



Rita's Natural Food Market

"Your neighborhood natural grocery store since 2009"

NEWSLETTER May 2010

Monday - Friday 10-6; Saturday - 10 - 4; Closed Sunday
New Braunfels, Texas; 830-625-7472 - ritasmarket@gmail.com

Nutrition, Health and Caring.

Our commitment to you is healthy living with affordable prices!

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The Benefits of Greens

Alfalfa

Alfalfa is rich in vitamins, minerals and other nutrients that play an important role in the strength and growth of our bones and in maintaining a healthy body. Alfalfa's root system grows deep into the earth where it is able to access important minerals not found in surface soils. Alfalfa contains protein, and vitamins A, B1, B6, C, E, and K. It also contains calcium, iron, potassium and zinc. The leaves and seeds of alfalfa are used and can be found in tea form, nutritional powders, capsules or tablets.

Barley Green

Barley green is a young cereal grass that is an excellent source of nutrients for humans and animals. By the time barley grass leaves reach 12" – 14" tall, they contain all the vitamins, minerals and proteins needed for the human diet. Barley grass is rich in chlorophyll and antioxidants, and is an excellent detoxifier of impurities. Barley green aides in digestion, is naturally alkalizing, strengthens the immune system, improves hair, skin and nails, and helps to restore youthful vigor to name just a few of it's benefits.

Kelp

Kelp is a rich source of vitamins and minerals. It contains high amounts of calcium, sulfur and silicon, plus many other minerals such as iron and potassium, and is a natural source of iodine. Iodine is essential for proper thyroid function in addition to aiding the entire glandular system. Since iodine is in it's natural form, the body absorbs it more slowly than chemical iodine. It can help prevent the growth of tumors, cleanse the body of

radiation and balance your glands and hormones. Kelp has been used as a diuretic.

Spirulina

Spirulina is a blue-green form of algae. Over the years, spirulina has been used by and nourished the citizens of Africa, Asia, and South America. The Mayans and the Aztecs used the algae as a central part of their diet. 60% of spirulina is an all-vegetable protein, and it contains an abundant combination of vitamins and minerals such as Vitamin E, B-complex, calcium, copper, iron, magnesium and zinc. It is also a rich source of the antioxidant beta-carotene and the essential fatty acid gamma linolenic acid (GLA). Spirulina has been known to give people more energy. Its many benefits include: nourishment for the eyes, good for allergies, lowering cholesterol, weight loss and more.

Wheatgrass

Wheatgrass, another young cereal grass, contains many nutrients for optimum health. Wheatgrass increases red blood-cell count and lowers blood pressure by dilating

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New Products

Shelton's Free Range Chicken Breast; Grass Fed Lamb from Menzie's Farm, Harper TX; Organic Raw Tahini; Go Raw Spirulina Bars; Organic Grape Water; Buffalo Jerky; Mary's Gluten Free Crackers; No Salt Gluten Free Pretzels; Dulse and more! Organic Greek Yogurt is back as well as Follow Your Heart Cheddar Cheese.

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the blood pathways throughout the body. It cleanses the blood, organs and gastrointestinal tract of debris as well as restoring alkalinity to the blood. It is a powerful detoxifier, liver and blood protector. Wheatgrass also stimulates the thyroid gland and metabolism, correcting obesity, relieves indigestion and a host of other complaints. Recent studies show that wheatgrass juice has a powerful ability to fight tumors without the usual toxicity of drugs that also inhibit cell-destroying agents. The many active compounds found in wheatgrass juice cleanse and nourish the blood, stimulate enzyme activity, neutralize and digest toxins in our cells.

Kale

Kale is rich in phytochemical which provides many health promoting benefits. Some of the nutrients in kale are calcium, iron, Vitamins A, C, E, K and lutein. Kale has seven times the beta-carotene of broccoli and ten times more lutein. Kale is rich in fiber. Besides phytochemicals, kale has sulforaphane and indoles which research

suggest may protect against cancer.

Swiss Chard

Swiss chard is an excellent source of Vitamins B1, B2, B3, B6, C, E and K, folic acid and carotenes. It is also an excellent source of minerals including calcium, iron, magnesium, manganese, potassium, selenium and zinc. Swiss chard is said to be one of the most powerful anti-cancer foods due to the combination of nutrients such as phytochemicals, chlorophyll, other plant pigments, and soluble fiber. The abundant amounts of Vitamin K in Swiss chard make it extremely beneficial in the maintenance of bone health.

Collard Greens

Collard greens provide anticancer properties. They offer an excellent source of Vitamins B1, B2, B6, C, Vitamin E, carotenes, and chlorophyll. One cup of collard greens provides more than 70 percent of the RDA for Vitamin C. Collard greens are also a very good source of fiber, and numerous minerals, including calcium, copper, iron and manganese.

Quick and Easy Nutritious Recipes

Kale Chips

Ingredients:

2 heads of kale washed and torn in large strips (you can use 1/2 kale and 1/2 collards)

3/4 cup tahini

1/4 cup Nama Shoyu

1/4 cup cider vinegar or rice vinegar

2 scallions, handful of fresh marjoram and parsley

1 garlic clove

juice of 1 lemon

Place kale in large bowl. In a separate bowl mix the rest of the ingredients, pour over kale, using your hands, mix thoroughly. Place in your dehydrator @ 115 degrees on parchment paper or Teflon sheets. Let dry for 4 – 8 hours or until desired crispiness. Enjoy.

Raw Green Salad

1/2 bunch kale, chopped finely

1/2 bunch collards, chopped finely

1 handful of parsley, chopped

1 red bell pepper, diced

1-2 carrots, shredded

1-2 celery ribs, chopped finely

2 Tbsp. lime juice

Himalayan salt to taste

Dash of cayenne pepper

Place all the ingredients in a large bowl, mix thoroughly and enjoy!

Green Drink

3 kale leaves, washed and whole

3 chard leaves, washed and whole

3 collard leaves, washed and whole

1 small bunch of parsley, washed and whole

1/2 – 1 inch piece of fresh ginger, unpeeled

1/4 of a fresh lemon with pits

1 banana

1 apple, with pits, you can cut it in half or quarters

Dash of cayenne

Water

This drink is intended to be made in a Vita Mix or any powerful blender. Place all the ingredients in the Vita Mix, add water to desired texture. This drink is very nutritious and will last in the refrigerator for 5 or 6 days. I pour mine into kombucha bottles. Enjoy!