

**Hi all,**

**In this booklet, I am dealing with some of the natural\* Nuts, Vegetables and Fruits we should eat daily during their season, to give us most of the vitamins and minerals we need to be healthy and well.**

- *\*Natural meaning pure, unadulterated with salt, coatings of chocolate or sugar etc.*

I have written a short description of the food, together with all the vitamins and minerals each of them supplies you with, so you won't have to take supplements in the form of tablets or pills.

You find which item gives you the best protection against diseases and which ones help to keep your immune system strong.

I have spent a lot of time researching this information, so you can benefit from that.

If you need a boost of a particular vitamin or mineral, look up which of the current foods in season you should concentrate on.

Don't buy imported foods, as most of the produce has been treated, before it comes into the country, mostly by radiation. This process may destroy some vital elements in that food, which you need. Also, these foods are often out of YOUR season.

I keep on stressing the fact that we should eat produce in season. This is nature's way! Mother Earth produces the foods we need at a certain time of the year depending on where we live. Vitamin C foods are always in abundance during the winter months, like citrus fruit, as long as it is fresh and ripe.

High energy foods, like nuts are available during the colder months, something we need, to keep warm and give us extra energy. Lighter and easier digestible foods like paw-paw, are in great supply during the warmer months, when we do not need extra energy to keep warm. Thus, it makes sense, to follow nature's ways all the time.

Some of the information given may be a bit too complicated and maybe un-necessary for you, but don't get flustered and just read the information you personally need, written in **bold type** letters.

I have covered most of the common produce, available in the marketplace plus a few unusual ones as well. I am introducing these for you to try, when you come across them.

"Variety is the spice of life", so have a go next time you see something unusual.

All items in their group are in alphabetical order.

If you have a specific food item, that you may need or feel you are attracted to and I have not covered here, look that up on the net. There is so much information available, at a press of a button.

All the information herein is to be used as a guideline and cannot be taken as a cure, or improvement of your health. The author is not responsible of any outcome you may have, treating yourself without professional help in any way.

Any information you read, is obtained from other sources, such as the internet and is someone else's opinion, not necessarily the author's.

Always be careful in dealing with your health and remember too, that you, the reader, is a special being, who cannot be treated the same way as the next person with a similar problem.

Be sensible and take it slowly, trying to improve your health. Sudden, massive changes in your diet, may have drastic effects. Always be on the alert for small alterations in your health, be they positive or negative. Negative ones should always be addressed, as if you are going the wrong way and you should stop whatever you are doing immediately.

I always suggest you consult a professional person to help you change your diet.

I wish you good health and a happy life, Shanti.

## NUTS AND SEEDS

### ALMONDS (prunus dulcis)



Almonds are probably the best nut (seed) we can eat and it has been a longstanding health aid. Almonds are alkaline seeds and should be eaten often. Most other nuts, which are more acidic in nature, should be eaten less frequently, especially peanuts, which are really a legume and even more acidic.

The almond tree belongs to the Rosacea family. It is a native of Asian countries, but these days is grown in many countries around the world. The tree bears flowers in spring and the seeds are ready to harvest in Autumn.

**Almonds are rich in dietary fibre, vitamins, minerals and phytochemicals. These nuts are therefore a good protection against diseases.**

**They contain a good supply of mono-unsaturated fatty acids like oleic and palmitoleic acids, that help to lower LDL or “bad cholesterol” and increase the good “cholesterol”.**

**In the Mediterranean countries, where these nuts are consumed more than in other places, it appears that coronary artery diseases and strokes are less common. They are gluten free and popular amongst celiac sufferers. The oil derived from almonds is a great moisturiser for dry skins.**

**VITAMINS: Very high in vitamin: E, B2, B3, B1, B9; High in: B5, B6.**

**MINERALS: Very high in: Copper, Manganese, Phosphorous, Magnesium, Iron, Zinc, Calcium and potassium. Some: Selenium.**

Almonds can be eaten raw, or used in cooking. Almond milk has become popular these days, but has been used on the subcontinent of India and surrounding areas for years. Almonds make a very tasty and healthy almond butter.

## BRAZIL NUTS (bertholletia excelsa)



Brazil nuts are a native of the Amazon forest and have been used by the natives from the area for a long time. They are rich in protein, fats, calories, vitamins, minerals and anti-oxidants.

The trees are very tall and have a long lifespan, something in the region of 500 to 700 years. The nuts are high in mono-unsaturated fatty acids, such as palmitoleic and oleic acids, helping the consumer to **lower bad cholesterol and increase the good cholesterol in the blood. As you will see below, they are extremely high in Selenium\***, so we only need to eat a few nuts a day, to get enough selenium for our daily need, to prevent coronary artery diseases, liver cirrhosis and even cancers. The oil is a very good emollient to protect dry skin.

**VITAMINS.** Very high in: vitamin E, B1. High in: B6, B9, B5, B2, B3 and some C.

**MINERALS.** VERY HIGH in: Selenium\*, Copper, Phosphorous, Magnesium, Manganese, Zinc. High in: Calcium, Potassium.

Remember that all nuts are prone to become rancid very quickly, so purchase only fresh nuts in the shell, whenever possible. Refrigerate all nuts in a glass container, especially in the hotter climates.

- \*The value of selenium is 3485% (Yes correct) of our daily need.  
**Note:** By shelling them yourself, you do chew them better and longer, giving you more digestible food.

## BUNYA NUTS (*Araucaria bidwillii*)



Whole cone and nuts.

The bunya pine, is a large [evergreen coniferous](#) tree in the plant family [Araucariaceae](#). It is found naturally in south-east [Queensland](#) Australia and two small distinct populations in [north eastern Queensland's World Heritage listed Wet Tropics](#). There are many old planted specimens in [New South Wales](#), and around the [Perth, Western Australia](#) metropolitan area. They can grow up to 30–45 m (98–148 ft). The tallest presently living is one in Bunya Mountains National Park, Queensland which was reported by Robert Van Pelt in January 2003 to be 169 feet (51.5 m) in height. The bunya pine is the last surviving species of the Section Bunya of the genus *Araucaria*. This section was diverse and widespread during the [Mesozoic](#), with some species having cone morphology similar to *A. bidwillii*, which appeared during the [Jurassic](#). [Fossils](#) of Section Bunya are found in South America and Europe. The scientific name honours the botanist [John Carne Bidwill](#), who came across it in 1842 and sent the first specimens to [Sir William Hooker](#) in the following year.

[Indigenous Australians](#) (and I) eat the nut of the bunya tree both raw and cooked (roasted, and in more recent times boiled) and also in its immature form. Traditionally, the nuts were ground-up and made into a paste, which was eaten directly or cooked in hot coals to make [bread](#). The nuts were also stored in the mud of running creeks, and eaten in a fermented state. This was considered a delicacy. Apart from consuming the nuts, indigenous Australians ate bunya shoots, and utilised the tree's bark as kindling. Bunya nuts are still sold as a regular food item in grocery stalls and street-side stalls around rural southern Queensland. Some farmers in the Wide Bay/ Sunshine Coast regions have experimented with growing bunya trees commercially for their nuts and timber.

Since the mid-1990s, the Australian company [Maton](#) has used bunya wood for the soundboards of its BG808CL Performer acoustic guitars. The [Cole Clark](#) company (also Australian) uses bunya for the majority of its acoustic guitar soundboards. The timber is valued by cabinet makers and woodworkers, and has been used for that purpose for over a century.

However, its most popular use is as a '[bushfood](#)' by indigenous foods enthusiasts. A huge variety of home-invented recipes now exists for the bunya nut; from pancakes, biscuits and breads, to casseroles, to 'bunya nut pesto' (really beautiful) or hommos. The nut is considered nutritious, with a unique flavour similar to starchy potato and chestnut.

When the nuts are boiled in water, the water turns red, making a flavoursome tea.

**The nutritional content of the bunya nut is: 40% water, 40% complex carbohydrates, 9% protein, 2% fat, 0.2% potassium, 0.06% magnesium. It is also [gluten free](#), making bunya nut flour a substitute for people with gluten intolerance.**

## CASHEWS (*anacardium occidentale*)



Cashews are a sweet, yet crunchy nut, full of nutrition. Cashews are originally from the Amazon region, as are the Brazil nuts, but are grown in other regions around the world today.

The Cashew grows a false nut, to which the actual edible nut is attached at the bottom. Cashews are rich in dietary fibre, vitamins, minerals and phytochemicals, which protect against diseases, such as heart disease.

The oleic and palmitoleic acids, as mentioned in the almonds and brazil nuts, lower bad cholesterol and increase the good cholesterol. The Selenium in nuts functions like a co-factor for antioxidant enzymes such as Glutathione peroxidase, one of the most powerful antioxidants in the body. Copper is a co-factor for many vital enzymes as well and so is zinc and manganese.

