

Eat 3

[Taking it up a notch]

1. Green Morning!

This is the cornerstone to my diet. It is a green drink packed with vitamins and minerals. The base of the drink is juiced vegetables - some assortment of carrots, celery, cucumber, chard, kale, zucchini, spinach, parsley, cilantro, and mint with some lemon and tomato as well (aren't they fruits?). I also add a green supplement powder called Vitality Blend that packs in even more vegetables from the earth and sea. From there I add some apple cider vinegar, cod fish liver oil, a protein supplement like hemp seed protein, Odwalla superfood that is made with fruit juices, wheat grass and spirulina just to name a few, and some assortment of super fruits like noni, goji, mangosteen and acai juices. Can you believe when you put all of that together it makes a 16 oz. Drink of amazing goodness? Ron and I do not want to go one day without it, and this is our most important nutrition of the day. It is always changing as I learn more, but the base is sure - Father God's fresh vegetables!

2. Cultured Vegetables

Kelly taught me how to make these. The recipe has been around for centuries as many a sea traveler would eat these vegetables as fresh options were not an option on long voyages at sea. But there was also the less adventurous story of mothers in the days without refrigerators and pickling was mandatory to keep vegetables in the diet of their families during harsh winters without a garden. Much like pickles or sauerkraut, cultured veggies are fresh vegetables and herbs that have been pickled or fermented and thus given time to grow the healthy bacteria that we call probiotics. It is the most economical way to get probiotics in your daily diet. I add them to most meals on top of a salad; they aid in the digestion of the entire meal and increase the healthy bacteria needed in your digestive functions.

3. Broth

This is another recipe from Kelly. It is a chicken broth that is steeped and simmered all day. Added to the chicken bones are fresh vegetables like celery, carrots, garlic, onion, and ginger. There are fresh herbs in the mix like parsley, cilantro, rosemary, thyme and whatever else is growing in my garden at the time. I also add in some great sea vegetables like Kombu and arame. Sea salt and freshly ground pepper are the last to go in. This is a must-have for those days of colds and sickness, but I also use it as a base for any stew, soup or casserole that I am making. I have even added it to my spaghetti sauce. When else could you get your kids to eat seaweed?

4. Salad Dressing

As I have added fresh vegetables to the majority of my meals, I wanted a good dressing. So I came up with an oil and vinegar creation that even my kids ask for over Ranch dressing. It is a blend of some great oils like flax, sesame, coconut, and evening primrose, balsamic vinegar and fresh herbs.

These are just some of the staples in our diet now, but there is so much more to the story. I would love to share more of it with you. And if you would like to try any of these, just let me know.