

God's Garden Food & Benefits

Brain Health



Did You Know?

A walnut looks like a little brain, a left and right hemisphere, upper cerebrums and lower cerebellums. Even the wrinkles or folds on the nut are just like the neo-cortex. Walnuts help develop more than three (3) dozen neuron-transmitters for brain function. Walnuts are one of the richest dietary sources of antioxidants, which are concentrated in their brown skin. They are also significantly higher in omega-3 fat than any other nut.

Fun Facts

- China is the largest producer of walnuts in the world, with almost half of the global supply. The United States is second, accounting for about one third.
- California, which produces 99% of the walnuts in the U.S., has nearly 325,000 acres of walnut orchards. That's enough to cover the entire city of Los Angeles.
- It takes about 170 days for a walnut to develop and mature.

Health Benefits

Walnuts are primarily made up of protein and polyunsaturated fat. They contain a high percentage of omega-3 fat, which has been linked to various health benefits, including help with depression and age related decline in brain function. Regular consumption of walnuts by older adults has been linked with significant memory improvement.

Eye Health



Did You Know?

A sliced Carrot looks like the human eye, and science now shows carrots greatly enhance blood flow to and function of the eyes. Research also shows that women who ate more than two servings of carrots per week, had a 64% less chance of developing glaucoma, compared to women who ate less than one serving.

Fun Facts

- Carrots originated in Afghanistan.
- The first carrots were white, purple, and yellow-not orange.
- They were originally used as medicine, not food.

Health Benefits

Carrots are rich in beta-carotene, which the body converts into vitamin A. Vitamin A helps keep eyes healthy. Beta carotene helps protect eyes from the sun and lowers the chances of cataracts and other eye problems. Yellow carrots contain lutein, which has been shown to help prevent age-related macular degeneration, the leading cause of vision loss in the United States.

Heart Health



Did You Know?

A Tomato has four chambers and is red. The heart has four chambers and is red. Research shows tomatoes are loaded with lycopene and are heart and blood food.

Grapes hang in a cluster that has the shape of the heart. Each grape resembles a blood cell and research today shows grapes are also heart and blood vitalizing food.

Fun Facts

- Tomatoes are classified as fruits, not vegetables, because they grow from the flower of a plant and contain seeds.
- With an annual production of 60 million tons, tomatoes are the world's most popular fruit.
- It takes about 2.5 pounds of grapes to make one bottle of wine.

Health Benefits

Tomatoes are widely known for their high content of lycopene, which is responsible for their red color. Lycopene may help to lower the risk of heart disease by lowering blood pressure and LDL, or "bad" cholesterol. In addition, heart health is supported by other nutrients found in tomatoes such as vitamins B and E, and antioxidants.

Grapes contain the powerful antioxidants, which can relax red blood cells and prevent inflammation. These antioxidants, also reduce blood clotting, which helps to minimize the risk of heart attacks. Grapes are also a good source of potassium, which can lower blood pressure, thereby lowering the risk of heart disease and stroke.

Breast Health



Did you know?

Citrus fruits look just like the mammary glands and actually assist the health of the breasts and the movement of lymph in and out of the breasts.

Fun Facts

- Almost all existing citrus fruits grown today are hybrids of three original fruits: citrons, pomelos, and mandarins.
- The color orange is named after the fruit, not the other way around.
- Grapefruit are said to be so named because they grow in clusters like grapes.
- A tangelo is a cross between a grapefruit and a tangerine.

Health Benefits

Citrus fruits contain many nutrients that may protect against breast cancer, including folate, vitamin c, beta carotene and flavonoid antioxidants. Limonoids, found in citrus juices, seeds and peel, have been shown to exhibit anti-tumor, anti-proliferative (inhibits the growth of certain cancer cells) and anti-inflammatory properties.

Kidney Health



Did you know?

Kidney beans got their names because they resemble the shape of kidneys, and they actually help maintain kidney function

Fun Facts

- Kidney beans are cholesterol-free, fat-free and gluten-free.
- Kidney beans are a staple throughout Latin America and Caribbean and are featured in popular dishes such as "refried beans" and "rice and peas."
- Because they are rich in fiber and the complex sugar raffinose, which the body has trouble breaking down, kidney beans and other legumes have a reputation for causing gas.

