

June 2010 Newsletter

Good Grains,
Get Your Grill On,
& Feeding Your
Chakras



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No Time for the Carb Blues

Summertime in the Tetons bring lots of daylight and endless options to play outdoors. It's also a time when delicious, nutritious carbohydrate foods like fresh fruits and veggies are plentiful – even in a remote mountain playground. Other “good carbs” like brown and wild rice, yams, quinoa and legumes make great salads that fill you up and give you energy for active summer days. Unfortunately, no matter what we nutritionists say about the benefits of nutritious carbohydrate foods, carbs in general continue to get a bad rap.

The mere word ‘carbohydrate’ (or carb) conjures images of white bread and sugar in their various forms. Many popular diet books also continue to demonize even fruits and some vegetables (such as starchy or other high Glycemic Index veggies). Add the fact that protein gets all the glory for building muscle, providing energy, and stabilizing blood sugar and it's no wonder carbs get the shaft. For the average couch potato ignoring carbs for a while to drop a few pounds may not be a big deal, especially if the carbs of choice were the “evil white” ones (assuming the carbs aren't simply replaced with bacon). For the active mountain town dweller however, banishing carbohydrates, consciously or sub-consciously, can affect how you feel during and after exercise – including the next day. Carbs are still the most efficient source of energy for physical activity and the food your brain likes best. Protein can (and does) provide some energy to working muscles but the process is slow and creates byproducts that your body must then work to get rid of. Also, when you need the amino acids from protein to make fuel because you aren't getting enough carbs, you take them from muscle. Not good.

There is definitely a reason protein gets a lot of attention - it has a lot of important jobs in your body. In addition to building muscle the amino acids in protein make blood cells, hormones, brain chemicals, enzymes, antibodies, and more. Carbohydrates on the other hand are primarily fuel. That's their job. So when you depend on protein for energy it's like making the CEO of a company empty the trash. Of course she can do this but the janitor can't run the company so it just doesn't make sense for the CEO to waste time on menial (though essential) labor. Including carb-rich foods helps you conserve protein and provide your brain and muscles with easy-to-use, quick energy.

Another thing to keep in mind is that although veggies are really important good carbs that you need for a variety of reasons, veggies alone may not provide enough carbohydrate to fuel or replenish your carb stores on really active days. Green salad is

a good example. A cup of leafy greens only has about 1 gram or so of carbohydrate (if that) compared to 15 grams for a slice of whole grain bread, 21 grams for a medium apple, 39 grams for a cup of cooked quinoa, and 51 grams for a baked potato (with skin). So it's a good idea to get a variety of veggies – including the starchy ones like potatoes, yams, snap peas and legumes as well as fruit. Similarly, the denser, less watery fruit like apples and berries will have more carbohydrate than the really watery types like watermelon and plums. So make healthy carbs part of your summer repertoire to fuel all of your activities; picture a variety of colors, textures and flavors from veggies, fruit, whole grains and legumes. If you need recipe ideas check out the JWG online interactive cookbook or ask any of the chefs in our deli. And don't forget about Solving the Shopping Dilemma on Thursdays!

from Mary Ryan, MS, RD



June 3

Solving the Shopping Dilemma, 10-12
Vertical Harvest Benefit
@the Q, 6pm

June 7

Barley & Wheat Berry
Pilaf Demo, 12-2

June 8

ReNew Life Probiotics Demo
12-2

June 9

Ben Clark from IanBoutique
with Hydrosols Demo, 12-2
dL's Tea Party, 12-2

June 11

Bottleneck Wine Tasting, 4-7pm

June 14

Grilling Demo, 12-2

June 16

Sun Soothing Lotions & Oils,
12-2

June 17

Solving the Shopping
Dilemma, 10-12
Bottleneck Wine Tasting, 4-7pm

upcoming events

June 19

Fire Festival!!! 10-4pm

June 20

Happy Father's Day

June 21

Grilling Demo, 12-2
Ben Clark from IanBoutique
with Hydrosols Demo, 4-6

June 22

Weleda Pomegranate Line, 4-6pm

June 23

Bridgeport Beer Tasting, 4-6pm

June 24

Slow Food Vodka Tasting @ Lotus Cafe
5:30-9pm

June 25

GTB Tasting Featuring Tail Waggin'
4-6pm

June 28

Native Grains Demo, 12-2

TALKING GOOD GRAINS WITH DR. MONIQUE LAI

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Dr. Monique Lai is a naturopathic physician. Her focus is treating and preventing disease by restoring normal function. 280 E Broadway, Jackson WY 83001. 734-6644.

Seeing patients here and having lived in Jackson for over a decade has made me realize that our nutritional concerns and question are unique to our lifestyles. We are NOT a sedentary community. We expect more from our bodies than most. Going for a 3 to 4 hour hike or bike in the summer is not uncommon; but we need to understand how to accommodate our lifestyles, our bodies with our diets.