**Zeaxanthin is present in cashew nuts and is an important flavonoid antioxidant for healthy eyes.**

**VITAMINS.** High are: vitamin E, B1, B6, K, B5. Some: B3, B9. A little: C.

**MINERALS.** High are: Copper, Phosphorous, Iron, Magnesium, Manganese, Zinc, Selenium, Sodium.

## CHESTNUTS (castanea sativa)



Some people are allergic to nuts, so be aware of Chestnuts which are originally a Northern hemisphere nut. They belong to the Beech tree family, genus *Castanea*. There are four species around the world grown for their nuts. Unlike most nuts, chestnuts are quite low in calories, but are still very rich in vitamins and minerals. They are a starchy nut, and are rich in protein, just the same. High in dietary fibre, which helps to lower cholesterol. Chestnuts are very high in Vit. C, which is different to other nuts so far. The folate content is high, which is required for the formation of red blood cells. **Also rich in oleic and palmitoleic acids for health. (See previous nuts). They are gluten free.**

**VITAMINS:** High are: Vitamin C, B6, B1, B9, B2. Good source of B5, B3.

**Little vitamin A.**

**MINERALS:** High in: Copper, Manganese, Phosphorous, Iron, Potassium, Magnesium. Good source of: Zinc, Calcium.

Chestnuts are delicious when roasted, especially during the cold season. They can be used in all sorts of recipes, e.g.: poultry stuffing. The flour made from them is used in polenta dishes, sweet breads, biscuits, cakes etc.

## LINSEEDS / FLAXSEEDS.(linum usitatissimum)



I have put some seeds in here as well. Linseeds are a beautiful seed and so versatile, however I must draw your attention to the fact, that they can become rancid very quickly.

I therefor suggest, you eat the seeds and don't consume the linseed oil, as that product becomes rancid even faster. The

best way to eat the seeds, is to buy them whole and grind them in a coffee grinder or seed grinder and consume that portion immediately. Any left overs must be consumed the next day, keeping that portion in the refrigerator overnight.

They are high in Omega-3 fatty acids like linoleic acid, alpha-linoleic acid and arachidonic acid, all of which help the cholesterol balance. Also rich in anti-oxidants, minerals and vitamins. They were first grown in Mesopotamia, but now grown all around the world. There are two varieties, the brown and the golden yellow. Both are much the same in value. They are high in energy. They also contain lignans, a phytoestrogen, considered to have anti-oxidant and cancer preventing properties.

Take a tablespoonful, crushed each day sprinkled over your breakfast or mix them in soups and stews.

**VITAMINS.** Very high in: B1, E, B6, B9, B5, B2. High in: B3, K, Little: C.

**MINERALS.** Very high in: Copper, Manganese, Magnesium, Iron, Zinc, Calcium, Potassium and some Sodium.

**Please remember to get them whole and very fresh. YOU CAN SMELL RANCIDITY.**

## HAZELNUTS (Corylus avellana)



Hazelnuts are a northern hemisphere nut, originally grown in Southern Europe and Turkey. It is a member of the birch family. The Filbert is a relative of the hazelnut and is often called “cobnut” in the UK. Today hazelnuts are grown all over the world and especially in the USA.

The “catkins” from which the flowers grow, produce the nuts in autumn.

As well as an edible nut, so favoured by a lot of people, it produces a beautiful oil, used as a carrier oil in medicine and aromatherapy. These nuts are also good for balancing the cholesterol levels. They are rich in energy, dietary fibre and phytochemicals, so they are a health promoting food. Hazelnuts are rich in folates, B9 vitamin, unusual for nuts, which helps prevent megaloblastic anaemia, nucleic acid synthesis and most importantly, neural tube defects in the foetus.

**They are gluten free.**

**VITAMINS. High in vitamin: E, B1, B6, B9, B5. Good supply of: K, B3, C, B2.**

**MINERALS. Very high in: Manganese, Copper, Iron, Magnesium, Phosphorous, Zinc and Calcium.**

Hazelnuts are used extensively in cooking, especially in desert type foods, such as cakes and other confectionery products.

Eaten raw is just so good, as they are sweet to taste, especially when you can gather them from under a tree. Enjoy!

## MACADAMIA NUTS. (macadamia integrifolia)



Macadamia or Australian Bush Nut, is a real beauty. They are crisp and sweet to taste. Even though they were originally growing in Australia only, they are now grown in Hawaii and central America, Brazil and South Africa. They belong to the Proteaceae family. There are a number of species in the wild, but now there are cultivated varieties as well. They produce catkins, which produce the nuts in autumn. The shell is very hard and needs to be broken to release the nut. It is best to keep them in the shell, till you want to use them for freshness. They are a high energy food, a good anti-oxidant and are high in dietary fibre. There is **no cholesterol in “maccas”, nor gluten. As other nuts, they are rich in mono- unsaturated fats, helping the cholesterol balance to be healthy.**

**VITAMINS.** Very high in vitamin: B1. High in: B2, B5, B3, B9. Some: E and C.

**MINERALS.** Very high in: Manganese, Copper, Iron, Magnesium, Phosphorous, Zinc, Calcium and Selenium.

**A note here: It is important to remember, that selenium is only available in those macadamia nuts, which have been grown in mineral rich soils, which contain selenium, something Australian nuts cannot claim, as Australia is very deficient in selenium in the soil, unless they have been supplemented.**

Macadamias are used in the kitchen for all sorts of reasons, like being sprinkled over ice creams and in many deserts. They are crunchy and sweet and are sometimes roasted and even sweetened with honey etc., but raw they are the best.

## PEANUTS. (*arachis hypogaea*)



The way peanuts grow, is very different to most nuts, as most nuts grow on trees, above ground, peanuts are actually a legume, which grows under the soil, and sometimes referred to as “ground nut”. It is an annual plant and needs to be re-sown every year. They are believed to have originated from Central America, but are grown in many countries today. The flowers are self-pollinating and when the pedicel becomes elongated, it turns downwards and buries the fruit several centimetres under the ground, where they develop into peanut pods, holding several nuts.

They are rich in energy and anti-oxidants as well as vitamins and minerals. They are also rich in mono-unsaturated fats, which helps to balance the cholesterols. They contain a high concentration of poly-phenolic anti-oxidants (p-coumaric acid and resveratrol), which are believed to reduce stomach cancer, heart disease, degenerative nerve disease, Alzheimer’s disease and viral/fungal infection, reducing the formation of carcinogenic nitrosamines.

**VITAMINS. Very high in: B3, B9, E, B1, B5, B6 and B2.**

**MINERALS: Very high in: Copper, Manganese, Iron, Phosphorous, Magnesium, Zinc, Selenium. Some: Calcium.**

Note: Selenium is only available in soils, which contain selenium. In Australia, this mineral is almost non-existent.

Peanuts are widely used in cooking. Something I like to point out to you is that salted and sweetened nuts should be avoided, for obvious reasons.

## PECANS (*carya illioinensis*)



Pecans were first eaten by the American Indians. They grow on very large trees and belong to the hickory family. Today, as with all foods, they are cultivated around the world, as a commercial crop. Botanically, they are not a true nut but a drupe\*. They grow on catkins and become fruits in Autumn. They are high in energy, nutrients and anti-oxidants, (ellagic acid and zeaxanthin, helping to remove toxic oxygen free radicals, protecting the body from diseases) vitamins and minerals. They contain high levels of mono-unsaturated fatty acids, as other nuts do and therefore are valuable in the balancing of cholesterol levels.

**VITAMIN.** Very high in: E, B1, B5. High in: B6, B2, B3, B9. Some A and C.

**MINERALS.** Very high in: Manganese, Copper, Zinc, Phosphorous, High in: Iron, Magnesium, Calcium and Selenium.

They are best eaten raw, rather than sweetened or salted. They are extensively used in cooking and sweets. Pecan butter is a really delicious spread on toast, as a change to peanut butter.

- \*In Botany, a DRUPE is an indehiscent fruit, in which an outer fleshy part (exocarp or skin and mesocarp or flesh) surrounds a shell (the pit or stone) of hardened endocarp with a seed (kernel) inside.

E.g.: Coffee, Jujube, Mango, Olive, most palms such as Date, Coconut, oil palms, white Sapote, all Prunus family, Almonds, Apricots, Cherry etc.

## PINE NUTS. (Pinaceae pinus)



Pine nuts are indeed the nuts from pine trees, belonging to the family of Pinaceae, genus pinus rosaceae. Well known species are Pinus sibirica and Pinus koraiensis. Pine nuts are special. The pine tree has really good qualities for health and the eating of the nuts is almost a must. Pine nuts are sometimes called pinon nuts, pignoli and cedar nuts, of which the latter is possibly the best name.

