



Newsletter

No. 27

Wholesome Beetroot

This vegetable is related to spinach, swiss chard and lambsquarters (better known as “marog”), and can be eaten as a root or leaf vegetable. Both red and white beetroot was originally cultivated for their roots. The colourful leaves however, are a good nutritional food which is higher in calcium, vitamins A and C than is the root. However twice as many calories can be found in the deep red root than in the leaves.

Originally introduced to Northern Europe, it was used mainly as animal fodder. However, in 1801, Napoleon decreed that sugar be processed from beetroot for use, as sugar cane was cut off by the British naval blockade around the 1800's. During the 19th century both red and white beetroot were introduced to the USA.

Beetroot may be used to thicken or add colour to some dishes or as an extender in certain processed foods. People suffering from arthritis are encouraged to eat a “nightshade” free diet (in other words avoid tomatoes, red and green peppers, aubergines and potatoes), may use beetroot in gravies or dressings.

Cooked or raw, beetroot makes a delicious salad and is versatile with other vegetables, fruit or legumes. This root vegetable is known as a good preventive against cancer, diabetes and is beneficial in aiding liver and gall bladder complaints.

Beetroot is the cause of “Beeturia” which is reddish urine, excreted by the body and is a common condition due to the red pigments which are harmless.

Beetroot contains some of the following vitamins and minerals which are beneficial to the body:

Vit. A: A fat soluble vitamin found in beetroot leaves helps to maintain normal vision especially at night. Also needed for bone, teeth and the bodies growth. Vitamin A helps prevent infection in respiratory and digestive systems and genitourinary tract.

Vit. B1: A fair amount of this vitamin is also found in the leaves, essential for the health of the entire nervous system. Also helpful for the proper function of the digestive system, the heart and for mental alertness.

Vit. B2: Also known as Riboflavin, this is the stress preventive vitamin. Necessary for good eyesight, healthy skin, cellular growth and nerve tissue repair. Lack of this vitamin can result in premature aging, skin disorders, arthritis and baldness. Brewer's yeast is the richest natural source.

Vit. B5: Beetroot contains a fair source of this vitamin, needed for the bodies control of cholesterol, it improves poor memory and is useful in times of stress. The condition of skin, eyes, hair and nerves are all improved while a deficiency may lead to ulcers in the digestive tract. B5 also helps produce antibodies to fight infection. Also beneficial if suffering from the following ailments: anaemia, insomnia, arthritis, asthma, cancer and TB.

Vit. B13: Used effectively to treat multiple sclerosis. A deficiency of this Vitamin leads to liver disorders and premature aging.

Vit. C: Found in beetroot leaves and necessary for wound healing, burns, growth of teeth, bones and strengthens the blood vessel and capillary walls. It helps with the absorption and transportation of iron in the body. Also helps control correct cholesterol levels and maintain and form the Collagen which is the substance necessary for binding the bodies cells.

Vit. K: Beetroot leaves contain this vitamin which is needed in the body for blood coagulation, function of the circulatory system and assisting the liver and heart functions. It also protects against lead poisoning emitted by car fumes. The older one becomes the more Vit. K is needed.

Folic Acid: Essential for the health of the whole body and should be taken with Vit. B12 and Vit. C to break down protein foods. Contraceptives rapidly deplete the bodies reserves of folic acid. Leukaemia has been linked to a severe deficiency of Folic Acid.

Calcium: A fair source of this mineral is found in beetroot which is inhibited by the use of refined foods, chocolate and excess stress.

Sulphur: has an antiseptic and cleansing effect on the digestive system as it is a blood purifier. This mineral provides oxygen to the blood and prevents accumulation of body toxins.

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

Beetroot, Apple & Butter Bean Salad

*6 Beetroot
30ml Olive oil
2 Granny Smith Apples
Salt to taste
Pinch of Dried Thyme*

Boil the beetroot in enough water until tender. Drain, peel and slice the beetroot into quarters. Cut the apples into thin slices, removing the pips and leaving the skin on). Toss the olive oil, salt and apples together with the thyme and tip into a roasting tray. Roast for +/-20 minutes.

*30ml Lemon juice
60ml Olive oil
400g Butter beans (cooked or tinned)
200g Green beans (cut into pieces)
½ cup sprouts of your choice or raw baby spinach leaves*

When the apples are done, add the lemon juice, olive oil and butterbeans with all the liquid. Lay the beetroot pieces onto a shallow serving dish and top with the apple, raw green beans and baby spinach leaves or sprouts of your choice. Pour over the apple dressing from the baked apples.

Beetroot Roasted with Garlic

*4 Beetroot
Nature's Choice vegetable seasoning
200ml Olive oil
1 Tbsp Lemon juice
12 Garlic cloves, peeled
Salt*

Trim the leaves and peel 4 beetroot, leaving 5cm of the stalks intact. Wash well then cut the beets in 1/3 pieces and lay cut sides up in a roasting dish. Mix the lemon juice and oil and drizzle half over the beetroot. Season lightly with the vegetable seasoning and roast for 30min. at 180°C. Add the garlic cloves and roast for another 10 min. then transfer the beets to a serving dish and pour the rest of the lemon/olive oil dressing over before serving.

WE OFFER YOU

Our best service at all times. Please let us know what your needs are and we will try our utmost to source it.

Products Available in the shop:

Brewer's Yeast Powder @ R18.50 per 140g
Brewer's Yeast @ R20.00 per 200 tablets
Nature's Choice Vegetable Seasoning @ R43 per 280g
Activated Charcoal @ R18.50 per 125g
Bodicare Oat Bran @ R20.00 per 500g
Bodicare Anytime Cereal @ R25.00 per 500g
Bodicare Honey Squeeze bottle @ R42.00 per 375g
Bodicare Magnesium @ R25 per 120g
Bodicare Olive leaf capsules @ R59.00 each
Bodicare Detox Fibre @ R32 per 150g each
Bodicare Nuttose Peanut Butter @ R22 per 400g

Just Arrived !!

Fridge Magnets @ R90.00 each
Scarves 100% Pashmina @ R80.00 each
Scarves @ R5.00 each
Victoria Garden Toiletry bags @ R85.00 each
Decorated, floral handbags @ R60.00 each
Decorated, floral purses @ R40.00 each

Think About This.....

"The best vitamin for making friends = B1"

Unknown

Wendy Cloete (078 735 4046)

Email: wendiwe@mntloaded.co.za

Down to Earth, Health & Essentials, Badenhorst Street, Wakkerstroom, 2480