



September Facts

Sept is a prefix with Latin roots meaning "seventh". It may seem strange that the ninth month (September) should have a prefix meaning seven. This came about because in ancient Rome there were only ten months and the first month was March. When Numa Pompilius, the Roman King, changed the calendar in about 700 B.C. he added two months. The Roman Senate rolled back the date of the New Year in 153 B.C., but the senators did not bother to change the names of the numbered months to conform with their new position in the calendar. When the name "September" came to England via Old French, it replaced *hærfestmonað*, which refers to the month of the harvest.

Labor Day occurs on the first Monday of September. The first Labor Day was celebrated on Tuesday, September 5, 1882. This holiday was observed on the Central Labor Union of New York's own authority. Local governmental recognition began about 3 years later. In 1894 the day was established by Congress as a national holiday. The day was set aside to recognize and commemorate the accomplishments of American labor.

The autumnal equinox occurs during this month (on or about the 22nd of September). It is the time in the Earth's revolution about the sun that the sun is directly over the equator. This causes the day and night to be exactly equal. From this point in time the sun will continue to move south, cooling the northern regions and warming the southern hemisphere.

LET FOOD BE YOUR GREEN MEDICINE

By: Tom Ballard, R.N., N.D.

Good nutrition is perhaps the most powerful medicine we have against chronic disease. People in the US alone spend a reported \$147 billion annually to treat obesity, \$116 billion to treat diabetes, and hundreds of billions more to treat cardiovascular disease and the multiple types of cancer that have been linked to the "Western" diet. One recent study showed that 30% of the increase in health care spending over the past 20 years could be attributed directly to the steep increase in obesity, which is directly related to processed carbohydrates and other high-glycemic, sugared foods and beverages. All the diseases that cost collectively the most money – diabetes, heart disease, stroke, obesity, asthma, arthritis, cancer, depression, allergies, and irritable bowel disease – can be linked directly to what we eat. The standard American diet is high in calories and low in nutrients causing people to be paradoxically overweight and undernourished. Substantive health care reform may happen only if government policies support the green choices that organic shoppers make every day. Instead of subsidizing the destruction of our foods and promoting the mentality that health comes from a bottle with a safety cap, we need money-backed policies that support green medicine. Good food, clean air and moderate exercise outperform drugs.

What's in Season in Florida for Sept

Avocado, Corn, Eggplant, Grapefruit, Green Beans, Mango, Star Fruit, Tangerines, Tomatoes

Avocados



Avocados contribute nearly 20 vitamins, minerals and phytonutrients, including 4% of the recommended Daily Value for vitamin E, 4% vitamin C, 8% folate, 4% fiber, 2% iron, 4% potassium, with 81 micrograms of lutein and 19 micrograms of beta-carotene.

The English living in Jamaica called the avocado an alligator pear. Some speculate that they were comparing the skin to that of an alligator. In Jamaica today the people call the avocado a pear.

An avocado is a fruit and not a vegetable! It is actually a member of the berry family.

In the past, the avocado had a well-entrenched reputation for inducing sexual prowess and wasn't purchased or consumed by any person wishing to protect their image from slanderous assault. Growers had to sponsor a public relations campaign to dispel the ill-founded reputation before avocados became popular.

Avocados must reach full maturity before they are picked, however, they do not soften on the tree. The tree can actually be used as a storage unit by keeping the fruit on the tree for many months after maturing.



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Eggplant

Eggplants are a very good source of dietary fiber, potassium, manganese, copper and thiamin (vitamin B1). It is also a good source of vitamin B6, folate, magnesium and niacin. Eggplants also contain phytonutrients such as nasunin and chlorogenic acid.

They are an excellent food to aid in weight loss, being low in calories and fat. Eggplant is a nutrient dense food, which will help you feel full, and there are almost no calories in eggplants.

Eggplants belong to the nightshade family of vegetables, which also includes tomatoes, sweet peppers and potatoes. Calories: 20 calories in a cup of eggplant.

Pare and slice 1 eggplant into 1/4 inch slices; flour each piece and fry in a little olive oil until brown on each side. Drain on paper towels; layer in a casserole dish. Between each layer add a tsp of tomato sauce (seasoned as desired with salt, pepper, fresh oregano, etc.) on each slice and add shredded mozzarella. One eggplant usually makes 3 layers in an 8x12 inch casserole dish. Top with mozzarella as the final topping. Then bake at 350 for 20 minutes or until cheese starts bubbling.

To rid eggplant of bitterness slice the pieces into saltwater as you peel it. Pat dry before cooking.



Mango

Mangos are rich in vitamin C and beta carotene, both essential antioxidant nutrients. Antioxidants help protect the body from damage caused by free radicals that are present in the environment and naturally produced by the body. Consuming an antioxidant-rich diet may help protect the body from chronic diseases such as heart disease and certain types of cancer.

Vitamin C plays a role in supporting immune function, growth and repair of tissues throughout the body and wound healing. Beta carotene is converted to vitamin A by the body. Vitamin A contributes to healthy vision as well as healthy bones, skin, teeth and other tissues. Like vitamin C, vitamin A plays an essential role in immune function.