Pine or cedar trees grow in the cold regions of the Siberian taiga forests and in Canada. Female cones take up to 3 years to mature after pollination. These trees are very tall and straight, up to 30 metres high.

The nuts are high in calories, vitamins, minerals, anti-oxidants and phytochemicals. The fats are again high in mono-unsaturated acids, aiding the cholesterol balance. One fatty acid, called pinolenic acid is known to curb your appetite and therefore helps in weight loss programs. They are also gluten free.

**VITAMINS. Very high in: E, B1, B3, B2. High in: B9, B6, B5, Some: A and C.**

**MINERALS. Very high in: Manganese, Copper, Phosphorous, Iron, Magnesium, zinc. Some: Potassium and calcium.**

Pine nuts are best eaten raw, but they are very often used in cooking and therefore heated. Sometimes we can get them salted or sweetened. They are used in sweets and cookies, in salads and with vegetables.

## PISTACHIOS (pistachio vera)



Pistachios were originally grown in western Asian countries, but now grow extensively in America, China and still in Turkey, Iran, and Syria.

They belong to the anacardaceae of the genus Pistacia. The fruit is actually a drupe and the seed the edible portion. They grow in a bunch like grapes.

They are a high source of energy and nutrients, such as vitamins, minerals and anti-oxidants. They are rich in mono-unsaturated fatty acids and help the cholesterol levels to balance, as all the nuts so far. They are rich in phytochemical substances, which may contribute to their anti-oxidant activity, including carotenes, vitamin E and poly-phenolic anti-oxidant compounds.

**VITAMINS.** Very high in: E, B6, B1. High in: A, B2, B9, B5. Good supply of: B3, C.

**MINERALS.** Very high in: Copper, Phosphorous, Iron, Manganese, Potassium, Magnesium, Zinc and Selenium.

Pistachios are beautiful when eaten raw. They are used extensively in the kitchen. Baklava, a sweet pastry made of layers of phyllo pastry, filled with chopped pistachios, almonds and cashews and sweetened with honey, is a delightful dish, popular in the middle eastern countries. Very sweet though! Yammo! But only eaten on occasions.

NOTE. Some people have an allergy to pistachios, due to a chemical compound called anacardic acid. (urushiol). This allergy can present itself as a simple skin itching to severe anaphylactic manifestations, e.g.: breathing difficulties, abdominal pains, vomiting and diarrhoea.

## PUMPKIN SEEDS. (cucurbita pepo) the naked seed pumpkin



We all know pumpkins, but the really healthy pumpkin seeds, come from the pumpkin “Cucurbita pepo”, which was originally grown in Mexico and has been grown in Austria, Slovenia and Hungary for a long time. These days, they are grown in Australia as well, by a migrant family from Austria.

In these countries, there is little or no prostate cancer, due to the consumption of these pumpkin seeds. All other pumpkin seeds are edible also and can be used in cooking or adding to cooked foods. You should save the seeds from your pumpkins and dry them in a heated oven at extremely low temperatures and grind them into a meal, yes outer skin and all.

The cucurbita pepo, is what they call a “naked seed” pumpkin, their seed is NOT in a shell, so it is easy to harvest. The seeds are very dark green and quite large and flat, compared to the regular pumpkin seeds.

They are rich in calories, fibre, vitamins, minerals and anti-oxidants. They help in balancing the cholesterol levels like all nuts and seeds. They contain the amino acids tryptophan and glutamate. Tryptophan, once converted to serotonin, becomes a natural sleeping pill. Glutamate is required in the synthesis of  $\gamma$ -amino butyric acid, which is an anti-stress neuro-chemical in the brain, reducing stress, anxiety and nervous irritability.

**VITAMINS. Very high in: E. High in: B3, B1, B5, B9, B2, B6. Some: C.**

**MINERALS. Very high in: Manganese, Phosphorous, Copper, Magnesium, Iron, Zinc. High in: Selenium. Some: Calcium.**

These seeds should be eaten raw and used on a daily basis. You can just have a snack of them or they may be used in a variety of dishes, such as breads, casseroles, biscuits etc. Deserts like ice creams and dishes like meat, poultry rice and vegetables. The oil from the pepitas is a green oil and has a beautiful flavour. In Australia ask your health food store for the “Green Oil”, produced in Victoria. Order direct. Email: [pumpkinseed.net.au](mailto:pumpkinseed.net.au)

## SESAME SEEDS. (sesamum indicum)



The sesame seed has been grown for centuries, for its culinary, medicinal and nutritive properties in China, Burma and India. Now it is also grown as a commercial crop in Nigeria, Sudan and Ethiopia. The oils from the sesame, produce phytonutrients such as Omega-6 fatty acids, flavonoid phenolic

anti-oxidants, vitamins and dietary fibre, with potent anti-cancer properties.

The sesame seed are rich in mono-unsaturated fatty acids and help to balance the cholesterols. High in protein and good quality amino acids for growth, especially in children. They are high in a number of health benefitting compounds such as Sesamol and Sesaminol, which help stave off harmful free radicals. Also rich in vitamins and minerals.

**VITAMINS. Very high in: B1, B6, B3, B9. High in: B2. Some: E.**

**MINERALS. Extremely high in: Copper, Iron, Manganese, Calcium, Magnesium. High in: Phosphorous, Zinc and Selenium.**

Sesame seeds are very flavoursome and when they are very lightly roasted, this becomes even more obvious. Tahini paste is delicious on a number of dishes and one of my favourite mixes is:

Unhulled Tahini, a little honey and chilli to taste as a spread over toasted seed bread or crackers. Very yummy!

In Japan, Gomashio is a speciality and sesame seeds are used here. The oil is very much sought after in Malaysian and Indonesian cooking.

- Always buy the UNHULLED VARIETY, as it has all the necessary vitamins and minerals in them. Also, crush them before consumption for 100% absorption. Whole seeds do not digest very well and we do not chew enough today.
- The calcium value drops almost 90% by hulling. That is amazing isn't it?

## SUNFLOWER SEEDS. (helianthus annuus)



Raw seeds.

We all know the sunflower, the beautiful yellow flower on a tall stem, following the sun all day. It belongs to the Asteraceae family of the genus Helianthus. It is a native of Central America. Today they are cultivated the world over as an oil seed plant.

They are high in energy, minerals, antioxidants and vitamins. They too help to balance the cholesterol levels in the body. High in calories and proteins and fine quality amino acids such as tryptopan, essential for growth in children. It also contains polyphenol compounds such as chlorogenic acid, quinic acid and caffeic acid, which are natural antioxidants. Chlorogenic acid helps reduce blood sugars levels by reducing the breakdown of glycogen in the liver.

**VITAMINS. Extremely high in: E, B1, B6, B9, B3. High in: B2, B5. Some: C and A.**

**MINERALS. Very high in: Copper, Selenium, Phosphorous, Manganese, Magnesium, Iron, Zinc. Good: Potassium. Some: Calcium and Sodium.**

In cooking, the sunflower seeds are used widely as additions to dishes of all kinds.

In Germany, a flour is made from the seeds and is baked into a bread called “sonnenblumenbrot”, sunflower bread.

The oil from sunflowers is used extensively in the kitchen and in the production of margarines.

## WALNUTS. (*Juglans regia*)



Walnuts are originally, a northern hemisphere nut and has been revered as a symbol of intellectuality, as the shape of the naked nut resembles the brain.

The walnut is member of the family Juglandaceae of the genus Juglan.

wiseGEEK There are a lot of varieties of walnuts, but only three are commercially grown. These days they are commercially grown in the Australia, USA, China and central Europe.

Apart from the kernel, which is eaten raw and used in cooking, the oil extracted from it is used as a carrier oil in medicine and aromatherapy.

They are a rich source of energy and contain many health benefiting nutrients, antioxidants, vitamins and minerals.

Walnuts are so nice when eaten fresh from the trees, but sometimes they are better dried a little and certainly easier to get out of the shell.

In the kitchen they are used in a variety of ways and can be added to salads, baked in cakes and in confectionary. Walnut butter is beautiful, used instead of peanut butter.

A good source of mono-unsaturated fatty acids, like oleic acid and an excellent source of important omega-3 essential fatty acids. Again, the consumption of walnuts on a regular basis, helps to lower bad cholesterol and increase the good cholesterol. Only 25 grams a day provides 90% of our daily recommended intake of omega-3 fatty acid.

These nuts contain many phytochemicals, that may contribute to the overall anti-oxidant activity, including melatonin, ellagic acid, vit E, carotenoids and polyphenolic compounds, helping in the fight against cancer, ageing, inflammation and neurological diseases.

