joined us in the Power Nutrition Pack effort.



While packing at SHARE one day, we found out about a Summer Reading and Feeding program that had begun the previous year (Lunch & Learn) and that there was a need for an additional place to hold the program. I have a degree in Education and love working with children so this seemed like a perfect fit and we signed on.



During that time, I have seen it grow from a fledging program with little organization to the outstanding program it is today. We decorate our fellowship hall based on the yearly theme. A lot of preparation, time and effort goes in to making our site the best it can be in order to provide a positive and quality learning environment for the students that we reach each summer.

Continued on page 04

The Carlisle Church of God has had the pleasure of being a host site for Project Share’s Lunch & Learn Program for the past six years. Our congregation has taken this on as a project and provides much of the staffing for our site.



Farmers in the Cumberland Valley continue to be generous with their neighbors in need of greater food security. We recently did a sample survey from the 16 farms that invite Project SHARE to “GLEAN” their fields during the harvest season that begins in June and continues through to October. Glenn Franklin is one of our trusty volunteers, who works closely with a number of growers recently interviewed a few of them. The Burkholder family entered the gleaning partnership over 10 years ago with Roy being the first brother on board. Since then

Continued on page 04

Inside Discoveries



Community to Make a Difference...1,6
Lunch & Learn 2020



Look Up and Unite.....2



Farmers Open Their Fields.....1,6



.....3



Benefit Bins Roll Out.....5

Congregation / Corporate Thank Yous 5

Kitchen Kronicles.....7

...nce publishing a number of Dates are postponed until further notice. They are started * We will send out a notice once resumed. Be safe, Be well!

DATES TO REMEMBER



***YOGA** (Sundays 4-5pm) The Farmstand. Relax, condition your mind and your body with an expert team. All are welcome to join us. No cost! Ohmm sweet ohmm.

*KIDS in the KITCHEN (Week Following Distributions)



Children meet from 5-6:30pm @ our main HQ on N. Orange Street. Tots (4-8yrs) participate on Tuesday after Distribution week (April 21, May 26, June 23 Cubs (8-12yrs) on Wednesday (April 21, May 27, June 24). Sign up at [timetosignup/projectsharepa](https://timetosignup.com/projectsharepa) or call Project SHARE.

*SLICE of the MONTH (Thursdays Before Distribution)

Adult class continues at Farmstand through the winter on the 2nd Thursday of the month (April 9, May 7, June 11) from 5:00 to 7pm. These monthly classes give adults "hands on experience" preparing recipes based on ingredients available through Distribution days. Sign up at [timetosignup/projectsharepa](https://timetosignup.com/projectsharepa) or call Project SHARE.



*CHESS (Alternate Mondays)

Whether you are a new or a seasoned player we welcome you to the Farmstand for alternate Mondays (April 6, 20, May 4, 18) from 4-5:30 p.m. Make your move and sign up to play or to mentor at timetosignup.com/projectsharepa



SUPERCUPBOARDS (April-May)

A Nutrition program that includes a healthy cooking component. This program, will provide instruction, kitchen equipment and supplies at graduation, in partnership with Penn State Extension, the Salvation Army and Project SHARE. Next class begins April 21. Interested? Contact Project SHARE for details.



VOLUNTEER RECOGNITION EVENT (Saturday, May 30th)

Volunteers are invited to a special luncheon on Saturday May 30th from 11am to 1pm. You are the reason for our ability to serve as many people as we do in so many ways. This is a time that we can celebrate your SHARE in our organization. Save the date! More information will follow by e-mail.

SAVE THE DATE

SUNDAY, SEPTEMBER 27, 2020

Barn at Creeks Bend
Carlisle, PA



4TH ANNUAL FARM TO TABLE Event & Auction

Look Up and Unite



Bob Weed, CEO

While reading the newspaper this weekend I was reminded of the story of the parting of the Red Sea. As a community, the Israelites were united behind Moses and shared the common goal of escaping slavery and the oppression of Egypt. At one point they find themselves with the Red Sea in front of them and the Egyptian army closing in from behind. With the help of a miracle, Moses parts the Red Sea and the Israelites pass safely to the other side.

