

Be Well's Guide to Springtime Eating and Drinking!

In this guide, find the following helpful tips for staying healthy this spring:

Section 1: Springtime Super Foods

Section 2: Healthy Hydration

Section 3: Cooking with Culinary Herbs

Section 4: Homemade Spice Blends

Section 1: Springtime Super Foods!

The foods we chose as this year's "Spring Super Foods" offer your body a broad spectrum of health benefits. To name a few, they are full of nutrients that boost your immune system, help to ward off seasonal allergies, detoxify your body after a long winter, and help slim the waist line to help you get ready for summer!

1. **Citrus:** Grapefruits, lemons, or oranges any time of day! Enjoy lemon in your water, grapefruit as a side to your breakfast, or a juice orange for a dessert on a warm day.
2. **Raw Local Honey/Local Bee Pollen:** Put in tea, yogurt, smoothies, or enjoy a spoonful raw!
3. **Quinoa:** Use for cold or hot side dishes, on a salad, or in a Spring Roll!
4. **Dandelion Greens:** Throw these peppery greens into a salad, in a soup, or in a lunch wrap for an added zing to your meal!
5. **Walnut Oil:** Use for cold foods only (not for cooking); enjoy its nutty flavor in a dressing or on top of a favorite grain dish such as brown rice or quinoa
6. **Asparagus:** Grilled, sautéed in a stir-fry, or put in a Spring Roll, asparagus are a hearty spring vegetable full of nutrition that will keep you feeling full for hours!

Superfood Spring Rolls

Serves 2 (3 rolls per serving)

The Rolls

- 6 large rice wrappers (found in international section at grocery store)
- ½ Cup (cooked) quinoa (any variety)
- 6 grilled asparagus (grilled or roasted with olive oil, sea salt, and pepper)
- 1 handful of dandelion greens, chopped into small pieces
- 1 handful of mixed, Asian, or other type of greens (for "base" of spring roll)
- 1 large carrot, chopped into small pieces
- 10-12 fresh mint leaves
- 4 TBLS fresh squeezed orange juice
- 2 TBLS walnut oil
- 4 TSP local honey
- Pinch of sea salt
- Pinch of red chili flakes
- Grilled chicken or shrimp (optional addition for extra protein)

Combine the quinoa, carrots, and dandelion greens into a small bowl. In a separate bowl combine the walnut oil, orange juice, chili flakes, sea salt, and honey into a dressing. Whisk briefly and pour over the quinoa salad, tossing gently. Take a spring roll and gently submerge in a shallow bowl of water for 8-10 seconds. Place on a non stick surface (parchment paper or cutting board) and line with a thin layer of mixed greens, 1 asparagus, and a thin line of the quinoa salad. Gently fold the top half in, followed by the sides, and gently roll until mixture is tight within the spring roll. Cut in half and serve with the sweet chili sauce as a side dip.

Sweet Chili Sauce (for dipping)

- ¼ cup unseasoned rice vinegar
- 2 TBLS Braggs liquid aminos or Tamari (gluten free soy sauce)
- 2 TBLS water
- 2 TBLS honey
- 1 tsp red pepper flakes
- Juice of ½ orange

Combine all ingredients into a small bowl and whisk until well combined. Serve as a dipping sauce for spring rolls, or use as a marinade for grilled chicken or shrimp.

Section 2: Hydration Health: Tasty, Slimming, and Refreshing Beverages

Mocktail: Sorrell Drink (makes 8 (4) oz. servings)

When to Have: Prepare in advance as a non-alcoholic drink alternative to bring to a summer party or get together

Why Its Good For You: Besides the fact that you will be skipping the booze which improves your sleep and helps you lose weight, this drink contains blood sugar balancing cinnamon, anti inflammatory ginger, and antioxidant rich hibiscus tea

Base Ingredients: 4 cups water, 5 Red Zinger tea bags, 1 cinnamon stick, 8-10 cloves, pinch of all spice, (2) 3" pieces of fresh ginger. Simple Sugar Syrup: 1 cup coconut sugar, 1 cup water