**VITAMINS.** Very high in: E. High in: B6, B1, B9, B2, B5. Good: B3. Little: C and K.

**MINERALS.** Very high in: Copper, Manganese. High in: Phosphorous, Magnesium, Iron, Zinc. Some: Calcium, Potassium and Selenium.

To finish the information on nuts and seeds, I wish to mention 2 things:

NOTE 1: A mixture of Almonds, millet, linseed, chia, sunflower, quinoa, hemp, buckwheat, sesame seeds, pepitas and fine coconut (desiccated), is a great daily addition to your diet.

Mix these in equal quantities and store them in a glass jar. Grind 3 tablespoonfuls and add them to your cereal breakfast each morning. Another way I eat these seeds is, to cut a paw paw in half over its length, take out most of the seeds and fill this space with 3 table spoons of ground seeds. Leave some paw-paw seeds in there as well, as the papain is a good aid for your digestion. This is so nice on a hot summer's day.

NOTE 2: Only grind what you need for the day, as seeds get rancid very quickly. Any left overs should be used the next day, after keeping them in the fridge.

Keep your seeds in the fridge at all times, especially during the summer.

Pre-packed ground seeds are not to be used. LSA is one of these.

## VEGETABLES

Here we have the vegetables for you to have a look at, as they should form such a great part of our diet. Not all the vegetables that are on the market are mentioned, but these are the more common ones. Do try the unusual varieties as well, whenever you come across them, giving you a better variety in your diet.

The more common vegetables.

## ASPARAGUS (*asperagus officionalis*)



The asparagus has been around for centuries and was first cultivated around the Mediterranean. Today they are grown all around the world and the way to grow them is in mounds, usually in rows, and they are cut as soon as it shows its head above the soil in the mound. These are the yellow asparagus you see (not so much these days). The green ones, shown above, the

more popular ones, are allowed to grow above the soil, where the sun turns the stems green. The taste is almost the same, but I prefer the yellow ones. They seem to be naturally sweeter. Beautifully served with some butter sauce and mashed hard-boiled egg, a little curry powder and a touch of Himalayan or vegetable salt. They make a magnificent snack or starter to a meal, especially as they are low in calories and high in dietary fibre.

**Vitamins: High in: K, A, B3, B5, E, C, B6, B9, B2, B1.**

**Minerals: Copper, Iron, Phosphorous, Manganese, Calcium, Potassium, Zinc.**

Eat them as fresh as possible, because they deteriorate very quickly once picked. It is a nice plant to grow and the mature stems are favoured by florists for flower decorations, the very fine ferny leaves.

## **GLOBE ARTICHOKE (*Cynara cardunculus*)**



Globe artichoke



Jerusalem artichoke

Globe artichokes have an edible portion, which is the flower head, called the heart. These are often pickled and made into all sorts of dishes, of which I have tasted some and found very nice eating.

Originally from the Mediterranean area, now grown everywhere, where the climate is suitable. It is not a common vegetable used by the average family, but in restaurants the world over, the Artichoke is served as a delicacy.

The Jerusalem artichoke (*Helianthus tuberosus*) is not related to the above and belongs to the sunflower family. You eat the roots, which look similar to ginger roots. As kids we used to call them 'farti-chokes', as they can be quite wind producing. They are quite delicious though.

**Vitamins: High in: vit C and K, B3, B5, B6, B2.**

**Minerals: High in all these: Copper, Iron, Magnesium, Phosphorous, Manganese, Zinc and Calcium.**

You cannot go past some vegetables for a good minerals supply, as long as they are grown in mineral rich soil. Bio-dynamic soil is ideal. Read the article in the blogs about bio-dynamics.

NOTE: Do not eat the leaves as they can cause a gallbladder attack. (gall stones)

## BEETS (beta vulgaris)



These days when we talk about beets, it is usually the `beetroot vegetable` we are talking about, the red bulbous veggie seen above. There are many, many more beets around the world and one of them is the sugar beet from the northern hemisphere from which sugar is extracted. In warmer climates sugar is made from the sugar cane and we grow heaps of that in Australia. Pity we have to eat it. It would be better turned into fuel for cars.

**Cooking beets reduces the folates, B9 vitamin, so grated and eaten raw is the way to go.**

**Vitamins: Good supply of: B9, C, B6, B2, B3, B1 and a little A.**

**Minerals: Manganese, Iron, Potassium, Magnesium, Copper, Zinc.**

Beetroot juice is a good healthy drink, as long as we always dilute ALL our juices with alkaline water for optimum uptake at the rate of at least 50% water. A little cucumber added makes it a sweet drink.

Have fun! I am !.

## BOK CHOY (brassica rapa)



Bok Choy, the miracle vegetable. The Chinese people have known this for years and have used this vegetable in their kitchens in many ways. It is very rich in many vitamins and minerals and is a great antioxidant. Bok choy is very low in calories and a good food to eat if you want to lose weight. Some dietary fibre and a low protein food.

Bok Choy can be eaten raw or put together with salads, coldSslaw, stir fries, burgers and soups.

A great vegetable!

**Vitamins: Very high in: A, C and K. B6, B2, B3, B1, B9, all well represented.**

**Minerals: High in: Calcium. Also: Iron, Manganese, Magnesium, Phosphorous, Zinc.**

Never over-do anything. As the saying goes:” Everything in moderation.”, as in Bok Choy you may find a chemical called goitrogens, which could affect some people and swell the thyroid, a condition called ‘goitre’.

This however may occur in all the brassica family of vegetables, like the cabbages, cauliflower, broccoli, brussels sprouts and alike.

## BROCCOLI (*brassica oleracea*, botrytis)



Broccoli, a common vegetable, has become a very well-known vegetable to help general health, as it contains some very valuable vitamins, minerals and especially antioxidants. It is today even recommended by the medical profession, who generally do not mention diets as these studies are not taught at University. I have a lot of friends who are doctors, and they are sad, that they do not know more about diets, as people are often referred to doctors for advice on foods and combinations with drugs etc. Broccoli grows like a cabbage and gets a flower head, and that is what we eat. These days there are all sorts of coloured varieties and they taste good. The leaves, although very seldom eaten by the average person, are a good source of vitamin A and therefore should be eaten. There is nothing wrong with eating broccoli leaves, if you like cabbage; IT IS MUCH THE SAME. They certainly would make a good ingredient in Kim Chi, a Korean ferment, similar to sauerkraut and rich in Vit B12.

**Vitamins: Very high: A, C, K. Also: B2, B3, B6, B5, B9, B1.**

**Minerals: All well presented.**

**Good supplies of dietary fibre and carbohydrate.**

Make a change and use a coloured variety for a decorative meal.

## BRUSSELS SPROUTS (*brassica oleracea, gemmifera*)



Brussels sprouts are like little cabbages growing on a stem. They are a very popular vegetable, but some people do not like them, as they can be quite bitter. **The trick in growing Brussels sprouts is** not to pick them till they have been subjected to some frost. That makes them very sweet. Amazing how nature works, isn't it? I mention this in citrus fruits, such as oranges and mandarins, they too get a lot sweeter after some frosty nights.

The Brussels sprouts are full of antioxidants and dietary fibre, and loaded with vitamins.

**Vitamins: Very high: C & E. A, B3, B6, B9. High: B5 and B2 good.**

**Minerals: High in: Iron, Manganese, Phosphorous, Copper, Calcium Zinc and Selenium.**

Not bad hey? Make sure you get Brussels sprouts that have been grown in a cold climate, for the sweet taste of goodness.

Never over-cook Brussels sprouts, they get a smelly odour, like cabbage.

I use them, during their season, in stir-fry dishes, together with red cabbage, bok-choy, beans, peas, carrots, onions and garlic. Some herbs, soya sauce and 2 eggs stirred through that all, at the end.

## BUTTERNUT PUMPKIN (cucurbita modchata)



Butternut pumpkins are just one of the pumpkin family, but I am making an exception here and name it by itself, as it is such a wonderful vegetable, so I do not include it in the pumpkin group.

The versatility of the Butternut is so wonderful. We can steam it, bake it, make soup with it and stuff it. The beauty is that the Butternut has a skin that is very edible and should only be washed. The value of eating the skin is imperative, if we want all the minerals the vegetable it can provide.

The seeds are edible and can be roasted in a low temperature oven and crushed in a blender, if you cannot chew them. Ground up, they can be sprinkled over breakfast, salads, soups, stews, anything and they are valuable.

**Vitamins: A, (over the top). C, E, B9, B3, B6, B1, B5.**

**Minerals: Iron, Copper, Magnesium, Phosphorous.**

Generally, the minerals are just a little higher in the regular pumpkins, but not the vitamins.

More about pumpkins later.