Once on the other side, the Israelites, almost immediately, begin to complain to Moses about not having enough food and water. Scholars ask how is it possible that those who had seen such a great miracle could lose faith so quickly? Their answer, in many cases, is that the Israelites did not see the miracle at all. Instead they were looking down and all they saw was mud.

How often do we see that same behavior happening today? When trials and troubles abound, how many of us are looking down at the mud, the muck and the mire? As a matter of fact, isn't it true that some are looking for mud to sling? People can be focused on the thing that is bogging them down or seeking something that impedes the progress of others.

Rather, should we not all look up? Look to the miracles around us, the talents that individuals bring to the table, the collective strength of a family, a neighborhood and a community can bring to bear when facing down a problem.



That's not to say that we don't have to be mindful of the mud that could consume us. Jay Weatherill the 45th Premier of South Australia said "We do not get unity by ignoring the questions that must be faced." But, even if we come from different backgrounds, beliefs systems, or have dissimilar ways of going about things, there are certain outcomes that should unify us all. Once we decide to work with each other, it becomes clear that unity and an appreciation of the positive forces around us creates power.



So, know that you're going to get mud on your boots. You're going to feel stuck. And, as the American rhythm and blues singer, Ricky Fonté says "It ain't easy on you own." But, look-up. All around you are those sometimes-small miracles that collectively deliver us to a common well-being.

Find joy in our differences as they strengthen our unity!

Our Mission: "In response to God's call to love one another, and bolstered by the spirit of generosity in volunteers, staff, recipients, gleaning partners and donors; Project SHARE's food pantry programs and partnerships meet the evolving needs of people on their journey to freedom from want."

SHARE Spotlight Column



Until a few months ago, Project SHARE meant nothing more than a Thanksgiving turkey to an anonymous

family or a logo plastered on the side of a passing truck in downtown Carlisle. But after stepping into the SHARE warehouse for the first time, my perspective transformed entirely. In distribution, gleaning, and later the Souper Bowl of Caring through my company, I realized the incredible reach, attitude, organization, and impact of Project SHARE.

Their organization and program offerings alone are beyond impressive. What isn't obvious until you immerse yourself in one of the myriad programs is its amazing personality. The SHARE staff, volunteers and clients illuminate an otherwise inconspicuous warehouse in the back of a building that's easy to miss. Inside, though, is a beautiful and uplifting reminder of all that is good about the greater Carlisle community.

It was this spirited atmosphere that brought me back to numerous other events and eventually served as the springboard for my company's participation in the Souper Bowl of Caring. When Joe (Joe Kloza, Education and Community Outreach at SHARE) sought organizations to assist in the Souper Bowl of Caring, I found a great opportunity to extend SHARE's reach. Carlisle Construction Materials (CCM) is one of the town's largest employers, and has manufacturing and administrative offices in Carlisle, PA. CCM has always taken interest in community involvement, and many people in the organization leap at the opportunity to get involved. As our teammate Krista Gonzalez, Quality Services Manager said, "Being able to give back to our local community partners like Project SHARE hits home for many employees because many of them don't just work here, they live here also."

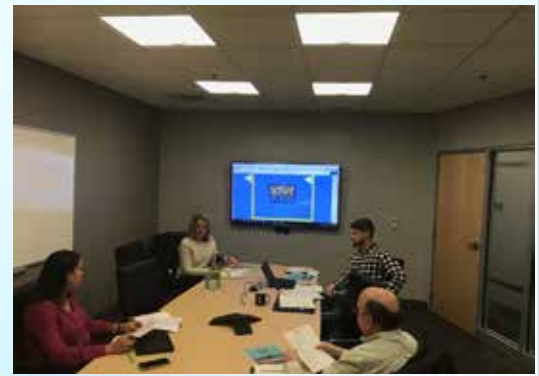
Souper Bowl of Caring and CCM was the perfect partnership. And we plan to build on that partnership now that our team at CCM has become more aware of the immediate impact we can make on those in need in our community.