Carbohydrates 101: They are needed in our diet, especially when we are active. There are complex and simple carbohydrates. Simple carbohydrates are sugars and grains that have been refined or processed, aka “the whites”. Complex carbohydrates are grains that still have their hull and germ. Once you remove the hull and germ you have striped the grain of its fiber, B vitamins and minerals.

There are two types of fiber in grains, soluble and insoluble. Soluble fiber dissolves in water, is fermented in the colon producing short chain fatty acids. This forms a thick gel which is healing to the colon and when absorbed has additional health properties. Insoluble fiber can be found in vegetables as well as grains it is not metabolized but bulks up the stool easing bowel movements.

B vitamins and minerals are important for just about every function in the body, emotional, neurological, reproductive, cardiac and adrenal health, to name a few. Cholesterol is of concern to many and the B vitamin niacin helps lower cholesterol. The amount of niacin in whole wheat is 50 mcg of niacin per gram of flour. White flour freed from its bran and germ contains 9.5 mcg per gram of flour (data taken from Schroeder 1975). Can we heal our bodies with food? I think we can.

Committing to our health is important. Choosing the whole grain alternatives for the above mentioned “whites” and exploring new whole grains is important to your health.

Better choices would be: For breakfast, Ezekiel bread with peanut/almond butter or a bowl of oatmeal. For lunch, try whole grain tortilla or bread sandwich. And whole brown rice or quinoa, BBQ chicken and a salad for dinner

Whole grains make us feel full and do give us more sustained energy. Eating for our health, getting in touch with how food makes us feel results in greater awareness in all areas of our lives.

Support Slow Food in the Teton's Vertical Harvest Project and the People's Market with a Vodka Tasting on Thursday, June 24th, 2010 at 5:30 pm- 9 pm at Lotus Café We will be sampling 5 vodkas and 2 appetizers made with local ingredients and prepared by Amy Young of Lotus Café

GET YOUR GRILL ON



We associate grilling with fun, laughter and the lazy daze of summer. Of course, we here in the mountains, get our grill on regardless of the outside temps. There is a dark side though of grilling beyond the black grates. And though we love to celebrate all the good things food brings to our tables, we do have to talk about some

of the dangers too. What you grill is an important issue. Red meat (beef, pork and lamb) and processed meat (such as hot dogs) top the list of foods to minimize or keep off the grill in light of recent research linking these foods to cancer – regardless of how they are prepared. Since grilling meat, poultry and fish produces cancer-causing compounds, grilling meat is essentially a double whammy. The AICR recommends limiting red meat to 18 ounces (cooked) per week. Since the stats for processed meats are even more troubling the AICR now recommends avoiding hot dogs and other processed meats altogether.

Grilling vegetables and fruit does not produce cancer-causing compounds. Summer is a great time to experiment with grilling alternatives, especially peaches and some of honey per slice. Add your favorite frozen dessert and you'll have a home run with your BBQ guests. The AICR's recommendations for reducing grilling risks: Select smaller cuts of meat, such as kabobs, and limit your portion size. Select leaner cuts, to prevent dripping fat from causing flare-ups, which deposit carcinogens on the meat. Reduce flare-ups by spreading aluminum foil on the grill. Make small holes in the foil to allow fat to drain. Try a marinade. Some laboratory research suggests that even briefly marinating meat significantly reduces the formation of HCAs (heterocyclic amines). Partially pre-cook meat briefly in the microwave before grilling, to speed up grilling.

CLEANIN' UP FROM LAST SUMMER

The trick to maintaining clean grill grates is to brush them when they're very hot. For a gas grill, the best time to do this is just before grilling. Turn all the burners to high and let the grill heat with the lid down for 10 to 15 minutes, or until the internal grill temperature is higher than 500 degrees F. This burns off the residue from the last cookout, making it much easier to brush off with a brass-bristle grill brush (steel bristles are too hard and can damage enamel-coated grates). If you have a lot of accumulated buildup on your gas grill grates, you'll need to allow more time to burn off the residue, so let the grill heat up on high for a full hour before brushing.

For charcoal grills, burn off any residue on the grates right after grilling. Just set the lid on the grill and, as the hot coals burn out, any residue should burn off. Then brush before the next use.

When you're brushing the grates don't be afraid to use some elbow grease. You want the surface of the grates to be smooth and free from any food that may have stuck the last time. This prevents the buildup of charred food on the grates and helps ensure that the food you're about to cook won't stick.

One of our favorite clean up tricks: get some cooking spray, olive oil is the favorite amongst this crowd, get your flames fired up and spray your grates with the cooking spray. Not only are you not using chemicals but you're simultaneously prepping the surface for your next extravaganza!