How to Make: Place tea bags, water, cinnamon stick, cloves, all spice, and fresh ginger. Bring to a boil then reduce heat and let simmer for 10 minutes. Remove tea bags and allow cooling in a pitcher in a fridge. Bring coconut sugar and water to a boil; keep in a separate pitcher on the side for guests to sweeten their mocktail to taste. Serve over ice with edible hibiscus flowers or small orange slices as a garnish

Sweet Craving Solution: Dark Chocolate Cherry Shake (makes 2 servings)

Why Its Good For You: This shake contains protein, complex carbs, and healthy fat in the coconut flour which helps to stabilize blood sugar and keep cravings at bay. It contains dark cherries which are high in Vitamin C, cocoa powder which is rich in antioxidants, and has lots of fiber to help keep you regular!

When to Have: Anytime of day! As a meal, snack, or before bed treat as an alternative to ice cream

Base Ingredients: 1 cup unsweetened almond milk, 2 TBLS unsweetened dark cocoa powder, 2 TBLS whey protein, 1 TBLS coconut flour, 1/2 cup frozen dark cherries, 3 drops liquid stevia "sweet drops", small handful fresh organic kale, ice and water to desired consistency

How to Make: Place all ingredients in your blender or magic bullet. Add ice and water until desired consistency is achieved. Serve immediately or freeze to enjoy as ice cream later in the day.

Maintain Your Hydration: Lemon Maple Cooler (makes 1 serving)

Why It's Good for You: Electrolytes! Sodium, Potassium, Chloride, Magnesium, etc. which help to maintain a health fluid balance, prevent muscle cramps, and keep you energized on hot days!

When to Have: Add to your usual intake of water or enjoy as a sports drink during workouts. Especially helpful in maintaining your hydration on hot and humid days

Base Ingredients: Juice of one lemon, 1 TBLS maple syrup, 1/8 tsp sea salt, 1/8 tsp baking soda, 10 ounces pure water (can be split with coconut water if desired)

How to Make: Place all ingredients in a glass and stir together over ice. Make by the glass or a pitcher to keep in the fridge on hot days. Stir before enjoying. Garnish with mint for extra flavoring

Refreshing Cucumber Lemon Water:

Why It's Good for You: Boosts immunity with extra Vitamin C from lemons, balances Ph of body, and promotes hydration without extra calories!

When to Have: A large batch may be prepared for up to 3 days in advance and be enjoyed in place of plain water throughout the day

Base Ingredients: 1 gallon spring water, 1 lemon, 1 cucumber, sliced and washed

How to Make: Add fruit and veggies to water and steep for about 3 hours in the fridge. Enjoy!

Section 3: Helpful Hints When Buying Fresh Culinary Herbs

Supermarkets package fresh herbs in various ways: loose in small plastic boxes, fastened in bunches with rubber bands, or sometimes still growing in a pot. No matter the packaging, keep these tips in mind when buying fresh herbs:

1. Always look for vibrant color and aroma (open up those boxes for a sniff)
2. Avoid those that are limp or yellowing, have black spots, or don't smell totally fresh and appetizing
3. Hardy herbs like rosemary, marjoram, and sage will stay green and fragrant for a week or two, as long as they're refrigerated and don't get wet.
4. Tender herbs, such as basil, dill, cilantro, tarragon, and chervil, need special attention so they don't blacken or freeze in the refrigerator
5. To keep tender herbs at their best, remove any rubber bands or fasteners. Because the roots draw the moisture from the leaves, it's important to trim off the root ends and the lower parts of the stems to prevent the tops from wilting. If the roots are large and prominent, you can save them to flavor soups or stocks.
6. To keep pesto bright and green, be sure your food processor blade is sharp so it cuts without crushing the ingredients (if not, bring it to a knife sharpener). Then add the

ingredients in the proper order: fat first, herbs last. I start with the oil and then add the garlic and pine nuts, puréeing them completely. Finally, add the greens, processing them for as short a time as possible so they stay cool and maintain their color.

Basil

Basil is rich in flavonoids, which prevent cell damage from both radiation and oxygen. Two of the main flavonoids are orientin and vicenin. Basil also provides vitamin K, iron, calcium, vitamin A, manganese, magnesium, vitamin C, and potassium.