After forming a Steering Committee for the Souper Bowl, we solicited ideas for campaign themes. There was no shortage of ideas. We landed on a chili cook-off alongside a department challenge – departments would raise money and then award the most creative during the chili cook-off. Several departments brainstormed some great initiatives. Pricing Analyst Jordan Gregor had no trouble getting his team involved when prompted. "As soon as I brought up a department challenge, my team immediately

started brainstorming with the only two motivations 'to raise as much money as possible' and 'to have fun doing it,'" Jordan recalled of the Pricing team efforts. This was not unique to Pricing. As different departments generated ideas for campaigns and chili cooks signed up, enthusiasm mounted. Department representatives went office to office to solicit donations for their campaigns (jeans weeks, a 50/50 raffle, and a Mario Kart tournament topped the list).

On the day of the cook-off, departments presented their total collections and we added the totals from employees sampling and voting on chili. Eleven cooks battled for votes as tasters donated to try the chili and take some home. Bob Easley won a tight race by a two-vote margin. The cook-off itself raised upwards of \$300 and served as lunch for many people! In total, CCM raised \$3000 towards Project SHARE and had a blast while doing so. Shravya Nallabathula, IT Systems Analyst noted how, "I keep hearing from other co-workers that we want to do a lot more future events of this kind. It's fun as well as for a good cause."

With a great organization like Project SHARE to support, we're more than happy to participate in SHARE initiatives, to serve the food insecure in our community and to help improve Carlisle by serving those in need. Some employees asked about the winning chili or department, but the most prevalent question around CCM was, when can we start planning for Project SHARE's Souper Bowl 2021?



"Steering Committee members Cortney Woolslayer, Susan Wallace, Jordan Gregor, and Tim Wickard discuss potential Souper Bowl initiatives in the early days of planning."

SOUPER BOWL OF CARING FINAL RESULTS



Congratulations to **BOB EASLEY**, IT Systems Analyst on winning the individual **CHILI COOKOFF AWARD!** Bob's chili was number 3 on the table, but number one in voters' hearts and stomachs, and totaled 11 votes!



Shout-out to the **PRICING TEAM**, winners of the **DEPARTMENT CHALLENGE**. The challenge was voted on by a panel of five impartial judges, who unanimously selected the Mario Kart Tournament as the **MOST CREATIVE!** All seven participating departments (below) did a tremendous job in raising money.

We collectively raised **\$3,000.76** for Project SHARE of Carlisle!
THANK YOU CCM!

DEPARTMENT CHALLENGE FUNDRAISING CAMPAIGNS						
Versico	Customer Service	Marketing	Pricing	HR	IT	CFS
Swear Jar	Jeans Week & Food Drive	Jeans Week	Mario Kart Tournament	Super Bowl Squares	Raffle	3 Jeans Weeks

Our guest columnist is **Andrew Razanauskas**, the Business Unit Lean Manager for the Polyurethane Division of Carlisle Construction Materials.



Luke, Larry, and most recently Wilson have joined the SHARing. "My brothers were doing it and I think it is a good thing. I am just starting but I want to help wherever I can."

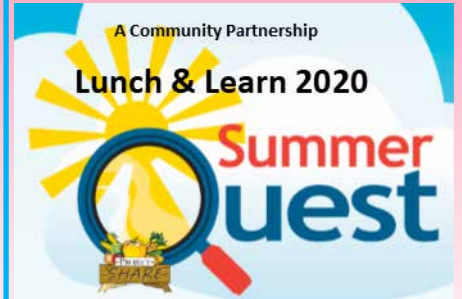
Larry Burkholder reflected that "One day Glen stopped by and asked if I'd be interested in letting Project SHARE come in and glean after I'm done picking my fields. I thought it was a great idea! If someone can use it I'm willing to let them have it." His brother Luke grows on 40 acres. "We grow produce for fresh market and only sell top quality so we have a lot of less quality, but still good to share rather than going to waste". It is estimated that 30-40% of all food in America does go to waste. Gleaning helps much from going to waste.

