



# Northern California Indian Development Council, Inc (NCIDC)

[www.ncidc.org](http://www.ncidc.org)

## California Native Food and Nutrition Program

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### Senior Source: Garden of Youth

If you're eating fresh fruit and vegetables every day, good for you! Eating at least 5 servings of colorful fruits and vegetables everyday won't help you live forever, but they can increase the odds that you will live longer and better.

Raspberries, tomatoes, corn, squash, eggplant, peppers, greens, cauliflower, broccoli, kale, swiss chard, apples, pears, brussel sprouts, fennel, leeks and sweet potatoes are some of the just-picked organic fruits and vegetables you will find at your local farmers market or supermarket now. The best carrots of the year are coming up, as they get sweeter as it gets colder.

- Tomatoes, red grapefruit, apricots and watermelon contain lycopene, an aggressive antioxidant that helps battle cancer
- Brussel sprouts, kale, broccoli, cabbage and cauliflower contain sulforaphane, which stimulates the production of carcinogen killing enzymes
- Citrus fruits such as oranges, lemons, limes and tomatoes, peppers, and broccoli contain Vitamin C which further protects the body from free radicals
- Grapes, wine, berries, walnuts, apples and tea contain ellagic acid, another anti-aging antioxidant. Research suggests green tea may be one of the most potent antioxidants
- Garlic and onions contain sulfur compounds, which help detoxifying enzymes in the liver

do their job better

- Whole wheat bread, rye bread, brown rice, peanuts and soy nuts are also strong free radical killers
- Blueberries, red wine, and green tea also contain polyphenols, so-called 'super antioxidants'

The recommended daily intake of fiber is 20 - 35 grams per day. Fiber helps to lower cholesterol and blood sugar, and helps battle against some forms of cancer. All of the foods listed above are sources of good fiber.



### Pumpkin Facts

- Pumpkins contain Potassium and Vitamin A
- Pumpkins are members of the vine crops family called cucurbits
- Pumpkins are 90% water
- Pumpkin flowers are edible
- Pumpkins can range in size from less than a pound to over 1,000 pounds
- Pumpkin is high in fiber
- Pumpkins can come in colors like green, white, orange, and yellow





## Kids Korner: Fall Fresh Baby Foods

There is nothing better, nutritionally speaking, than fresh baby food. Fall can yield some great fruits and veggies. Apples, potatoes, bananas, squash, sweet potatoes and assorted dried fruits are great to create tasty fall dishes for baby.

- Mashed potatoes pureed and thinned with formula or breast milk pack a bunch of Vitamins and Minerals. This dish is also guaranteed to fill baby up for the night.
- Bananas can be mashed up quick and easy with a fork for a treat.
- Applesauce is easily done by cooking down apples and then processing in your blender.
- Oven bake a sweet potato or squash, let cool and puree for a fresh source of beta-carotene and Vitamin C.

To preserve left over foods, pour purees into ice cube trays and freeze. This can also be done with acorn mush. This is a great baby food as well as a teething treat. Whenever you can, choose organic produce. Babies are growing and developing, and pesticides could be especially harmful to them.



## Pumpkin Seeds

### Why Eat It

The delicious roasted seeds of the pumpkin are packed with protein, Vitamin E, fiber, iron, copper, magnesium, manganese, and phosphorous, as well as the amino acids arginine and glutamic acid. They also contain some calcium, potassium, zinc, selenium, folate, niacin and linolenic, which may help reduce hardening of the arteries.

Pumpkin seeds have a rich flavor that can be eaten as snacks or can be added to salads, soups, and casseroles. Pumpkin seeds can also be ground and used to make sauces. Peak availability is late summer throughout the fall and winter.



### Baked Seeds Native Style:

Wash the pumpkin seeds thoroughly, and place them in a bowl. Cover with cold water to which just enough salt has been added that it is still drinkable, and let soak overnight. Drain the seeds, place them on a cookie sheet, and bake in a low oven-250F-until they are crisp and golden brown.