Flavor: Fragrant and spicy — almost peppery

Great with: Tomatoes, vegetables, poultry, grilled pizzas, salads

Notes: It's best used as whole leaves or torn. Smaller leaves at top of bunch are the sweetest.

Chives

Chives are beneficial to the respiratory system. They aid digestion and help to digest fatty foods such as cheese. They are good for tiredness and fatigue, as well as act as a diuretic and can reduce obesity and fluid retention.

Flavor: Subtle onion with grass-like leaves

Great with: Egg dishes, soups, sauces, baked potatoes, fish

Notes: Snip with scissors for best results. Chive flowers make a pretty garnish.

Cilantro

Cilantro is known for its ability to pull toxins from the body. Often times when you're doing a fast, you use cilantro to remove pesticides and insecticides from your system consumed from the non-organic foods that you eat.

Flavor: A lively flavor; soapy, some say; looks similar to flat-leaf parsley

Great with: Asian, Mexican and Indian dishes; mix in salsas and chutneys

Notes: Leaves become bitter after plant flowers. Dried seeds are the spice coriander.

Dill

The total volatile oil portion of dill has been studied for its ability to prevent bacterial overgrowth. In this respect, dill shares the stage with garlic, which has also been shown to have "bacteriostatic" or bacteria-regulating effects. It is also a rich source of Calcium and Magnesium, making it a flavorful way to help prevent bone loss.

Flavor: Fresh and grassy; feathery leaves used in pickle brine

Great with: Tuna salad, omelets, vegetables, seafood dishes, yogurt dressing for cucumbers, herb vinegars

Notes: Use dill fresh or add to hot food just before serving.

Mint

Mint, namely peppermint, is known for its role in calming digestive upsets. It is also an excellent source of essential vitamins, including Vitamin C & A. These vitamins contain an array of potent antioxidants that have been shown to reduce the risk for certain cancers.

Flavor: Cool; brightens up both savory and sweet dishes

Great with: Beverages, jellies, sauces, marinades for meat and vegetables; often tossed with buttered peas

Notes: The most popular variety is spearmint. To dry, hang in a dark place with low humidity.

Oregano

Oregano can be used as a digestive aid because it encourages salivation. It can soothe bee stings and treat venomous spider and snakebites. Oregano is also an efficient pain reliever. Oregano also contains thymol and rosmarinic acid that work on the body to minimize the destructive effects of free radicals. According to researchers at the USDA's Beltsville Agricultural Research Center in Maryland, a tablespoon of fresh oregano contains as much antioxidant power as a medium sized apple.

Flavor: Earthy; balances acidic tomatoes — hence common on pizza

Great with: Lamb, beef, eggs, beans, eggplant

Notes: It's closely related to marjoram (but more pungent), so they aren't classified separately.

Parsley

Parsley is rich in vitamins, minerals, and dietary fiber. These components are good for controlling blood cholesterol levels and preventing constipation. It's also rich in antioxidants, specifically apiin, apigenin, crisoeriol, and luteolin. In fact, it's known for having some of the highest levels of antioxidants.

Flavor: Peppery and fresh; curly parsley is milder than flat-leaf Italian

Great with: Salads, vegetables (especially potatoes), pasta

Notes: Any variety is a breath freshener.

Rosemary

Applied topically (to the skin), rosemary oil is sometimes used to treat muscle pain and arthritis and to improve circulation. It is approved by the German Commission E for this purpose. Rosemary is often used in aromatherapy to increase concentration and memory, and to relieve stress. One study suggests that rosemary, combined with other pleasant smelling oils, may lower cortisol levels and help reduce anxiety. Rosemary leaf is also used in Europe for indigestion

Flavor: Pungent aroma and pine flavor

Great with: Mediterranean dishes, lamb, poultry, fish, breads; add sprigs or finely chopped leaves to long-cooking stews

Notes: When grilling, sturdier stems make good skewers; branches can be a basting brush.

Sage

Of all of the culinary herbs, sage is perhaps the one with the most broad spectrum of medicinal uses. Its variety of components lower blood pressure, help maintain stable blood sugar, fight off bacteria in the body, and also provide some anti-inflammatory effects.