Ammon and Jason Weaver are also Mennonite neighbors who believe in the calling to SHARE through gleaning. "I don't like food going to waste" said Ammon while Jason noted "I would rather see the fruit of my labor being utilized by someone who needs it than have it go to waste, even if it happens to be surplus. Helping each other is a Christian's normal lifestyle."

More on Project SHARE' gleaning at project-sharePA.org. Also note our dates for 2020, where you and or your group can join us for the harvest, are in our calendar and on line. Flyers are also available at the office.



In 2018 we were honored by a visit from the Pennsylvania Secretary of Education, Pedro Rivera, who along with Pennsylvania Secretary of Human Services, Teresa Miller read to our Lunch & Learn children. A number of other state officials were also in attendance and were able to experience our special efforts for the pro-



gram.

Throughout the summers, we have seen students who have benefited in a number of ways by: * Trying new foods; * Making friends; * Following a routine; * Learning to control their behavior in a more appropriate way; * Coming out of their shell (One non-vocal student became comfortable enough with us to start speaking!); * Working together

Some of the popular activities at the Carlisle Church of God Lunch & Learn include our unique attendance tracking, Write the Room, Special Guests, Freeze Dance, the Color Wheel Challenge and any lesson that involves making a craft or food.

As we prepare to begin our seventh summer with Lunch & Learn. I encourage anyone that would like to join Project SHARE in this effort, to reach students in our community, to do so at this time. We are in need of your dedication and I welcome you to speak with me about the joys and opportunities of service



Thanks to Bobby Rahal Toyota we were able to treat our clients to a catered night out at Carlisle's historic 1939 Theatre. All who attended were welcomed by Todd Swope of Bobby Rahal and the staff of SHARE, some in costume!



SHREK was the star of the big screen. The theatre was a new experience for those who have never been inside this movie palace.

Our Holiday Dinner introduced young and old to great food plus popcorn for the show! Bob Weed, our CEO greeted everyone in the lobby while Princess Fiona (Laura Estep) and Shrek (Weston Petroski) provided much fantasy and enjoyment to the

kids prior to and after the showing of the original SHREK. New books were also given out to the children thanks to Barnes & Noble-Camp Hill. A great time was had by all!



"Volunteers are the only human beings on the face of the earth who reflect this nation's compassion, unselfish caring, patience, and just plain loving one another." – Erma Bombeck



Many thanks to businesses, foundations and other organizations who unify as part of our community through contributions of funds or in-kind gifts. This list for gifts was received between December 9th to March 01st. Although too numerous to list, we also recognize all the individual donors and volunteers who give time and resources to "Nourish Our Community..." while "...Awakening Hope!"

- | | |
|--|--|
| Allsafe Environmental, Inc. | HSH Management, Inc. |
| Barne & Noble-Camp Hill | Jeff Wolfe Design |
| Blue Mountain Veterinary Service | Knights Of Pythias Lodge #299 |
| Bobby Rahal Toyota | Liberty Farms |
| Carlisle Construction Materials | LifeGuide Financial Advisors |
| Carlisle Coyotes Disc Golf Club | McCulloch's Highland Vue Farms |
| Carlisle Rotary Club Foundation | Partnership For Better Health |
| Castlerigg Wine Shop | SEI Giving Fund |
| Community Aid, Inc. | Select Medical Corporation |
| Cumberland/Carlisle Chapter | South Middleton Schools |
| AARP No. 4377 | Target |
| DEALERGOODIES | The Foundation - TFEC |
| Dickinson College | United Healthcare |
| Florence & Hilliard Hasenkamp Foundation | United Way of Carlisle & Cumberland County |
| Giant Food Stores, LLC | United Way of the Capital Region |
| Gingerbread Man-Mechanicsburg | Weis Markets |
| Gobin Guards Association | Women of the Moose Chapter 235 |