Health Benefits

One of the functions of the kidneys is removing waste, including dietary excesses, from the body. The kidneys may be affected by diseases such as diabetes and high blood pressure. Kidney beans support kidney health by minimizing the risk of diabetes and helping to maintain low blood pressure. Kidney beans are high in fiber; therefore, they don't cause spikes in blood sugar. They are a great source of low-fat protein and are also low in sodium.

Recipes

Tomato Avocado Salad

Ingredients

- 1 lb Roma tomatoes, diced
- 1 English cucumber, diced
- 1/2 medium red onion, diced
- 2 avocados, diced
- 2 tbsp extra virgin olive oil
- Juice of 1 medium lemon (about 2 tbsp)
- 1/4 cup cilantro, chopped
- 1 tsp sea salt or 3/4 tsp table salt
- 1/8 tsp black pepper

Instructions

Toss all ingredients in a bowl to combine.

Frozen Grapes

Instructions

Wash and dry small clusters of grapes. Place clusters in a sealed bag or remove from stems and place in a single layer on a baking tray lined with parchment paper. Freeze until firm, then transfer to an airtight container and store in the freezer.

Enjoy this perfect summer treat!



Mediterranean Kidney Bean Salad

Ingredients

- 1 15-oz. can kidney beans, drained and rinsed
- 1/2 English cucumber, chopped
- 1 Medium tomato, chopped
- 1 bunch fresh cilantro, stems removed, chopped (about 1 1/4 cup)
- 1 red onion, chopped (about 1 cup)
- Dijon Vinaigrette
- juice of 1 large lime or lemon
- 3 tbsp extra virgin olive oil
- 1 tsp Dijon mustard
- 1/2 tsp fresh garlic paste, or finely chopped garlic
- Salt and pepper, to taste

Instructions

In a medium sized bowl, combine the kidney

beans with the chopped vegetables and cilantro.

To make the vinaigrette, in a separate small bowl, whisk together the lime juice, oil, mustard, fresh garlic and pepper. Pour the vinaigrette over the salad and combine well with a large spoon. Add salt and pepper to taste. Cover and let sit in the fridge for half hour to an hour before serving.



Sweet & spicy Toasted Walnuts

Ingredients

- 1 cup raw unsalted walnuts (halves or pieces)
- 1 tsp butter
- 1 tbsp honey
- A few dashes of hot sauce
- A pinch of salt
- 2 tsp fresh rosemary, chopped

Instructions

Heat a small, non-stick sauté pan over medium-low heat; toss in nuts and gently toss around for 8-10 minutes or until fragrant and lightly toasted.

Turn the heat all the way down, as low as it can go, and add in the butter, hot sauce, honey, salt and rosemary. Toss again until the nuts are coated. Transfer to a rimmed baking sheet to cool.



Greek Lemon Chicken and Potatoes

Ingredients

- 4 lbs chicken, cut in pieces
- 3 russet potatoes, cut in quarters
- 1 tsp kosher salt
- 1 tsp freshly ground black pepper
- 1 tsp dried rosemary
- 1 tsp dried oregano
- Pinch of cayenne pepper
- 6 cloves garlic, finely minced
- 1/2 cup fresh lemon juice
- 1/2 cup olive oil

2/3 cup chicken broth

Instructions

Combine all ingredients except chicken broth. Cover and let sit in the fridge for about 1 hour. Place all ingredients in lightly oiled roasting pan along with chicken broth and roast at 425 degrees for about 45 minutes or until the chicken is well browned and cooked through. After about 20 minutes, remove from oven and toss in pan drippings.



Carrot Ginger Soup

Ingredients

- 6-8 carrots, diced
- 1 tsp ginger, minced
- 2 small onions
- 2 tbsp oil
- 3 cups vegetable broth
- Salt and pepper to taste

Instructions

In a large saucepan, heat oil over medium-high heat. Add onions and sauté until they become translucent. Add ginger and sauté for another minute. Add carrots and broth and bring to a boil. Reduce heat to low and simmer for about 30 minutes. Puree soup in blender for smooth consistency.