# Ask Dr. Coyote\*

## Answers on food and exercise

### Dear Mister Coyote:

My son, who spends alternate weekends with me, has one hand attached to a Nintendo Game Boy. This makes life difficult for him and those around him. With only one hand available for chores and homework, these things take twice the time. Any advice?  
Bewildered Dad

### Reply:

First of all, I am not a Mister. I am Dr. Coyote. I did, or didn't, work hard for my credentials so please address me appropriately. Secondly, if you are having problems with a one-arm kid why not make it easier on yerself. If you made your child use no arms then they could find out how hard gaming can really be. That should take care of that. Can he play doom with just his forehead? Alternatively, if you give him a really large chocolate donut the drippings, fat and donut dandruff create more friction for better gaming, but will also eventually clog the controls so he cannot play at all. If all else fails get him a shooting game so at least he can visualize deer hunting on a video scale.

### Reasonable Health Practioners Response:

Video games cause our children to limit their physical activity. They may think they are doing wonderful, active, creative things but in fact they are sitting down and getting larger. Kids sit in front of a screen if they are not given alternatives. Make sure to get up yourself and take your son outside. It is acorn season so take a hike and show him some oak trees, go gather seaweed, cactus, pine nuts, go fishing, take him to the swimming pool, find a weekend sport, or some other activity you can enjoy together. Hey a playground is a great way to get rid of excess energy. Parents and children need around 30 minutes of exercise per day so why not spend that time together? You will be in better shape and even more importantly have a better relationship with your children.

*\*Please note that in many cultures, Coyote is the trickster and his advice should be taken with a grain of sodium reduced kosher sea salt (his section is intended for humor or parody). If you have any questions to ask of Dr. Coyote about diet, health, nutrition or exercise please email: coyote @ncidc.org.*



## Squash Soup

This recipe is delicious and works well with any squash. For added protein add cubes of lean beef or venison.

- 1 tbls. canola or olive oil
- 1 onion, diced
- 3 cloves garlic, chopped
- 1 tablespoon chopped fresh ginger
- 4 pounds winter squash or pumpkin, peeled and diced
- 3 cups chicken or vegetable stock
- 1/2 tsp. chili powder
- Salt and pepper to taste



In a large saucepan over a hot temperature, heat oil until hot. Add the onion, garlic, and ginger and cook 2 to 3 minutes or until tender. Add the diced squash and stock. Reduce the heat and simmer until the squash is tender, about 15 minutes.

When soup is cooked, puree batches of soup in the blender or food processor until desired texture.

### What is Fiber?

Fiber is the indigestible portion of food-often called "bulk roughage".

### Food Access

**For more information about nutritious meals for your family, please see the NCIDC website where a complete web-based informational resource has been developed:**

<http://www.ncidc.org/food/crframes.htm>. This food and nutrition site contains extensive links to federal, state, and non-profit nutritional programs, funding, and resources for American Indian Community Food and Nutrition Programs.

The cheapest and best source of nutritious food is to grow your own garden or participate in a community garden. Corn, beans, squash, sunflowers, berries and tomatoes are all traditional Native foods that grow well in small plots of land. The American Community Gardening Association (ACGA) is a national nonprofit membership organization of professionals, volunteers and supporters of community greening in urban and rural communities. The Association recognizes that community gardening improves the quality of life for people by providing a catalyst for neighborhood and community development, stimulating social interaction, encouraging self-reliance, beautifying neighborhoods, producing nutritious food, reducing family food budgets, conserving resources and creating opportunities for recreation, exercise, therapy and education [www.unitygarden.org](http://www.unitygarden.org) or [www.communitygarden.org](http://www.communitygarden.org)

You can also check out:

- <http://topics.developmentgateway.org/>
- [http://www.lsn.net/food\\_stamps.html](http://www.lsn.net/food_stamps.html)

*This newsletter provides food and nutrition information. This information is not intended as a substitute for medical advice, diagnosis or other medical treatments.*