Congregation Connections

Many thanks to our congregational supporters. In recognition of those who have blessed us with funds or food since our last SHARE News. Although not listed, we thank the many congregations for their gifts of time. We could not serve those in need without all of you. This recognizes donations since our last Newsletter through March 01st. Thanks to all of you and your congregants who remember to feed the hungry throughout the year.

- | | |
|-----------------------------------|---|
| Bethel Assembly of God | Second Presbyterian Church & the Presbyterian Women |
| Carlisle Baptist Church | St. John's Episcopal Church |
| Carlisle Barracks Chapel | St. Matthews Evangelical Lutheran |
| Carlisle Evangelical Free Church | St. Matthew's United Church of Christ |
| & CEFC Church Children's Ministry | St. Patrick Roman Catholic & School |
| Carlisle Reformed Presbyterian | St. Stephen Lutheran Church |
| Carlisle Seventh Day Adventist | The Meeting House |
| Christian Life Community | Tree of Life Church |
| Dickinson Presbyterian Church | Trinity United Methodist |
| First Evangelical Lutheran | Waggoners United Methodist |
| First United Church of Christ | Wesleyan Church of the Cross |
| Green Spring First Church of God | |
| Holy Trinity Greek Orthodox | |
| Lighthouse Church of God | |

"Finally, all of you should be of one mind. Sympathize with each other. Love each other as brothers and sisters. Be tenderhearted, and keep a humble attitude." Peter 3:8 NLT

In 2019 Steve Kuhn, Farm and Outreach Coordinator for SHARE piloted a new program that placed teams of individuals into a day of volunteer team-building exercises combined with community service. Project SHARE is ready to begin our newest team-building initiative called SERVE to SHARE. This is an excellent opportunity for teams, businesses, schools, non-

SERVE TO SHARE TEAM BUILDING

profits, faith based groups and any group of individuals looking to build teamwork within their group while preparing to serve their community.

Small groups of six to ten participants can select any available Tuesday, year round, to meet in the morning to begin their day-long team-building session at Project SHARE's Farm Stand located at 123 Lincoln Street in Carlisle. After a short orientation participants will compile a list of positive attributes that groups have when they are a highly functioning team. This list will help encourage growth while the team sorts and sets up for the day's distribution of fruits and vegetables to our community. This SERVE to SHARE opportunity will help teams develop better communication and decision skills while encouraging teams to build trusting relationships.



Throughout the gleaning season, from July through October, larger groups of 10 to 40 participants can sign up for Wednesday of team-building gleaning trips while harvesting fruits and vegetables for our community. **Groups will have an opportunity to SHARE a portion of their harvest into their communities.** Groups provide their own transportation. For further information contact Steve at SKuhn@projectSHAREpa.org.

Building Benefit Bins



Host a CommunityAid indoor clothing cart to benefit Project SHARE!

Your employees/vendors/guests have an easy drop-off point for unwanted clothing. **Your** employees feel engaged in helping their community through your workplace! **CommunityAid** provides jobs for local neighbors and thrift-priced clothing for those in need. **Project SHARE** benefits financially from all of your collections. **Contact:** Bob or Joe at Project SHARE for details.

USDA estimates that **30% to 40% food in the USA goes uneaten** and is either plowed under or goes to landfill. Do the math and that is approximately 400 pounds of food per person each year per the *NRDC. It is not only wasteful but it also is costly.