Crown Chakra / Opening & Clearing the Spiritual Communication Center:

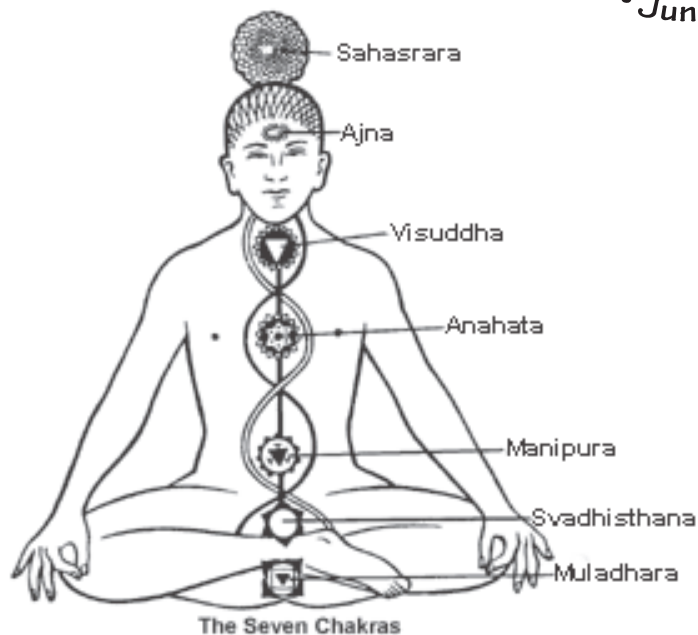
Since the crown chakra is more "spirit" than "matter," it is not nourished with physical foods in the same way that they feed other chakras, but the crown chakra thrives on the sustenance that comes from sunlight, air, and love. Incense and Smudging Herbs: sage, copal, myrrh, frankincense and juniper . Incense and smudging herbs are not to be eaten but are ritually inhaled through the nostrils or can be smoked through a ceremony pipe for purification purposes.

Awakening Third Eye Senses

Dark bluish colored fruits: blueberries, red grapes, black berries, raspberries, etc.
Liquids: red wines & grape juice
Spices: lavender, poppy seed, mugwort

Feeding Your Throat Chakra/ Speaking One's Truth

Seaplants, fruits, juices, soups, sauces, (which bring together different elements like water and earth), and foods from different ethnic groups (The throat chakra encourages variety of foods.)
Liquids in general: water, fruit juices, herbal teas
Tart or tangy fruits: lemons, limes, grapefruit, kiwi
Other tree growing fruits: apples, pears, plums, peaches, apricots, etc.
Spices: salt, lemon grass



The Seven Chakras

Heart Chakra

Healing Foods

Leafy vegetables: spinach, kale, dandelion greens, etc.
Air vegetables: broccoli, cauliflower, cabbage, celery, squash, etc.
Liquids: green teas
Spices: basil, sage, thyme, cilantro, parsley

Solar Plexus Chakra

Boost Self-Esteem & Encourage Self-Love

Healing Foods: Granola and Grains: pastas, breads, cereal, rices, flax seed, sunflower seeds, etc.
Dairy: milk, cheeses, yogurt
Spices: ginger, mints (peppermint, spearmint, etc.), melissa, chamomile, turmeric, cumin, fennel

Sacral Chakra

Nourishing the Sexual/Creativity Center

Healing Foods: Fats and oils, fish (especially wild-caught salmon), honey.
Sweet fruits: melons, mangos, strawberries, passion fruit, oranges, coconut, etc.
Nuts: almonds, walnuts, etc.
Spices: cinnamon, vanilla, carob, sweet paprika, sesame seeds, caraway seeds

Root Chakra

Grounding

Protein (especially animal protein), root vegetables, edible and medicinal mushrooms,
Root vegetables: carrots, potatoes, parsnips, radishes, beets, onions, garlic, etc.
Protein-rich foods: eggs, meats, beans, tofu, soy products, peanut butter
Spices: horseradish, hot paprika, chives, cayenne, pepper

FEED YOUR CHAKRAS

No one can disagree that eating nourishes our bodies. We understand nutrition and its numbers. We understand that we need calories in order to manage our basic functions, sleeping, eating, thinking...but do we understand that eating nourishes our emotions, ideas and energies? Everyone experiences food differently. Food is one the most democratic mediums and so even if we experience it differently, all of us still experience it.

Nourishing our souls may sound a little airy to some of us but in truth, it's this type of nourishment that more often than not guides what we decide to eat. Chocolate collides with our chakras when we need positive feedback. Comfort foods draw on memories to provide us with safety." Our relationship to food and eating is symbolic of how we approach everything else in our lives," according Deanna Minich, PhD, CN. Minich considers food and spirit to be interlinked and that it is very possible to find presence, power and potential in every meal from the ReBar in your purse to your mom's lasagna.