## CABBAGE (*brassica oleracea*, *oleracea*)



Cabbages come in various forms and colours as most of us know, but what we do not necessarily know is the tremendous health benefits a cabbage has. In China this vegetable is revered as the vegetable for youthfulness, right beside the Bok Choy. There are closed up varieties and some loose-leaf ones. I prefer and would like to recommend the loose-leaf ones, as there are more leaves that are dark green, which are better for you. (Chlorophyll).

High in antioxidants and dietary fibre, therefore good for the bowels as well. Cabbages are used in many ways and can be eaten raw, steamed, stir fried and all sorts of other ways. Cabbage is used to make `sauerkraut`, a very valuable addition to anyone's diet, for the supply of Vitamin B12, which is hard to get in food these days.

**Vitamins: High in: C and K, B6, B5, B3, B1.**

**Minerals: Manganese, Iron, Copper, Calcium, Magnesium.**

Before eating cabbages, make sure you wash them well as chemical residue may be present due to the cabbage moth control chemicals used. Try and get organic ones if you can.

Never cook cabbage too long as it smells horrible; just blanch the vegetable.

## CAPSICUMS / BELL PEPPERS (capsiceae Solanaceae)



Hey, what's in a name? As long as we understand what we are dealing with, right? Now here we have a vegetable that is superb for real health. It is full, no, very full of vitamins and quite good on the minerals as you will see shortly. These vegetables never seem to miss a salad or even a cooked meal. Roasted or barbecued, they also find a place there. Everyone seems to like them and maybe there is some native instinct in us left, to recognise quality food after all. It is a sweet pepper, compared to some of its cousins, which set your tongue (and everything else) on fire. They come in various colours from, yellow, green, red and even some purple ones, as shown above. We measure the heat in chillies on the "Scoville Heat Units" scale. Capsicums are 0 on that scale. Some others go all the way up to 3,200,000 and they are something else (Pepper X, Carolina reaper and Dragon's breath. Tabasco pepper and cayenne pepper are about 10,000 to 100,000). Some people can tolerate that heat and you do get used to it, when eating hot foods all the time, but take it easy.

**Vitamins: Very, very high in: C, A, B9, B6. High in: E, K, B3, B2, B1.**

**Minerals: Iron, Manganese, Phosphorus, Magnesium, Copper, Zinc.**

What a package of health. Get them whenever you can.

They even have a good dietary fibre content as well.

## CARROTS (daucus carota, sativus)



We all love carrots, even rabbits and horses do. Carrots are also grown all around the world it seems. Part of a staple diet for many people. What is a salad without carrots? Apart from the food value they give us, the colour always makes a salad more appetising. The proper name for that is 'plate appeal'. As an orange/red vegetable, they are very high in vitamin A and a very good antioxidant. The carrot is a sweet vegetable, so sweet in fact that some people, who suffer from hypoglycaemia and drink a fresh carrot juice, can really suffer immediately with an attack. Usually, this does not last very long, but it must be

a warning, to never drink a juice at full strength. It is too much of a good thing.

Normally we would not eat 4 or 5 carrots in a week, but when a carrot juice is made, we have that much in one glass. Be very careful at all times when making any juice, that you break the juice down with at least 50% water, for your health.

**Vitamins: A, massive. Also: C, K, B6, B3, B1, B5, B9.**

**Minerals: Manganese, Phosphorous, Copper, Iron, Magnesium, Zinc, Calcium.**

When making a carrot juice, it is advisable NOT to mix a fruit with it, as fruit and vegetables should never really be taken at the same time.

Enjoy the carrot lightly steamed or stir fried with other produce, it is a beauty!

## CAULIFLOWER (brassica oleracea, brassica)



The Cauliflower, a member of the same family as the cabbage and broccoli, is another very good food. Notwithstanding the high vitamin C value, this vitamin can be reduced drastically, by cooking. Raw cauliflower florets, can be eaten as a medium for a dip, instead of a biscuit. Other vegetables can be used the same way, such as carrot sticks and pieces of cucumber etc. Cauliflower rice is becoming more in vogue these days. This is the use of finely chopped cauliflower, instead of rice in your dishes. This reduces the intake of grains in our diet, something most people eat far too much of. Go for a low carb diet!!!

Cauliflowers can be eaten raw as I said, but lightly steamed or stir fried, they make a great contribution to any meal. Cauliflowers have some anti-cancer phytochemicals in them, so that makes them even more attractive.

**Vitamins: C and K high. Also: B6, B5, B1, B3, B9.**

**Minerals: Manganese, Iron, Copper, Potassium, Magnesium and Zinc.**

As you can see above, Cauliflowers come in different colours these days and it is nice to be able to decorate a dish with these coloured varieties.

Even growing them in your garden, makes your garden pretty colourful.

NOTE: When growing Cauliflowers, make sure that when the head starts to grow, you bend the leaves over the top, so the flower doesn't get sunburnt.

## CUCUMBERS



Cucumbers are a very refreshing vegetable and most people eat them raw or cut them up into a fresh green salad in the summer months.

They are supposed to have originated in India, but now they are grown all around the world.

Even though they seem to have a large percentage of water, they still manage to supply us with a lot of vitamins and minerals.

There are some different varieties of cucumbers and some are grown to be pickled. They are harvested when they are quite small. They are then called gherkins once pickled.

Always eat cucumbers with the skins on, as there is an abundance of goodies there.

**Vitamins: K very high. Also: A, C, B5, B6, B1, B9.**

**Minerals: Iron, Manganese, Potassium, Magnesium, Phosphorous and Zinc.**

A number of countries have their own recipes for cucumber, but it is always cooling and..... if you ate a hot curry (or chillies) and you are really suffering inside your mouth, a few slices of cucumber will “put out the fire”, as does anything sweet, like a ripe banana or some honey (sugar) on the tongue. Never drink water, that does not help at all. Somehow, we still ask the waiter for water, but try to remember this advice next time you get caught.

## EGG PLANT / AUBERGINE (solanum melongena)



The eggplant, usually a purple colour and an elongated pear shape, comes also in lighter colours and banana shape. They taste very much the same as one another. I love them just lightly fried in ghee, without anything around them, such as flour, desiccated coconut or anything.

They are a good fibre supplier and they are low in calories.

The skin is valuable and should always be left on the vegetable when eaten. As I mentioned in my book, the skins of nearly all vegetables and many fruits, should be eaten, just scrubbed and cleaned from soil residues etc, but definitely eaten, because of the wealth of minerals therein. I usually get an argument about this from people, who have trouble chewing (or cannot be bothered chewing) for one reason or another, but that does not take away the fact that it is a good habit.

**Vitamins: B6, B5, B9, B3, B1, C, K, E.**

**Minerals: Copper, Potassium, Manganese, Magnesium, Iron.**

The eggplant can be prepared in many ways and it is worthwhile experimenting with some recipes from other countries.

In my recipe, I use a small amount of grated cheese on the hot slices and let them melt.

## ENDIVE (Cichorium endive)



I am introducing the endive as an unusual vegetable, because in Australia it hasn't become a very popular vegetable amongst the true Aussies, but the European and Eastern migrants, certainly have made it more popular.

It can be a little bitter and that is good for the liver, but if the vegetable is picked after a few days of frost, it will sweeten up considerably, like the brassicas, especially the Brussels sprouts. In Belgium and also in the rest of Europe, they grow a variety called 'witlof', which is very popular. It is somewhat bitter, but the way my Mum prepared it, we ate it heartily as children.

Endive is rich in all sorts of vitamins and minerals and should be eaten regularly during the winter, when it is picked.

Recipes are numerous and should be looked into.

**Vitamins: K extraordinarily high. A, C, B5, B9, all high. Also: B2, E, B1.**

**Minerals: All high.**

Sometimes we come across a real beauty like the Bok Choy, but here we have another winner. Some vegetables mature during the colder months and others during the summer. That is great, so we can have good food all the time.

Please try them and make a habit of introducing them to others as well.

## FENNEL (*Foeniculum vulgare*)



My mother always told me to eat lots of fennel, as they are a wonderful vegetable. It belongs to the carrot family and is indigenous to the Mediterranean area. Its flavour is somewhat similar to anise.

The seeds are used in cooking for flavouring.

Fennel is very high in most all of the vitamins and minerals below.

**Vitamins: B1, B2, B3, B6, Vit. C**

**Minerals: Calcium, iron, magnesium, manganese, phosphorus, potassium, sodium, zinc.**

You can cook them or eat them raw in salads etc.

## GREEN BEANS



The good old green beans hey! What would we do without them? It is such a popular vegetable and now we have so many more different varieties. Some are green, others yellow, some round, others flat, string beans, string-less beans and it goes on.

