



### IT'S STRAWBERRY SEASON IN FLORIDA!!!!!!

Be sure to take advantage of local and fresh this season. Strawberries have only 50 calories per cup. They are loaded with fiber, Vitamin C and calcium. As an added benefit they contain the flavonoids, quercetin and kaempferol, which help keep LDL (bad fat) from oxidizing and damaging artery walls. They also contain ellagic acid which acts to bind cancer causing chemicals making them inactive. For best nutrition and anti-cancer effects, select strawberries that are full red in color.

Of note, strawberries are neither a fruit or berry. Each strawberry is really an aggregate of many tiny fruits (what most call seeds), embedded in a fleshy receptacle. On average, there are 200 "seeds" on each strawberry regardless of its size.

## In season – January foods

Green cabbage	Cauliflower
Parsnips	Carrot
Leeks	Eggplant
Citrus	Radish
Shallot	Strawberry
Mushrooms	Tomato
Turnips	Broccoli
Pears	Celery
Potatoes	Avocado
Onions	



### Something to warm you during the cold months of winter .....

#### CHILI PECANS

1 ½ tbsp chili powder  
 1 ½ tsp ground cumin  
 1 tsp ground coriander  
 1 tsp paprika  
 1 tsp brown sugar  
 ¼ tsp garlic powder  
 2 cups pecan halves (about 4 oz)  
 1 ½ tbsp Worcestershire sauce  
 ½ tsp salt

Preheat oven to 275 degrees. Line a large baking sheet with parchment paper. Combine chili powder, cumin, coriander, paprika, brown sugar and garlic powder in a small bowl. Toss pecans and Worcestershire sauce in a large bowl. Sprinkle the spice mixture over the pecans, tossing to coat. Spread the spiced nuts on the prepared baking sheet. Bake the pecans, tossing every 8-10 minutes, until lightly browned and very fragrant, about 35 minutes. Transfer to a bowl; sprinkle with salt and toss well. Let cool. Makes 2 cups.

Per 2 tbsp serving: Calories 102; 22 g fat; 6 g carbohydrates; 3 g protein; 4 g fiber; 193 mg sodium.  
 From *Eating Well*.

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## DIVE!

a film by Jeremy Seifert

[divethefilm.com](http://divethefilm.com) (Watch the trailer)

Grocery stores around the country are filling their dumpsters with food. Not rotten, spoiled food, but billions of pounds of good, edible food.

Why? Because the expiration date is nearing?

Because it costs less to simply throw away excess food rather than do something helpful with it?

Whatever the answer, the contradiction is profound: good, edible food is being thrown away in the very same communities where people are going hungry.

Follow filmmaker Jeremy Seifert and his circle of friends as they “dumpster dive” in the back alleys and gated garbage receptacles of L.A.’s supermarkets. In the process, they uncover thousands of dollars worth of good food and an ugly truth about waste in America: grocery stores know they are wasting and most refuse to do anything about it.



## Butternut Squash Basics

“Vegetables are part of a healthy diet and tend to be under eaten in the United States,” believes Julie Paff, RD, who teaches diet and diabetes self-management strategies to persons with diabetes and impaired glucose tolerance. Her current veggie target is butternut squash, a flavorful winter vegetable readily available and inexpensive.

## Butternut Squash History

Butternut squash’s ancestors have been eaten for over 10,000 years, although this particular variety is one of the newest in its food group, debuting in grocery stores in 1944. The meat is dense and sweet and a bright orange color inside. Butternut squash’s predecessors originated in Mexico or Guatemala. Originally, the seeds were eaten and flesh of the squash was not. The following are fun facts about this squash:

- Great source of vitamin A & C, fiber, potassium, manganese and folate. The soluble fiber in the starchy vegetable makes it a better choice than traditional white potatoes for persons with diabetes or pre-diabetes. One cup cooked butternut squash counts as 18 grams of carbohydrate or 1 carb choice. This hearty winter squash can round out your plate as a healthy carb choice in place of rice or pasta
- Usually available August through March, peaking in October and November
- Rich in beta-carotene, known for antioxidant and anti-inflammatory health benefits and may be protective against heart disease in persons with diabetes. Also a source of beta cryptoxanthin, another form of beta-carotene which is associated with lung health
- Typically a butternut squash weighs 2-5 pounds and serves up to 4 people easily
- Butternut squash is in the same family as melons and cucumbers
- Although most people discard the skin and seeds of butternut squash, the seeds are edible and quite tasty, especially if roasted and lightly salted like pumpkin seeds
- Florida, California, Georgia and New Jersey are major commercial producers of butternut squash in the US and they are a popular offering locally at farmer’s markets and area farms
- The vegetable in its raw state requires no refrigeration and can sit for several months on your counter retaining its freshness, flavor & nutrition