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TIME TO PLANT SOMETHING!



Bok Choy, cherry tomatoes, and Swiss Chard

Where we live in central Florida, winter and spring are prime fruit and vegetable growing time, so we have been growing and harvesting for several months and we now have seedlings up for our last round of many vegetables. But for most folks in the US, it is time to think about getting started with some seeds indoors or in a greenhouse for spring planting. If you are uncertain what to plant and when based on where you live, the following website will help you by telling you what to plant based on your zip code; check it out: www.sproutrobot.com.



Ginger root and radishes—Yes, we have a pot of ginger; you don't?



Arugula growing wild off the deck self-seeded from last year's crop



Italian black kale, *Lacinato*. Very nutritious, slightly nutty, and more tender than other kale varieties.

HOT NEWS REGARDING [VITAMIN D!](#)



Research on Vitamin D is exploding and everyday new studies are released that report benefits associated with either higher Vitamin D levels or taking a higher dose of the supplement to treat a medical condition.

According to the [Vitamin D Council](#), a recent study from Italy showed significant relief from dysmenorrhea (painful menstrual cramps) with Vitamin D supplementation in women whose blood levels were low in the vitamin. It is thought the Vitamin D acts as an anti-inflammatory agent to reduce pain levels.

Since a large percentage of the US population is not only low but deficient in Vitamin D, this news could help many women, but more studies are needed before this can be advocated as a regular pain remedy.

It is important to know your Vitamin D level. The level is determined by a blood test. If you don't know what your level is, discuss with your physician having your level checked at your next visit. ([Read more about Vitamin D @ www.nutritionhealthnet.com](#))

GENETICALLY MODIFIED SALMON STILL BEING CONSIDERED BY FDA



Genetically modified salmon is created by the company, Aquabounty, who have genetically engineered an Atlantic salmon by inserting a Chinook salmon growth-hormone gene, as well as a gene sequence from an ocean pout. The company claims this engineering causes the GE salmon to undergo an increase in growth rate that allows the fish to reach market size in half the normal time.

A statement in a news release from [The Center for Food Safety](#) sums up the public concern over such “innovation”: “The data FDA has on GE salmon, which were supplied by Aquabounty, are incomplete, biased, and cannot be relied upon to show that the GE salmon is safe to consume,” said Food & Water Watch Executive Director Wenonah Hauter. “Aquabounty’s own study showed that GE salmon may contain increased levels of IGF-1, a hormone that helps accelerate the growth of the transgenic fish and is linked to breast, colon, prostate, and lung cancer.”

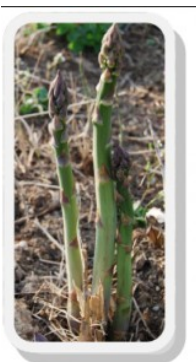
Among the many concerns over this type of food engineering, is the lack of labeling that comes with the release of the food. Like all the genetically modified foods on the grocery shelf, GE salmon will not be required to be labeled, so you will not know if your fish is “real” or not.

Pay attention and get involved or you may be eating [Frankenfish](#).

IT'S SPRING! THINK ASPARAGUS!

Asparagus is one of the most nutritionally well-balanced vegetables in existence. It leads nearly all produce items in the wide array of nutrients it supplies in significant amounts for a healthy diet.

[\(Continue reading @ www.nutritionhealthnet.com\)](#)



A PERFECT ALTERNATIVE TO HEAVY CREAM IN DISHES— RICE CREAM!

Recipe courtesy of Chef Bren Ankrum - Culinary Editor



Rice cream is an excellent, healthy and nutritious alternative for thickening creamy soups or other dishes in lieu of heavy cream or half and half. I was introduced to the thickener while attending a conference at the Culinary Institute of America, Greystone Campus during a seminar, Healthy Kitchens Healthy Lives, conducted by the Harvard School of Public Health and the CIA. I adapted it by using homemade [vegetable stock](#) made of vegetable remnants left over and saved from preparing fresh vegetables .

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Green Chile Chicken prepared as a taco

Green Chile Chicken

This dish may be served straight up with rice or polenta or as a fajita dish, tacos, wraps or other choice of presentation. The recipe is one that may be accomplished relatively quickly using fresh ingredients and a minimum of preparation.

[\(Recipe @ www.nutritionhealthnet.com\)](#)