The green bean of course is the pod for the seeds, when they are allowed to ripen. The pulses, dried beans, are the seeds I am talking about. The kidney bean, mung bean, chickpeas, ordinary peas, red and brown lentils, lupins etc., all part of a great diet, as they supply us with good quality vitamins and minerals. Green beans can be eaten on their own, in a vegetable combination or used as part of a stir fry, put in vegetable soups and you name it. They taste great and I do not know of anyone who would not eat a green bean.

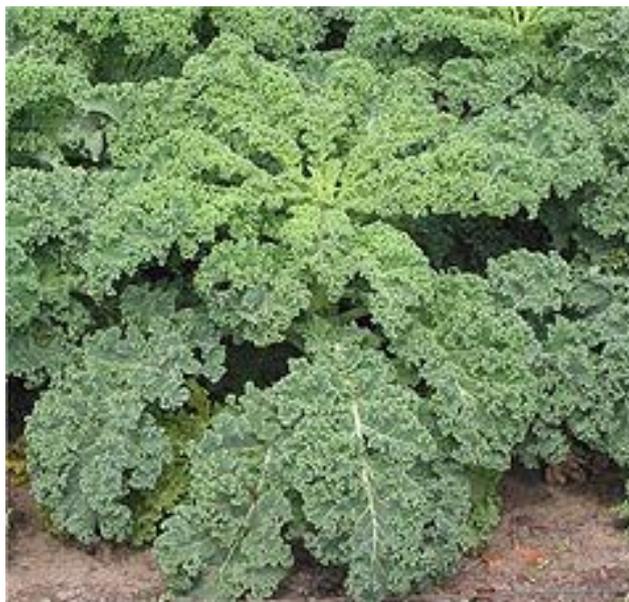
They are a good source of dietary fibre and carbohydrates, but low in calories.

**Vitamins: C, A, K in high amounts. Also: B9, B3, B2, B1.**

**Minerals: Manganese, Phosphorous, Magnesium, Calcium, Zinc and high in Iron.**

Another healthy dinner coming up, as you load up with beans.

KALE (brassica oleracea)



Kale and as I knew it 'Boerenkool', (the farmer's cabbage), is a fantastic supplier of some important vitamins and minerals. I would say the highest of all foods. See below. It is a common vegetable, but sometimes hard to get, unless you can shop at a market in a bigger town or city. in Australia.

Very high antioxidant value and a good supplier of carbohydrates and dietary fibre. Eat Kale often, and you will do well. Mainly available in the winter months and it tastes sweet, when it has had some good frost on it, like cabbage and Brussels sprouts. As I mentioned under oranges, where the Universe made them grow and ripen during the winter for their vit C. Kale is even better in all departments of building up your immune system.

**Vitamins: K, A, C, very, very high. B6, B2, B1, and B3 well represented.**

**Minerals: all high.**

From the above you can see how valuable this vegetable is as the vitamins K, A and C, will supply our body with up to 600 times the daily need. Great stuff hey?

KOHLRABI (brassica oleracea , gongylodes)



Kohlrabi is an unusual vegetable in the way it grows. It grows above ground and the leaves grow from the bulb. There are a few varieties, the purple (knol-knol) and the white, the latter seems more readily available.

It is a nice addition to your diet and should be eaten regularly, because it is rich in dietary fibre and is low in calories, high in the Vitamin B group and rich in minerals, the same as it's family the brassicas, cabbage etc. The leaves are an added bonus and should be eaten also, as they contain vitamins A, K and also the vitamin B group. Kohlrabi can be eaten raw or steamed or mixed in with a stir-fry.

Make sure the bulb is fresh and has no cracks in it, because that makes them tough and hard to chew. Choose wisely when you buy them.

**Vitamins: C, very high. Also: B6, B1, B9, B5, B3, B2, Vit A, Vit K.**

**Minerals: Copper high. Phosphorous, Manganese, Iron, Magnesium, Iron, Calcium, Selenium.**

## LEEK (*allium ampeloprasum*)



Leek is a vegetable belonging to the allium family like the onions and garlic. They are used widely in cooking, especially in Europe, where they have been used for a long time.

Where the onions and garlic grow bulbs, leeks are a stem vegetable. When grown, they are started in a deep trenches and soil is placed around them when they grow taller, to prevent greening of these stems.

Leeks are low in calories and a very good source of anti-oxidants, minerals, vitamins and supply you with good amounts of fibre.

Leeks are used in soups, like a leek and potato soup and also combine well with cheese dishes.

**Vitamins: A, K, C, B6, B9, E, B1, B5, B3.**

**Minerals: Iron, Copper, Zinc, Magnesium, Calcium, Phosphorous, Manganese, Selenium.**

It is a very flavoursome vegetable and makes a dish taste sweet.

## LETTUCE (lactuca sativa)



Quite a few varieties of lettuce are available and can be used for different dishes. I like the loose-leaf varieties, as they have many more green or coloured leaves (chlorophyll), rather than the solid lettuces, which have only a few on the outside. These varieties are great in salads and on sandwiches, where the taller types, without a head, are often used in stir-fries and are a little more bitter, which are rich in antioxidants. These lettuces are sometimes called Chinese lettuces, as they are used in stir-fried dishes

Lettuces are rich in vitamins, especially in Vit A and other beta-carotenes. Vit K is well represented, which is a good vitamin to help prevent Alzheimer's disease. All in all, lettuce should be used on a regular basis, as a fresh green vegetable. I like to have a salad meal every day and make it a point of **making it the best part of my daily diet.\***

**Vitamins: Vit A, K, B9, B6, B1 and B2 all very high. B5, B3 and Vit E are well represented.**

**Minerals: Manganese, Iron, Potassium, Phosphorous, Calcium, Copper, Magnesium, Sodium and Zinc are also available.**

It is easy to grow some lettuces in your garden under your ornamentals and then they are there for you to pick from at any time, fresh and ready for use immediately. Even a few heads in a pot or planter box on the veranda will produce some beautiful and healthy food.

\*I mentioned raw foods, as being more superior to cooked foods.

When I wrote this article, I was always having a salad, at least once a day. However, as I moved on in life, I feel better to have my greens just lightly steamed or blanched. They digest better now. Changes will happen during our life and we should be aware of them.

## ONIONS (*allium cepa*)



Onions must be the most versatile vegetable and they are used in every country around the world. Apart from being edible, they are also used as a medicine. I used it in my practice, to get rid of ear aches in children.

There are many cultivars of the onion family and even the tops are used. The pungent smell of onions is due to the sulphur content in them. We all know the Spanish reds, the brown and the white onions, but there are more, such as the shallots, which are sweeter. The onions are low in calories, but rich in dietary fibre. A great anti-oxidant and rich in Chromium.

We see onions plaited together in bunches in Italian kitchens for future use and are a decoration in those kitchens.

**Vitamins: C, B6 and B9 quite high. Also: B1, B5, B2, B3.**

**Minerals: Manganese, Phosphorous, Copper, Iron, Potassium, Magnesium, Calcium, Zinc.**

NOTE: Don't cry any more when you slice an onion. Once you trim the ends off the onion, immerse the bulb into some cold water for a few moments and all will be well. Now you can slice it comfortably.

## PURSLANE (portulaca oleracea)



Purslane, commonly destroyed by gardeners as a weed, is a very, very good herb-come-vegetable. It has more Omega-3 fatty acids in it than some fish oils, so for the strict vegetarian, there is your way of getting them.

It is a member of the pigweed family, or the portulaca and its scientific name is indeed portulaca oleracea.

Purslane is well known in Europe and many Asian countries and its thick leaves contain a mucilaginous substance, which tastes a little sour and salty. The whole plant is edible, stems, flowers and all. It is rich in dietary fibre and low in calories. I have not seen purslane sold in shops in Australia, but if you find it, maybe in markets, make sure it is clean and fresh. Watch for mouldy spots, yellow and black patches. Do not buy them. At home, some people are lucky to have it growing in the garden and they should eat it whenever possible.

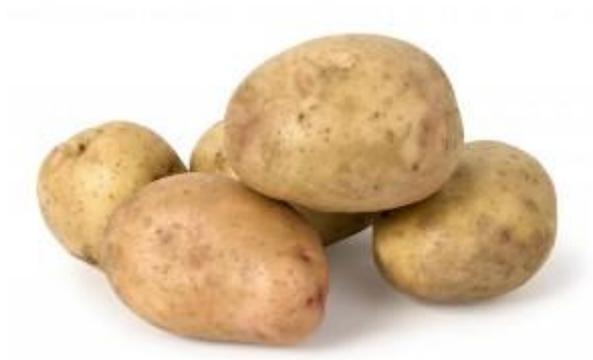
**Vitamins: A, C very high. Also: B2, B6, B1, B9, B3, B5.**

**Minerals: Iron, Magnesium, Manganese, Copper, Potassium, Calcium, Phosphorous, Sodium, Selenium and Zinc, all well represented.**

Purslane may be eaten raw in salads or it may be juiced. When cooking, only just heat it, as a lot of value is lost in heating this vegetable too long, as in most cases of vegetable cooking. Put it in the stir-fry just for the last few minutes.