Foods carry vibrations. They can activate and balance your chakras (centers in the body's energetic system). Consider what you are eating, how it makes you feel and more so, what you can eat to change how you feel. Feeding our chakras is not just for those who check our astrological forecasts and own yoga mats. It's a way of connecting to our personal practices, treating even a mundane activity such as dining as a meditation.

Feeding your chakras is ultimately about menu planning and ensuring that your body receives the best possible ingredients. We're coming up with all sorts of ways for you to incorporate the best ingredients into your daily routine. Check the blog for chakra focuses and menu suggestions this month at the new customer service counter. And be sure to check out the chakra elixirs at the Tonic Bar!

NCD's Focus of the Month

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JWG DEPARTMENT NEWS

With summer comes more skin or at least more exposed skin— so let's boost those legs, that hair, and maybe get a flatter belly! Summer is a great time to make sure you are getting enough Vitamin. B. If you are going to supplement with Vit B, use a complex and preferably go with a sublingual form. The various Vit. B's work best when taken together plus it's easier on your supplement regime. They are proven helpful for a wide range of issues notably: hair, skin, nails and muscle tone...**oh yeah and stress!** Also, when you are eating all those yummy, healthy whole grains, you'll be getting great levels of Vit. B naturally —plus great fiber (also good for the flat belly)! Remember to use your natural sunscreen because sometimes with certain Vit. B's you might be more likely to burn.

This month there are some great sales on Nordic Natural's DHA and Renew Life Probiotics. DHA is great for digestion, skin, hair, and helps put a smile on your face (literally, it's great for depression, anxiety, and overall brain function). Renew Life probiotics may help with a wide range of problems because when used they go into your digestive system and balance it out. This translates to better digestion and a good boost to your immune system, healthier hair, skin and nails (it has been proven that probiotics help utilize that Vit. B complex and DHA), and yes... MOOD (they can help with hormone levels)! Thus, you don't have to be scared to sport your swimwear. Put on those swim trunks or that bikini and show some skin!

Come meet Kayla our new Natural Care Dept. helper extraordinaire. She is super excited to work in the store and is ready to help!

Tonic Bar



We have new members and new menu items! Piper and Maddy are the new additions and some exciting, delicious summer beverages include fresh squeezed, organic lemon and limeade, blueberry and mango milkshakes, an apple cider soda. The June Smoothie Special is **A Little Sunshine**: Pineapple, Mango, Ma-cha Green Tea Powder, Coconut Milk, Peach Juice. With all the benefits of green tea this is not only a super tasty, fresh treat (that has a hint of the beach) it is also a healthy one! It is high in antioxidants, good for fat metabolism and helps with your complexion. This is a great smoothie to help kick off the summer!



"BLUEBACK FISH" - YOU ASKED, WE DELIVER! WITH THE EVER INCREASING DRIVE TOWARDS PUTTING MORE OMEGA-3S IN OUR DIETS, CUSTOMERS HAVE BEEN ASKING FOR FRESH "BLUEBACK" FISH, SUCH AS HERRING, SARDINES, ANCHOVIES, MACKEREL & BLUEFISH. WE HAVE HAD TO SEARCH AROUND TO SOURCE THESE PRODUCTS FOR FRESH AND TOP QUALITY AND THEY ARE SLOWLY STARTING TO TRICKLE IN. SEE THESE WHOLE FISH IN OUR FRESH CASE THIS MONTH: CALIFORNIA SARDINES, CAPE COD ATLANTIC MACKEREL, AND EAST COAST BLUEFISH. FOR THOSE UNFAMILIAR WITH COOKING THESE FISH, THERE ARE COOKING SUGGESTIONS AVAILABLE AT THE COUNTER AND ONLINE.



PRODUCE LOVES THE SUMMER MONTHS BECAUSE IT MEANS ABUNDANT AND DIVERSE FRUIT AND VEGETABLES THAT ARE HARD TO COME BY MOST OTHER TIMES OF THE YEAR. THIS MONTH, WE HAVE WHITE AND YELLOW PEACHES, WHITE AND YELLOW NECTARINES, APRICOTS, APRIUMS (YES, THERE IS A CROSS BETWEEN AN APRICOT AND PLUM AVAILABLE FOR YOUR TASTING PLEASURE) AND BING CHERRIES.

You may have noticed that we have brought in a new meat distributor, Painted Hills Natural Beef. Painted Hills' motto is "beef that tastes just like Grandpa used to raise" and they're not exaggerating. JWG is always proud to present our customers with the highest quality product available for their dinner tables. And, this wholesome ranching is exactly that.



**Thursday mornings are all about YOU!
Visit with Jackson's very own Dragon Lady
on Thursdays at JWG's Tonic Bar
for custom concoctions from 9-11am.**