Project SHARE works with local suppliers and farms to take a bite out of that waste. Help us to do our job by going to project-sharePA.org and give what you can to help us "Nourish Our Community . . . Awakening Hope!" * National Resources Defense Council

VOLUNTEERS of the MONTH Volunteers SHARE their valuable time! They are an integral part of our mission and bring joy to all with their service. Our volunteers bless our community with service. Without them there is no SHARE in Project. Special recognition goes out to some on a monthly basis. They accept this honor with humility in the company of their fellow volunteers.

JANUARY Carey Garland	FEBRUARY Dean & Vickie Clepper
	

Note Support the SHARE Community and click here to link to the Match Madness Campaign in March! Please help today!



that this volunteer effort provides. You are needed to give our kids a chance to experience learning in a fun atmosphere through this 8-week program. Not everyone is a teacher, but there are other ways to become involved in this life-changing program: food preparation and delivery, food service, craft helpers, greeters, attendance takers, and teacher assistants.

Lunch & Learn "Summer Quest"- 2020, runs Monday through Wednesday 9:30am-noon beginning June 15th to August 5th. It is open to all students ages 5-12 years old. This is a great way to serve the young people in our community. Contact Project SHARE now to join the team.

You won't regret it and you might find you love it as much as we do!



"Bosler is thrilled to be partnering with Project SHARE and other organizations as a part of Lunch & Learn for 2020. Bosler appreciates our role in helping to create enriching and fun activities for the kids that nourishes minds, during the summer months, while the program, through the SHARE kitchen, also enriches their bodies with healthy food. As we embark this summer on our first annual Summer Quest at the Library together with the children in the Lunch & Learn program, we're excited to see the eager faces as we explore the worlds of art, science, and much more! Bosler would like to take this opportunity to thank Walmart for their contribution, which is being used towards the purchase of supplies for this year's curriculum kits."

Melissa Killinger, Youth Services Coordinator

Project SHARE also is looking forward to participating in part of Mt. Holly's Amelia Given's Summer **Imagine Your Story** activities!



Unity is Powerful



Carol L. Baer
Power Nutrition
Pack Team Leader

We live in an endless cycle of real and perceived problems with despair searching for solutions, action, and rebuilding. There are many things that help us get through this never-ending cycle but the most important trait is our ability to find unity with others.

A family or a household indicates oneness. People live, work and play together. They share their good and bad times together and this is the source of strength, each providing confidence to the others. When all are on different roads, that very semblance of a family disappears.

Today, the world requires unity to deal with issues like terrorism, pollution, environmental climate events, population quantities and movements and lately global diseases. **Unity is another way of saying that "We are all in this together."** We as a community should never strive to restrict our resource, create boundaries by neighborhoods or engage in actions that do not strengthen partnership among diverse communities.

When troubles appear, such as an illness, family breakups, inadequate income, we choose unity. Unity helps to get us through our loss. **Project SHARE is a great place where we experience the unity that brings us together to help those in need with all differences put aside.** Community coming together for the greater good of all. We enable the families to get back on their feet by providing food and programs that provide that vision in our statement where we are "Nourishing Our Community . . . Awakening Hope!"

We SHARE by providing nutrition packs to children who are eligible for free or reduced cost lunches in our schools. This helps to supplement their nutritional needs for the weekend. Approximately 350 Power Nutrition Packs are put together by our team of volunteers every Monday morning for distribution through the guidance counselors later in the week.

We are all living under the same sun just trying to make the best of life. I believe that we all do best when we find areas that unite us!