Who'd-a-thought-it!

## POTATOES (solanum tuberosum)



We often hear the expression “the humble potato” used, as it is a staple food for so many people. The potato is a starchy vegetable, supplying us with carbohydrates, which are easily digested, but eating too many potatoes is not recommended. It is advisable to change to sweet potatoes regularly, as they are more valuable. There are so many varieties on the market, that I lost count when I was in Tasmania. In the markets at the one time, there were at least 28 varieties and the lady behind the counter said that there were many more during an earlier and later season. Different species are used for different dishes, as their textures are from very starchy to creamy, some are drier than others and some varieties are used for deep frying, such as French fries.

I always advocate the eating of the skins in potatoes, as well as all other fruits and vegetables, whenever possible, as there is so much nutrition, especially minerals in and directly under the skin. Wash them well, to get rid of the soil etc, and then just slice, dice or cook them whole. The smaller the potato, the more valuable it has, as there is more skin per serving and that is GOOD.

**Vitamins: C, B6, B3, B1, B5, B9, B2 and K.**

**Minerals: Potassium, Iron, Phosphorous, Manganese, Magnesium, Zinc and Calcium.**

There is one warning with potatoes: **NEVER** chose and eat a greenish potato, as they are poisonous and can make you very sick. ALWAYS store your potatoes in a dark place, so they will not go green from the light. DO NOT store them too long for that reason.

## PUMPKINS



As in potatoes, there are many varieties of pumpkins and they will cross-pollinate very easily as well. You can have very dry, medium and a fairly moist flesh in pumpkins and all are very useful.

(My father would not eat them, because Mum used to feed them to the pigs, so Dad said:” They are pig food! The pigs did alright. He was a picky eater)

Pumpkins are a very good supplier of Vit A and other anti-oxidants. (One variety I am interested in is the cucurbita pepo, which is well known in Austria and surrounding countries and supplies us with edible pepita, mentioned above under NUTS AND SEEDS). Pumpkins are rich in:

**Vitamins: Vit. A very, very high, C, B2, E, B5, B6, B9, B3 all good.**

**Minerals: Copper, Iron, Potassium, Phosphorous, Zinc, Magnesium, Calcium, and Selenium.**

Generally, we can use pumpkins in all sorts of ways and people do. I like the good old pumpkin pie. I eat pumpkin almost every day and use them in soups and stir-fry as well.

## RHUBARB (polygonacea rheum)



Rhubarb is one of those vegetables you either love or hate. Some people cannot stand the tart-ness and furry taste of rhubarb. My personal thought is not so much the rhubarb, but the amount of sugar we have to use, to make it sweet. As mentioned before, sugar is a poison to our body, puts on weight and feeds cancer cells. So, what is the answer? I use Xylitol as a sweetener as a rule for these types of dishes. I have tried stevia, but it is not neutral enough for rhubarb. Rhubarb is originally a native of Siberia. It is easily grown in your garden and it lives for years. It has a showy appearance in amongst your garden plants, with its coloured stems and large leaves, which are poisonous by the way. (Oxalic acid). Always compost the leaves.

Rhubarb contains some anti-oxidants and dietary fibre and is low in calories.

**Vitamins: K, C, A, all good. Some E, B1, B2 B6, B3, B9 and B5.**

**Minerals: Manganese, Calcium, Potassium, Iron, Magnesium, Copper, Phosphorous, Selenium.**

Rhubarb pies are always a favourite, but be careful with the sweeteners, which you really need, to make rhubarb edible in my opinion. In pies, you can possibly use stevia, but as a desert, I suggest xylitol as a sweetener (or maybe some honey), since we do not eat rhubarb all that often anyway

## SILVERBEET/ SWISS CHARD (*beta vulgaris*)



Silver beet is often called spinach, but it is not. This leafy vegetable is tall, crinkly and crisp and the colour is a very dark green. The name silver 'beet', comes from the family it belongs to; the beets.

Young leaves can be harvested and eaten raw, but most of us eat them, when more mature and then steam them or use them in stir-fries. The stalks are cooked a little longer, but the leaves only seconds, as we lose too much of the nutritional value, when heated too long. Today we have multi-coloured varieties and they are a nice addition in your garden as decorative plants. Some edible plants do well, amongst your regular garden plants, because when plants are grown, mixed in with others, rather than in a commercial situation, they usually do better and don't get the insects and other nasties. Also grow coloured lettuces as decorative plants you can eat.

Silver beet is high in anti-oxidants, omega-3 fatty acids, welcomed by vegetarians and low in calories, so a good vegetable for weight watchers, like some others already written up.

**Vitamins: K massive. 'A' very high and also  $\beta$ -carotene, C high, E, B6, B2, B9, B3.**

**Minerals: Iron, Magnesium, Copper, Manganese, Sodium, Potassium, Phosphorous, Calcium and Zinc all good and some Selenium.**

We see from the above statistics that this is another beauty. Grow and eat silver beet often and do yourself a favour. Your brain loves Vit K (Alzheimer's disease)

## SPINACH (*spinacia oleracea*)



THIS IS THE REAL SPINACH. Spinach is another one of those wonderful vegetables, that are full of goodies. Spinach is not Silver beet (or Swiss chard), often called spinach by some people. The spinach is a smaller leaf and smoother in form, where the silver beet leaf is large and sort of crinkly and very crispy. Spinach is very nutritious and full of all the right constituents especially iron. It is low in calories and is a good fibre and anti-oxidants supplier.

I want to mention that in preparing spinach, it only needs a very few seconds to heat, as otherwise we destroy a lot of the goodness, so only add spinach to stir-fries for a few seconds at the last moment. If eaten as a vegetable on your dinner plate, just steam spinach for a few seconds and break it with the side of a small plate into a lightly mashed pulp. You can of course eat spinach raw in a salad as well and that would be the way to go for full nutritional value.

NOTE; Stinging nettle can be used, instead of spinach and is very healthy. Prepare the same way. Very high in iron! People often curse stinging nettle, but now you know, that it can be eaten, LOVE IT INSTEAD. This was one of the road-side vegetables we collected during the war and kept us alive.

**Vitamins: K massive amounts about 400% of your daily needs per 100 grams. A, B9, C, B6, B2, E, B1, B3 all very high and some B5. WOW!**

**Minerals: All very high as well, especially Iron and Manganese.**

We have to learn to eat these health-giving foods a lot more, as some people still only eat the common vegetables like carrots, potatoes and peas or beans. Try all these ones I have written about, as you will be so much healthier.

## SWEET POTATO (ipomoea batatas)



Sweet potato is a far better vegetable to eat than a regular potato. They are much richer in all departments and should be part of our regular diet for many reasons, because they are rich in anti-oxidants, vitamins and minerals and dietary fibre that are essential for optimum health.

There are a number of different varieties, from red, purple, browns and white. Each one of these are a little different in taste, sweetness and dryness. It is a personal thing that attracts one to a specific variety. I like the orange ones, but that is just me.

They are NOT yams, as yams grow deeper in the soil and can be very large. More about them later. The tops of sweet potatoes are also very edible and may contain more vitamins and minerals than spinach, especially vit A.

They are low in calories, but high in dietary fibre and anti-oxidants. Look at the Vitamin A and beta-carotenes!

**Vitamins: A (470% of our RDA),  $\beta$ -carotene: 8500 mcg., B5, B6, B1, B2, B3, B9, C, E, and K.**

**Minerals: All well represented.**

I find the sweet potato a versatile vegetable as you can steam it, bake it and deep fry it, like French fries or cut it up into small squares and put them into soups and stir-fries. I eat sweet potato almost every day in some form.

## TOMATO (solanum lycopersicum)



What would we do without tomatoes, hey? We surely eat them in one form or the other almost every day. There is a saying: “An apple a day, keeps the doctor away,” but a tomato a day does a lot more. The tomato belongs to the nightshade family, like potatoes, chillies and eggplant. It originated from Central America and the Aztecs cultivated them, as well as the potatoes. A large number of cultivars are on the market and even the colours vary from red, orange,

brown and yellow. There are small ones, medium and large types available.

The tomato has a good source of anti-oxidants which are found to be protective against many cancers, throughout the body.

Eat tomatoes, when ripened properly on the bush. They must be firm and really coloured. Do not store them in the fridge, unless they are over-ripe and then they should be eaten quickly.