Flavor: Very aromatic and woody

Great with: Fresh sausage, holiday stuffing for turkey, rich meats like pork, goose and duck

Notes: Deep-fried sage is a lovely garnish.

Tarragon

The most commonly used parts of this herb for medicinal purposes are the roots and leaves, either fresh or dried. All are rich in vitamin C and vitamin A, as well as vitamin B complex (folate, pyridoxine, niacin, riboflavin, etc.), good metabolic factors. They are also an excellent source of minerals (iron, calcium, magnesium, potassium, and others.) Another medical benefit Tarragon is very important that favors the production of bile by the liver. This process facilitates the digestion and elimination of toxins from the body.

Flavor: Reminiscent of licorice

Great with: Poultry, fish, shellfish, vegetables, vinegar and eggs; indispensable in the French béarnaise sauce

Notes: Two types; French is preferred over the more bitter Russian

Thyme

Thyme is prescribed by herbalists for intestinal worms, gastrointestinal ailments, bronchial problems, laryngitis, diarrhea, and lack of appetite. It has antiseptic properties, and can be used as a mouthwash, skin cleanser, anti-fungal agent for athlete's foot and as an anti-parasitic for lice, scabies, and crabs. For skin inflammations and sores, make a poultice by mashing the leaves into a paste.

Flavor: Minty and citrusy

Great with: Mediterranean dishes, stews, eggs, seafood, poultry; toss sprigs into boiling water to flavor steamed rice

Notes: Strip leaves from stems by pulling through fork tines.

Other Medicinal Culinary Herbs To Include In Your Cooking Include:

- Garlic
- Ginger (root)
- Turmeric
- Cayenne

Section 4: Homemade Spice Blends

Mix together the following spices and herbs and store in a mason jar in your cupboard for weeks. They can be altered depending on your preference for spice and flavor, and are a great alternative to unhealthy, pre made condiments!

BBQ Blend

- 2 Tablespoons paprika
- 1 teaspoon ground cumin
- 1 Tablespoon chili powder
- 1 teaspoon ground coriander
- 1/2 teaspoon cayenne pepper (according to desired spiciness)
- 1/2 teaspoon black pepper
- 1 teaspoon cinnamon
- 1/2 teaspoon dried thyme
- 1 teaspoon sea salt

Mexican Blend

- 2 tablespoons chipotle powder
- 1 tablespoon smoked paprika
- 1 tablespoon onion powder
- 1 tablespoon garlic powder
- ½ tablespoon sea salt
- 1 teaspoon black pepper

Chili Spice Blend

- 2 tablespoons minced dried onion
- 1 1/2 teaspoons chili powder

- 1/2 teaspoon cayenne pepper
- 1/2 teaspoon salt
- 1/2 teaspoon crushed red pepper flakes
- 1 teaspoon garlic powder
- 1 teaspoon ground cumin
- 1 tablespoon cocoa powder

Greek Seasoning

- 1 teaspoon sea salt
- 2 teaspoons dried oregano
- 1-1/2 teaspoons onion powder
- 1-1/2 teaspoons garlic powder
- 1 teaspoon freshly ground black pepper
- 1 teaspoon dried parsley flakes
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg

Poultry Blend

- 1 teaspoon ground sage
- 1 teaspoon dried thyme
- 1 Tablespoon sea salt
- 1/2 teaspoon freshly ground black pepper
- 1 teaspoon garlic powder
- 1 teaspoon onion powder

Italian

- 1 teaspoon italian seasoning mix
- 1 tablespoon onion powder
- 1 tablespoon garlic powder
- ½ teaspoon sea salt
- ½ teaspoon black pepper

Indian Blend

- 2 tablespoons onion powder
- 2 tablespoons garam masala
- 2 teaspoons coriander
- 1 teaspoon sea salt
- 1 teaspoon black pepper
- ½ teaspoon cinnamon
- ½ teaspoon red pepper flakes

Chinese Stir Fry Blend

- 1 tablespoon garlic powder
- 1 tablespoon ginger
- 1 teaspoon black pepper
- 2 teaspoons ground fennel seeds
- 1 teaspoon crushed red pepper (season to desired spiciness)