



DON'T FORGET TO EAT YOUR SPROUTS *by Steve Meyerowitz, Sproutman*

Perhaps you have heard about the recommendations of the National Cancer Institute and the National Institutes of Health. Both request we consume five portions of fresh fruits and vegetables everyday. If you need help reaching this goal, you'll get it by including sprouts.

Sprouts are unique in that they are the only form of agriculture available in all four seasons that can be locally grown – and that means anywhere in the world, from Africa to Alaska! Their harvest cycle, from seed to salad, is only one week. Not only that, one pound of alfalfa seed, for example, yields 10-14 pounds of fresh mini-salad-greens. Even though it grows in a week, this kind of fast food doesn't sacrifice any nutrition. Alfalfa, sunflower, clover and radish sprouts are all about 4% Protein. Compare that to spinach - 3%, romaine lettuce -1.5%, iceberg lettuce- 0.8%, and milk -3.3%. These foods compare well because they are all approximately 90%



water. But meat and eggs are the traditional protein foods for Americans. Meat is 19% and eggs are 13% protein and 11% fat. Compare that to soybean sprouts with 28% and lentil and pea sprouts at 26% protein. Soybeans sprouts have twice the protein of eggs and only 1/10 fat the fat. Alfalfa sprouts are also one of the best green foods you can eat.

They have more chlorophyll than spinach, kale, cabbage, or parsley.

Sprouts are not just salads.

Grain and nut sprouts, such as wheat and sunflower, are rich in fats. While fats in flour and wheat germ have a reputation for getting rancid quickly (stores should refrigerate them), fats in sprouts last for weeks. The valuable wheat germ oil in wheat sprouts

is broken down into its essential fatty acid fractions over 50% of which is the valuable Omega 6. While sunflower oil is our finest source of omega 6, germination of the sunflower sprout micellizes the fatty acids into an easily digestible, water soluble form saving our body the work of breaking it down and also protecting us against rancidity. Sunflower sprouts are also popular for its crispness and nutty flavor.

Need a good multi-vitamin? Eat more sprouts. Radish sprouts have 29 times more vitamin C than milk (29mg vs 1mg) and 4 times the vitamin A (391 IU vs 126). These spicy sprouts have 10 times more calcium than a potato (51mg vs. 5mg) and contain more vitamin C than pineapple. While mature radishes contain 10 IU/100g of provitamin A,



FRESHLIFE SPROUTER

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DEBATE: WOOD OR PLASTIC SPOON – WHICH IS YOUR GREEN STAR FAVORITE?

I LIKE THE WOODEN PLUNGER.

"As an avid user of the Green Star Juicers for over 8 years now, I definitely favor the wooden plunger over the plastic plunger. Because of the smaller diameter, the wooden plunger can easily move around inside the feeding chute to coax the leafy greens and herbs into the twin gears. I can press the wooden plunger right thru apples and am able to crush them as I push them into the grinding gears.

"The gears are not harmed by the wooden plunger touching them and for most people the wooden plunger

will last for several years. When the time comes that you do have to order a new plunger, they come at a very reasonable price. I like the wooden plunger!"

*Submitted by John Lysohir
(Edited for space considerations)*

I LIKE THE PLASTIC PLUNGER

"The plastic plunger is efficient because it cannot touch the twin gear. It has a handles on either side which prevent the user from pushing down too far and touching the plastic to the stainless steal gears. The other benefit of plastic

plunger is that one can leave it in the machine while it is running without any fear of the bottom of the plunger touching the gear, while you are preparing other foods to push through. It is wide enough to use both hands (in a crossed position) to push down - which is not as easy with the wooden plunger.

"Personally I enjoy both the wooden and the plastic plungers for different reasons. The wooden plunger is smaller and for the larger carrots that can occasionally get stuck at the bottom, the wooden plunger will reach down and move any food through..."

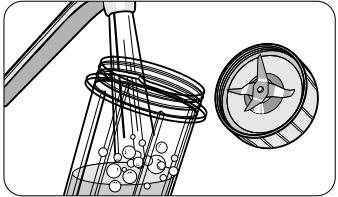
Submitted by Elysa Markowitz

TRIBEST® personal Blender



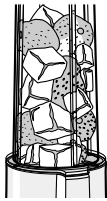
Drink Right from the Blending Cup:

The 16 oz Blend-N-Serve cups are perfect for making a single serving of your favorite smoothie or blended drink. Just blend and drink up.



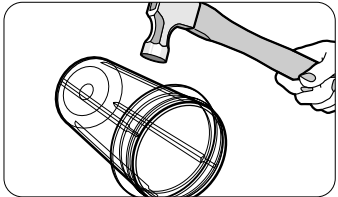
Easy Cleaning:

All you have to clean is the blending cup, and the blade assembly. Eliminate the hassle of cleaning a bulky blending jar, and extra serving cups.



Powerful Action:

The Personal Blender's powerful 200 watt motor crushes ice, blends frozen fruit, and grinds coffee in a snap. With the grinder assembly, even feisty flax seeds are easy.