I believe that home-made tomato sauce, pickles and any other cooked tomato mixtures are quite valuable, as they usually have been boiled and are more digestible than raw tomatoes. Learn to appreciate the flavour of individual fruits and vegetables, without adding flavour enhancers of which salt is one.

**Vitamins: A, C, K, B6, B3, B9, E, and B1.**

**Minerals: Manganese, Potassium, Iron, Magnesium, Phosphorous, Zinc and calcium.**

**The phytonutrients like:  $\beta$  carotene, Lycopene, and more are also available.**

Tomatoes are therefore a good dietary food, so keep on eating them!

I put a photo above of tomatoes growing in a pot, because we can so easily do this ourselves, to have fresh produce.

## TURNIP (brassica rapa, rapa)



Turnips are a vegetable used all over the world. They belong to the brassica family, like cabbages. Even though the roots are eaten, often the best part of the vegetable, the tops, are discarded. These greens are very valuable like the cabbage greens. They are rich in vitamins, minerals and anti-oxidants, several times more than the bulbs. Small young turnips can be eaten raw, or put into salad, as they are quite sweet. I remember my younger days in Holland, where they were grown and we ate them heartily, as the farmers were harvesting them for dairy cattle feed during the winter. They were stored in large mounds, covered by soil and left to ferment. In the winter, when the cattle were housed inside a barn, the farmers used to dig them up and feed them to the cattle. They did smell a lot, but the cattle loved them and did well on that food, together with grass hay.

**Vitamins: C, B6, B5, B9, B1, B3, B2.**

**Minerals: Copper, Manganese, Potassium, Iron, Calcium, Sodium, Magnesium.**

Remember next time you decide to use turnips, that the leaves are good to use and should be trimmed off the roots when you get home and used first, as the bulbs will last a few days. Trimming the leaves off the bulbs, will keep more goodness in the bulbs as well.

Unfortunately, the tops of so many vegetables are cut off them and discarded by the shop keepers. They then finish up in the garbage bin; WASTED, QUALITY FOOD!

## YAMS (dioscorea dioscoreaceae)



The yam is a vegetable originally grown in Africa, where it has been a staple food for the indigenous people for many years. Now the yam is grown in many tropical areas around the world and the yam comes in many varieties and colours. Even though some varieties look a bit like sweet potatoes, they are not related. The yam is generally larger and grows somewhat deeper in the ground. It took me 2 days to dig one out of the ground one day, as it was so deep and large. Apparently, they can weigh up to nearly 60 kilos and measure as long as 2 metres in length. A feature of the yam is that they have a thicker skin, which is harder and tougher.

The yam is a good source of energy and dietary fibre. They are low on the G.I. scale so the energy is long lasting as well. Yams also have good anti-oxidant properties.

Some Yam varieties from Africa, should not be eaten raw, as they contain a number of plant toxins and should be cooked, to destroy these. Other varieties are eaten raw, as the yamaimo variety in Japan. It is also grated to get the gel like milk, which is added to noodles. The mucilaginous tuber milk contains allantoin, which can be used to help the healing of external tumours, boils and abscesses.

**Vitamins: C, B6, B1, B5, B9, A, B3, B2 and some E and K.**

**Minerals: Copper, Manganese, Phosphorous, Iron, Magnesium, Calcium, Zinc and a trace of Selenium.**

## ZUCCHINI (cucubita pepo)



Zucchini, also known as courgette, are a juicy summer vegetable and come in a number of varieties and colours. Some varieties are the Golden zucchini, Tatume a large oval shape, the round ones, Costata romanesco a long narrow variety, Yellow crook-necks are, more crunchy and there are some Middle Eastern types as well.

It is believed to have found its origin in central America and/or Mexico. They are a squash with tender skins and soft flesh. They are very low in calories, but a good source of the B vitamin group.

The zucchini may be eaten raw or just steamed a little, but not over cooked as all the goodness will be lost. Today we can make zucchetti, with a

‘spiraliser’. This spaghetti look-alike can be used instead of spaghetti, having the benefit of a low carb diet. It is one of those versatile vegetables and we all know them. The flowers can also be eaten, as so many other flowers from a lot of plants. Flowers make a nice decoration on many dishes especially raw salads. My daughter sends her little 4-year-old out into the vegetable garden, to get salad vegetables and he always brings back a heap of flowers as well. She trained him by having him by her side when she goes out to do the same.

**Vitamins: C, B6, A, B2, B9, B5, K, B1, B3.**

**Minerals: Manganese, Potassium, Iron, Phosphorous, Magnesium, Zinc, Calcium.**

I like grated zucchini in my salad, together with carrot and of course plenty of lettuce, mushrooms, grated beetroot, some olives and a dressing of olive oil and lemon juice, with a dash of Green pumpkin seed oil. A raw salad is so important and we should have one every day.

## FRUITS

### APPLES (*malus domestica*)



The popularity of apples is well documented all over the world. The apple is a good all-round fruit, having a long season for picking as there are so many varieties.

They contain anti-oxidants and are low in carbohydrates.

**Vitamins: A, C and B complex**

**Minerals: Phosphorus (M), calcium**

**(M) and potassium (H)**

Apples should always be eaten with the skins intact, especially when they are bio-dynamic or organic. This gives us more roughage and minerals, which are in abundance in and directly under the skins.

When they are commercially bought apples, wash them thoroughly in organic dishwashing liquid, using a scourer, to get rid of the wax coating. Rinse well!

The seeds are a little bitter, but in bio-dynamic apples, they are very valuable as they contain Vitamin B17, an anti-cancer vitamin.

The bitter taste is good for the liver and should be tolerated.

Today we sweeten everything, but that is not good, especially sweetened with sugar, the cancer-enhancer. (Latest scientific tests have shown.)

We seem to concentrate on flavour, rather than nutrition all the time, but in nature, all the flavours, like sweet, bitter, sour, salty, etc., are important for good health. We should not change these flavours, especially with sugar and salt.

If the apples are conventionally grown, DO NOT EAT THE SEEDS, they contain some of the toxic spray residues, from the farm.

## APRICOTS (prunus rosaceae)



Apricots are a very common fruit, be it fresh or in a dried form. I personally like all fruits fresh, but some recipes call for dried fruit and therefore, they are available that way, so they can be kept a little longer for future use.

Most fruits can be dried for storage, but I still maintain the fresh stuff is tops.

Once dried, they lose some Vit C value.

Fresh fruits are also low in calories, like the apples.

**Vitamins: C, A, B17 and  $\beta$ -carotene and they are all anti-oxidants.**

**Minerals: Calcium (H), Potassium (H), Manganese (M), Iron (H) and Zinc(H).**

The apricot should be eaten with the skin intact also, as long as they are bio-dynamic or at least organic. They should be a deep orange colour when ripe and they are best eaten direct from the trees. Unripe apricots have no flavour and should be left on the shelf at the greengrocers.

The seeds are very valuable and a good source of vitamin B17, the cancer fighting vitamin. Leatril is made from them and given to cancer patients, through the natural health practice fraternity. The kernels are pressed for their oil content. Be aware of the sulphites used in the dried form, the ORANGE dried apricots. They look better than the brown,( sundried ones), but I would not touch them. Sundried ones are a brown colour and taste sweet. Please use them!

## AVOCADO (*persea americana*)



The avocado, “yammo”, what a delicious fruit and so versatile. Some people think the avocado is a vegetable. The trees are quite large, but not too high, so harvesting is usually not a problem. The fruits ripen on the trees, but only after picking, they mature and soften. The pulp is a light green and is butter-like. Very good food for heart patients.

**Vitamins: A, E and K are abundant in avocados.**

**Minerals: Magnesium, Manganese, Copper Potassium and Iron are all in a High concentration in the pulp.**

Quite a number of trace elements are found as well and therefore the avocado should be consumed regularly.

The unripe fruit is high in tannins and should be avoided

The pulp makes great dips in combination with hummus and cottage cheese or feta cheese and is used in the Mexican dip Guacamole.

Small portions of avocado make a green salad something special.

Altogether, the avocado is a rich source of health-giving nutrients and almost everyone benefits from eating them.

There are some people, who have an allergy to them, but this is only a very small percentage of the population.

Not much more to say, except try them if you haven't eaten them before and make sure the fruit is softish to a little pressure at the stem end. Always chose even coloured fruits, without blemishes. Some varieties are a dark, almost purple in colour, where the variety above is all green. Other varieties are almost round in shape.

## BANANAS (musa acuminata)



Bananas are a very good food for instant energy and you see athletes use them, when they exert themselves. For small children, bananas are a good food as they are absorbed instantly. Even babies, given mashed banana, do well on them, in small quantities.

**Vitamins: C and B6 are in good supply.**

**Minerals, such as Potassium, Magnesium, Manganese and Copper are also high. