

Dear FOODIES,

It's a great feeling to know that in my absence the meeting went on quite well. Pat and Carol took notes and e-mailed about who brought what. As you know our focus is on learning the elements of health supporting nutrition. The food sampling gives us a chance to see and taste good food, but we learn from doing, too. We learn from the process of committing to searching for and preparing a healthy dish to bring to the group.

Pat dug out an oldie but goodie cookbook – the Tassajara Recipe Book – and chose “Bulgar with Vegetables.” The dish can be served hot or cold as a salad or as a main dish. Carol, of course, has the cookbook.

Despite the July heat, Judy baked whole grain/fruit/nut cookies which were quickly gobbled up. We'd love to know which book she used. Carol is promising to have both recipes analyzed for us and may give the cookie recipe a try for the Soaring Spirits Retreat that is coming up in a few weeks.

Carol brought a selection of products from Trader Joe's: butternut squash soup, Lara Bar, and trail mix. Carol brought a good deal of information, as well. The soups from Trader Joe's have a smaller amount of salt than other companies and their yogurt has a great deal more protein.

Marlys fit into her busy schedule the July FOODIES meeting. The members were grateful for yet another knowledgeable cook. Check out Marlys and Gary's link on the DEFEAT Cancer website for tales of their cancer journey and how they arrived at a healthy doable way of eating.

The FOODIES are researching, trying out, and collecting enough recipes that the potential to bring a selection to one of the Fall DEFEAT meetings was discussed. Members could have the chance to sample and pick up recipe cards from us. We could be available to explain the prep of the dish and the health benefits. Let us know what you think of this idea.

It was decided to skip the FOODIES meeting for August and start up again in September. Keep up the EXERCISE and NUTRITION!

-- Rita