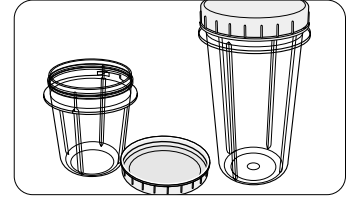


Strong and Durable Cups:

They are so strong and durable that they can even resist the blows of a hammer.

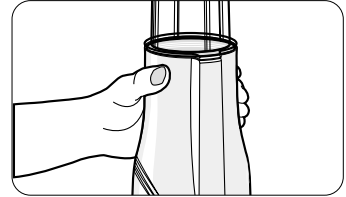
*Make it your way,
in your own cup.
And drink up!*

*With the
Tribest Personal
Blender,
life's a whole lot
tastier.*



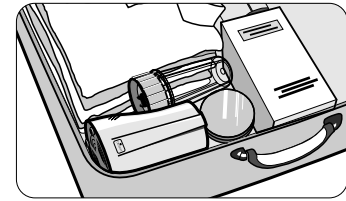
Easy Storage:

Use the included lids to seal your favorite recipes in the Blend-N-Serve cups. Ordinary blender jars are too big to store in the refrigerator conveniently.



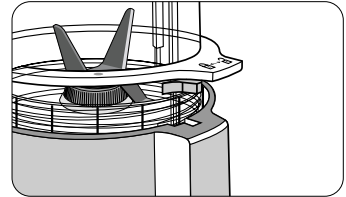
Slim Grip Body:

The elegant slim body design can easily be gripped and moved around the kitchen-top. It can even be lifted like a martini shaker for agitation.



Lightweight and Portable

The compact base unit and cups can easily be packed away in luggage, or sit on your office desk. You can now enjoy your favorite blended drinks at home, work, or while traveling.



Maximum Safety

Advanced safety features prevent operation when the blades are not completely enclosed, making it impossible to come in contact with spinning blades.



ANCIENT SUPER FOOD: CHIA SEEDS

Chia is an ancient food used by the Aztecs, Mayas and Native Americans. This seed is one of nature's near-complete foods. Rich in calcium – in two ounces of chia seed (100 grams) there is 600 milligrams of calcium, contrasted with 120 milligrams in 100 grams of milk. That is five times as much – writes James Brown, as quoted in James Scheer's book: *The Magic of Chia: Revival of an Ancient Wonder Food*.

Paraphrasing from James he states: "Boron thought to be present only in fruits, vegetables, almonds, dates, unprocessed honey, peanuts, prunes, raisins, and soybeans is also

present in chia seeds. Boron helps with the metabolism of calcium, magnesium, manganese, and phosphorus in the bone and helps with muscle growth.

It could be another way to prevent osteoporosis.

Another reason this trace mineral is so important is that boron could become a natural replacement to synthetic estrogen. It could help women cope with many of the common symptoms of menopause: bone-thinning, breast reduction, hot flashes, or even the skin loss of sensitivity to touch. All this with as little as

3-mg of boron daily.

"Boron also interacts with the body to influence how well the body conserves another trace element – copper. Copper helps the body produce red blood cells and contributes to the functioning of the heart – by keeping our arteries healthy and protecting them against lesions, which can eventually lead to blocked arteries. How fascinating our bodies are – the tapestries they weave by combining this element with that to create our health and well being. In addition, when we are deficient in boron, our brain wave

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RECIPES FOR A HEALTHIER YOU

Recipes from *SPROUTMAN'S KITCHEN GARDEN COOKBOOK* and from *ELYSA MARKOWITZ*

SPROUTMAN'S SPROUT VEGETABLE SOUP

Ingredients:

- 3-4 cups Pure water
- 1/2 inch Ginger root
- 1/4 cup Radish sprouts
- 3/4 cup Cabbage sprouts
- 1 Lemon, juiced
- 3 Tbsp Tamari
- 2 Tbsp Olive oil
- 1 1/2 cups Sunflower greens
- 1 cup Buckwheat lettuce sprouts
- 1 bunch Garlic or Onion sprouts

Here's a soup that's hot without being heated! Just blend the ingredients together, that's all. It's easier than opening a can. Start with half the water. Add the ingredi-

ents in sequence, then slowly adding the rest of the water as needed. The last 3 ingredients should not be fully blended, only chopped. This gives your soup a thick, hearty texture. Vary the recipe by adding your own favorite spices. Hot spice enthusiasts may add cayenne pepper. No chives? Substitute with 1-2 scallion greens. If you are out of buckwheat sprouts, substitute with alfalfa. If you are out of sunflower greens, substitute with spinach. (Try not to run out; even Popeye would prefer sunflower greens.) These sprouts make a great tasting, nutritious soup. **Mmm, mmm good!**

CHIA SEED FRUIT SAUCE DIP

Ingredients:

- 2 Tbs. soaked chia seed
- 1/2 cup fresh orange juice
- 1/4 cup cashew pieces

Serve with fruit 'chips' – orange, strawberries, or kiwi
Serves 2 - 4

- 1 Blend all ingredients (this will easily fit in the Tribest Personal Blender), until smooth.
- 2 Serve with peeled orange slices, fresh strawberries, and kiwi slices (one or all of these fruits are delicious dipped in this).

