



## Farm Talk – Juice Your Greens and Healthy Sweets Joann Burnham

### **Ted's Green Juice**

Bunch of Farm grown organic leafy greens

A few sprigs of organic parsley

1 cucumber

1 apple

¼ of a lemon

Process all ingredients in a juicer. Drink immediately. Enjoy!

### **Chocolate Orange Coconut Donut Holes**

2 cups of almond or brazil nuts soaked overnight and drained

1 cup unsweetened coconut flakes

1/4 cup of light agave

¼ cup of raw organic coconut oil

2 tablespoons of raw cacao powder

Zest of 2 oranges

Juice from ½ of one orange

Pinch of sea salt

Process nuts in food processor until they are very finely ground

Add ½ cup of the coconut and remaining ingredients until they are well combined and form a sticky dough

Roll into balls formed from 1 teaspoon of dough

Place remaining ½ cup of coconut into a bowl and toss each donut until well coated

Place donut holes in the freezer for 1-2 hours to set

Transfer to the refrigerator

Enjoy!

## INGREDIENT FACTS:

### LEAFY GREENS

Dark green leafy vegetables are the most concentrated source of nutrition of any food. They are a rich source of minerals (including iron, calcium, potassium, and magnesium) and vitamins, including vitamins K, C, E, and many of the B vitamins. They also provide a variety of phytonutrients including beta-carotene, lutein, and zeaxanthin, which protect our cells from damage and our eyes from age-related problems, among many other effects.

- Green juice is a readily assimilated, easily digestible, unbelievably nutritious superfood.
- Drinking green juice fills your body with living enzymes, vitamins, oxygen, and phytonutrients. Which boosts your body's natural ability to fight infection and heal chronic diseases.
- It adds enzymes to your body, and your body's aging process is indicative of how many enzymes are in your body. So by adding green juice to your diet, you may even add years to your life.
- Green juice helps your body return itself to a state of healthy alkalinity. The pH of human blood has a very narrow window of safety, from about 7.35 to 7.45. If it gets much above or below those levels, you are probably sick. Many foods are acidic (the opposite of alkaline) causing the body to work hard to neutralize the effects of these foods on your blood. If the body is working like mad to keep your blood pH stable, it has less energy to fight assaults like cancer, chronic disease, and other infections.
- The Vitamin K in green juice regulates blood clotting, aids in the production of osteocalcin, a protein that stimulates bone growth, protects against osteoporosis, helps prevent diabetes, and protects against inflammatory diseases including arthritis
- Studies have shown that green leafy vegetables significantly lower the risk of stomach, breast and skin cancer.
- These same antioxidants have also been proven to decrease the risk of heart disease and prevent cataract and macular degeneration in the eye.

### APPLE

- Polyphenols in apples significantly lower cholesterol. An apple a day can lower cholesterol by up to 16 percent.
- Quercetin found in apples prevents the oxidation of LDL cholesterol.
- The quercetin found in apples is associated with reduced risk of coronary heart disease, and apple consumption has consistently been associated with reduced heart disease.
- Studies have shown that quercetin found in apples reduces the cancer risk of prostate cancer, ovarian cancer, breast cancer, and colon cancer.
- Studies indicate that the phytochemicals in apples have potent antioxidant activities.
- Regular consumption of apples can promote healthy weight loss.
- Apple polyphenols have demonstrated the ability to regulate fat metabolism.

### CUCUMBER

The cucumber is full of water. It also contains fiber, folic acid, vitamins A and C, zinc and calcium, magnesium, potassium, phosphorus, iron and some vitamins of the B group. It is alkaline and non-starchy.

- The high water content of the cucumber has a strong diuretic effect. This in turn eliminates toxins that accumulate in the body.
- The presence of water and potassium makes the cucumber effective in treating urinary disorders.
- The alkaline content helps to maintain the alkalinity of the blood.
- The cucumber has a cooling effect on the blood, and prevents allergies and sunstroke.
- It alleviates acidity and indigestion.
- The high magnesium and potassium content help to control high blood pressure.

### LEMON

- Lemons are high in potassium, a chemical element that can be used to help control high blood pressure
- Lemons strengthen capillaries and have also shown to reduce palpitations.
- Lemons also have a calming effect, and help reduce depression and mental stress.

- Lemon juice is a diuretic and therefore encourages the increased passing of urine. Combined with its natural detoxifying properties.
- Full of vitamin C
- Sufferers of asthma and similar respiratory problems can find relief by drinking warm lemon water.
- Lemon juice helps raise HDL cholesterol levels and prevents LDL cholesterol from oxidizing.

#### RAW CACAO

- Raw Chocolate has many surprising health benefits. High mineral levels, essential amino acids and soluble fiber make it truly a raw superfood.
- Raw Cacao has High Levels of Magnesium. Magnesium is one of the great alkaline minerals and raw cacao contains therapeutic levels of it. Magnesium deficiency is the most common major mineral deficiency in the Western World. It is estimated that 80% of North Americans are lacking in this vital nutrient. Cacao has enough magnesium to help reverse this deficiency.
- Phenylethylamines (PEA) are heat sensitive and so not found in commercially bought cooked chocolate. PEA's are a major chemical group naturally produced by our bodies when we fall in love. They also play a role in increasing focus and alertness.
- Anandamide is an endorphin naturally produced by humans after exercise. In the plant world it has only been found in cacao. Anandamide is known as the bliss chemical because it is naturally produced when people feel blissful. Cacao also contains enzyme inhibitors that prevent the break down of anandamide. This helps the feeling of bliss remain longer.
- Tryptophan is an essential amino acid found in cacao in significant quantities. The presence of this amino acid is essential for the production of serotonin. Serotonin is a primary neurotransmitter that plays a powerful role in regulating our mood. Cooking food destroys tryptophan which is why many people are deficient.

