



Newsletter

No. 28

Cauli - Broc Cuisine

Cauliflower and Broccoli both come from the same plant family. Cauliflower was introduced to France from Genoa in the 16th century but is still a rare food. A highly nutritious vegetable, it is often found in Indian cuisine and is known to help prevent a range of diseases from cancer to cataracts.

Developed from the wild cabbage, Broccoli was cultivated in coastal Europe and spread from there to the rest of the world. Traders brought this plant to Italy and called it "Italian Asparagus". This vegetable dates back to the 1500's in England and did not reach the USA until the 1920's. Broccoli is known to prevent some forms of cancer.

Both these vegetables may be eaten cooked or raw in a salad. When cooked they are usually served with a creamy sauce or dipped in batter and lightly fried. If eaten raw they will make a good accompaniment to a salad. The good thing about these two vegetables is that the fresh stalks, stems and leaves are edible either cooked or raw. If the vegetable is not fresh, the stalks and stems do tend to become "woody" and tough.

Because cauliflower is low in calories, this vegetable is known to be an excellent diabetic food.

The downside of either cauliflower or broccoli is that they contain goiter-causing substances which may have a detrimental effect on some individuals. This effect can interfere with the utilisation of iodine by the thyroid gland and should be supplemented with either kelp or iodised table salt **only if eaten in abundance**.

Vit. A: (Broccoli) This fat soluble vitamin can be stored in the body for several days. Beneficial for elimination of the bodies waste products. A good vitamin to prevent infection in the respiratory and digestive systems.

Vit. C: (Broccoli & Cauliflower) Utilised by the body for healing wounds and burns. Also required for bone and teeth growth. Helps in the absorption and transportation of iron in the body. Also regulates cholesterol levels.

Vitamin E: (Broccoli) A protection for the body against toxic substances which are formed from oxidation. This vitamin also protects the lungs from pollutants and is needed for cellular respiration in the heart and skeletal tissue.

Vitamin K: (Broccoli) This fat soluble vitamin is responsible for the coagulation of blood especially in wound healing. Protects the liver against lead pollution.

Folic Acid: (Broccoli & Cauliflower) Necessary for cell division and reproduction and health of the entire nervous system. Also works together with Vit. B12 to form body protein and red blood cells.

Calcium: (Broccoli) Needed for bone building and maintenance of teeth. Also required for blood clotting, muscle contraction and relaxation.

Molybedum: (Cauliflower & Broccoli) This is a component of the enamel

Of teeth and is also needed for the metabolism of fats, proteins, carbohydrates and iron in the body.

Copper: (Cauliflower & Broccoli) Required for the building and maintenance of the skeletal, vascular and nerve structures of the body.

Also necessary for the reproduction and maintenance of the hair.

Sulphur: (Cauliflower) Essential for optimum protein absorption.

It also has an antiseptic and cleansing effect of the digestive system. Assists in providing oxygen to the blood and forming blood plasma. Cleanses the body of acid mucous poisons and promotes a good complexion.

Chlorine: (Cauliflower) Helps to regulate the heart action and normalize blood pressure. Also eliminates poisons from the body and purifies the blood. Chlorine helps regulate acid - alkaline levels in the blood.

Recipes You Can Get Your Teeth Into.....

Cream of Broccoli Soup

1 medium chopped onion
3 cups broccoli pieces
3 ½ cups water
2 ½ tsp salt
2 ½ Tbsp Nutritional yeast
¼ tsp garlic powder
1 cup peeled, chopped potatoes
1 cup coconut cream

Steam the onion and broccoli with a little of the water, on low heat.

Add the remaining ingredients except the coconut cream.

Cook on low heat for 20 minutes. Add a little more water if necessary.

Cool the mixture then pour into a blender and process until smooth.

Return to the pot and stir in the coconut cream. Let simmer for 5 minutes and then serve hot. Cauliflower can replace the broccoli. Serves 6.

Vegetarian "Fish" Loaf

1 cup water
1 ½ cups cashew nuts
¾ cup water
1/6 cup Maizena
¾ tsp kelp powder
2 tsp salt
1 Tbs Soya sauce
1 medium chopped onion
1 Tbsp Olive oil
3 cups cauliflower florets
2 Tbsp parsley
¼ cup chopped pimentos
1 cup bread crumbs

Blend the nuts with the 1 cup of water, till creamy. Add the ¾ cup of water, Maizena, kelp, salt and soya sauce and blend together. Braise the onion in the olive oil till brown. Mix the onion, cauliflower, parsley, pimentos and bread crumbs together. Add all the liquids and mix well. Pour into a sprayed baking dish and bake at 180° C for 1 ½ hours or till done. Serves 5.

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Think About This.....

"Do not look where you fell, but where you slipped."

African Proverb

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