Elysa Markowitz

SPROUTMAN'S TAHINI-GINGER DRESSING

Ingredients:

- 1/2 cups Pure Water
 - 1 1/2 inch Ginger, diced
 - 1 cup Tahini, raw
 - 1 Tbsp Tamari
 - 1 Lemon, juiced
- Yields: 2 cups

CHIA SEED PANCAKES

Make your favorite pancake recipe, leave out the oil and add 2 Tbs. of soaked chia seeds – bake as you normally would. They come much fluffier.

Elysa Markowitz

CHIA'D MAPLE SYRUP

In a cup: mix 2 Tbs. of soaked chia seeds with 1 cup of real maple syrup. This adds bulk and fiber to any topping you use it in.

Elysa Markowitz

EAT YOUR SPROUTS - Continued from page 1

the radish sprout contains 391 IU and 39 times more vitamin A! This is the miracle of germination. Sprouts are a veritable vitamin factory!

Amazing Phytochemicals

Alfalfa, radish, broccoli, clover and soybean contain concentrated amounts of phytochemicals (plant compounds) that can protect us against disease. Plant estrogens in sprouts function similarly to human estrogen but without side effects. They increase bone formation and density, prevent bone breakdown (osteoporosis) and are helpful in controlling hot

flashes, menopause, PMS and fibrocystic breasts tumors. Canavanine, an amino acid analog present in alfalfa, has demonstrated resistance to pancreatic, colon and leukemia cancers in vitro.

Johns Hopkins University School of Medicine researchers found substantial amounts of glucosinolates and isothiocyanates in broccoli sprouts which are very potent inducers of phase 2 enzymes that protect cells from going malignant. Broccoli sprouts actually contain 10-100 times higher levels of these enzymes than does the mature vegetable.

Alfalfa sprouts are also one of our finest food sources of saponins. Saponins

lower the bad cholesterol and fat but not the good HDL fats. Animal studies prove their benefit in arteriosclerosis and cardiovascular disease. Saponins also stimulate the immune system by increasing the activity of natural killer cells such as T-lymphocytes and interferon. The saponin content of alfalfa sprouts multiplies 450% over that of the unsprouted seed. Sprouts also contain an abundance of highly active antioxidants that prevent DNA destruction and protect us from the ongoing effects of aging. It wouldn't be inconceivable to find a fountain of youth here, after all, since sprouts represent the miracle of birth.

More on SPROUTS in the next issue

CHIA SEEDS - Continued from page 3

patterns indicate that we might become less alert. When we take boron out of our diet we can feel more sluggish, less able to coordinate simple activities. With as little as 3 milligrams of boron alertness, thinking, memory, perception and attention span can improve dramatically." (see James Scheer's book, pp. 53)

In addition, trace amounts of all major fractions of vitamin B group, and rich in omega-3 essential fatty acid, the seed oil is rich in polyunsaturated fatty acids. Chia is ranked at the top in comparison to other oil seeds with high linoleic and linolenic acids. Safflower and sunflower, being its next competitors, rated second and third by comparison. Chia seeds only supply fiber in two forms: insoluble and soluble. The first type, according to James Scheer's book on chia, helps

to prevent or ease constipation, while the second type has been found helpful in lowering cholesterol and managing diabetes.

Until now, being able to buy chia seeds was a hit or miss event.

The seeds were harvested when and where they could be found in the wild. Twenty years ago Hal Neiman was the person mainly responsible for bringing chia from Central America. Bob Anderson decided to create a more powerful and stable supply and so he formed a network of independent farms, paid native people to grow chia seeds between the rows of their other crops. It is a win-win for both economies. We now have a steady supply of chia, they have an alternate crop in constant demand.

Chia can be used in many different ways: soaking in 6 parts water to one part chia seed in a small lidded glass jar is the simplest way to keep it handy. Store in the refrigerator and use in sauces, salad dressings, smoothies, gravies, soups, or in baked goods in place of the oil. The secret is to put it in at the end of preparation, or simply on top of any food you like to eat. Blending it as the last ingredient preserves its freshness and complete nutrient value. Play with it as a new spice or condiment to add to your daily diet. Your skin, hair, bones, brain, and heart will thank you.

Chia seeds can be found by calling **Earth Products at: 760-727-9764**, or ask your local health store where they have it on their shelves.

Be sure to save this edition of the Power of Green newsletter. More recipes, new product information and special offers will be coming to you in the near future.

Looking for Distributors:

Tribest wants interested and committed distributors for their products. This is an excellent opportunity to build a business for yourself, set your own hours and network with others interested in a healthy lifestyle. **Call: 1-888-618-2078**

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