#### ALMONDS

Almonds are full of antioxidants that prevent cancer, heart disease and other degenerative diseases by fighting harmful free radicals.

- Contains vitamin E which is good for the skin.
- According to a study conducted by the University of Toronto, almonds lower LDL or bad cholesterol, making them good for the heart.
- Relieves heartburn.
- The low glycemic load makes almonds suitable for diabetics. Since there is no cholesterol and low saturated fat, almonds can satiate hunger without adding extra fat, while the fat protects skin cells.
- The calcium content prevents osteoporosis and strengthens the bones, teeth and muscles.
- Potassium boosts blood circulation.
- Magnesium helps in release of energy by the body and movement of muscles.
- Phosphorous leads to strong teeth and bones.
- Copper helps to circulate oxygen and maintains healthy blood vessels, bones and nervous system.
- Protein supplies energy and boosts blood circulation, muscles and organs.

#### COCONUT OIL

Dr. Mary Enig has classified coconuts as a "functional food," which provides health benefits over and beyond the basic nutrients. She has specifically identified lauric acid as a key ingredient in coconut products:

- Research proves an association between coconut and thyroid health. Coconut oil stimulates the thyroid to cure hypothyroidism and many other diseases.
- Consumption of coconut oil lowers cholesterol. Coconut oil stimulates thyroid function and converts cholesterol into anti-aging steroids, pregnenolone, progesterone and DHEA, which help prevent heart disease, senility, obesity, cancer and other such diseases.
- Coconut oil contains medium chain triglycerides and fatty acids that easily convert to energy by the time it reaches the liver. This reduces the work of the liver considerably and prevents accumulation of fat in the body. Consumption of coconut oil increases the metabolic rate, leading to burning of more calories and consequently weight loss.

- Coconut oil contains medium chain fatty acids such as lauric acid, caprylic acid and myristic acids, the presence of lauric acid gives coconut oil antifungal, antiviral, and antibacterial properties that help cure many diseases.
- Lauric acid benefits are many. The human body converts lauric acid into monolaurin that contributes to killing virus bacteria, and fungi responsible for diseases such as herpes, influenza, cytomegalovirus, athlete's foot and HIV and disorders such as ulcers, throat infections, urinary tract infections, pneumonia, gonorrhea and ringworms.
- Coconut oil facilitates the absorption of key nutrients by the body. Coconut oil especially facilitates absorption of calcium and magnesium, necessary for the development of bones and teeth. Coconut oil utilizes blood glucose and improves the secretion of insulin. This contributes to curing diabetes and preventing its occurrence.
- Improves digestion and encourages weight loss
- Increases metabolism and energy levels
- Saturated fats like those found in coconut oil are necessary to good health. The benefits of saturated fats in the human diet are proven in over 22 recent studies listed by the Weston A. Price Foundation these "good fats" are necessary to support brain function.
- Helps prevent premature aging and wrinkling of the skin.
- Helps protect against skin cancer and other blemishes
- It is a natural sunscreen
- Does NOT contain cholesterol

## ORANGE

Oranges have many health benefits. They are rich in Vitamins C and A, flavonoids, antioxidants, calcium, magnesium, potassium, dietary fiber. Oranges have more than 60 flavonoids and 170 phytonutrients that have been shown to have anti-inflammatory, anti-tumor, and anti-oxidant properties.

- The high amount of vitamin C protects the cells from damages by free radicals. Liminoid, a compound in oranges helps to prevent cancers like oral, skin, lung, breast and colon.
- The high amount of vitamin C and flavonoids protects against heart diseases.
- Studies show that the abundance of polyphenols protects against viral infections.
- The iron and Vitamin B6 in oranges help in the production of hemoglobin and increase the oxygen carrying capacity. They also purify the blood.
- Beta-carotene, the powerful antioxidant protects the cells from being damage. It also protects the skin from free radicals and prevents the signs of aging.
- The calcium in oranges helps to keep your bones and teeth strong.
- The regular intake of orange juice prevents kidney diseases. It also reduces the risk of forming calcium oxalate stones in the kidney. But take the juice in moderate amounts. Otherwise it can cause the decay of bones and teeth.
- Oranges are effective in both preventing and treating certain diseases like asthma, bronchitis and pneumonia.

## AGAVE NECTAR

- Low on the Glycemic Index - When it comes to comparing agave nectar and sugar, agave syrups are much
- lower on the glycemic index, , which means it won't cause a spike in your blood sugar levels the way sugar does. High-GI foods like white sugar tend to make us feel hungry sooner since they are digested quickly. So foods made with agave nectar may keep you feeling fuller longer than foods made with the white stuff, which translates to eating less.
- Calcium - With a low glycemic rating, high inulin, and calcium, agave nectar accommodates calcium absorption for bone density and overall health. Getting calcium into your diet prevents osteoporosis and related conditions late in life.
- It can boost the immune system and help increase energy levels.
- Use sparingly, it is still a sugar after all!