I believe in the extraordinary power in the strength of unity and invite all to join us in our mission to **"...meet the evolving needs of people on their journey to freedom from want."**



Sponsor one or more families

\$20/Family—Ham Sponsorship

\$40/Family—Meal Sponsorship

- Use enclosed envelope
- Make gift online
- Donate Food
- Hold a Food Drive

Details at projectSHAREpa.org

“He who experiences the unity of life sees his own Self in all beings, and all beings in his own Self, and looks on everything with an impartial eye.” - Buddha

SPRING into HEALTH

Cruciferous Vegetables

Their Role in Longevity and Disease Prevention

Did you know that the US dietary guidelines recommends consuming at least 2 ½-cups of vegetables a day? Many nutrition experts, on the other hand, advise 5-9 servings of vegetables/day for optimal

health. It is recommended that a majority of our vegetables be non-starchy leafy greens such as spinach, kale, cabbage, Swiss chard, and broccoli—and for good reason too! Dark green leafy vegetables provide us with essential vitamins and minerals, including vitamin A, vitamin C, folate (and other b-vitamins), magnesium, calcium, and even iron. They are also low in carbohydrates and an excellent source of fiber, making them ‘freebie’ foods for those with diabetes or those on ketogenic diets. It is no wonder why that among the healthiest cultures around the globe (Mediterranean, Asian, and Proto-Slavic diets), cruciferous and leafy green vegetables are eaten on a daily basis.



You are what you eat!
 "Dis-moi ce que tu manges, je te dirai ce que tu es."
 [Tell me what you eat and I will tell you what you are] was written in an 1826 book on gastronomy by a Frenchman, Anthelme Brillat-Savarin.
 How apropos!

Current research shows that the regular consumption of leafy green vegetables can significantly reduce inflammation, reduce oxidative stress, prevent DNA damage, decrease the risk of cancer, as well as help prevent atherosclerosis and cardiovascular disease. They may also help create a more ‘alkaline environment’ in our bodies, which may assist in detoxification, reduce inflammation, and decrease risk of urinary stones, just to name a few. *In addition to the array of vitamins and minerals, the phytochemicals (compounds produced by plants) in cruciferous vegetables are believed to be responsible for much of these effects, particularly their ability to increase liver detox enzymes.*

A placebo-controlled study published by researchers at Harvard University, John Hopkins and Princeton University found that sulforaphane supplementation (the active compound in leafy greens) significantly improved social interaction, abnormal behavior and verbal communication in boys with autism. Authors suggested that improvements were due to sulforaphane’s detoxifying and antioxidant potential.

Since long cooking times can destroy these precious compounds, steaming, lightly sautéing and eating raw are the



best ways to preserve their beneficial traits. In some cases, a light steam/sauté will actually help release key compounds.

Keeping a healthy gut microflora, through the frequent consumption of fiber-rich and fermented foods (NOT sugar-sweetened yogurts), may also encourage increased availability of sulforaphane. Adding a pinch of mustard seed powder to cooked cruciferous veggies will further enhance their health potential.

Cruciferous* vegetables such as kale, Swiss chard and cabbage are available year around from your local farmer’s markets at affordable prices. They can also be grown year round in small grow tents or DIY greenhouses. Here are a few preparation tips:

Kale: Enjoy kale raw in salads by shredding and gently massaging with olive oil and lemon juice. This will increase tenderness and aid in the digestion and absorption of nutrients. Try baby kale for a more tender, sweeter and nutrient rich salad or, lightly steam for 2 minutes, followed by a quick sauté in olive oil with garlic and/or onion. Sprinkle with some mustard seed and red pepper flakes.

Swiss chard: Swiss chard comes with bright & beautiful colored stems (red, yellow, pink, and orange) that adds both crunch and added phytochemicals. Start by sautéing stems in olive oil with onion and garlic for 2-3 minutes. Add shredded leaves, and sauté for another 2 minutes. Season to taste with salt, pepper, a pinch of mustard seed powder and red pepper flakes.

Cabbage: Prepare a ‘light’ coleslaw using olive oil, apple cider vinegar and citrus juice, instead of the ‘classic’ recipes, which use inflammatory oils and sugar. Sauté with onions and garlic for 10 minutes. Add a pinch of mustard seed to increase absorption of ‘nature’s medicinals’.

**From the word meaning “cross bearing” was named so due to the shape of their flowers.*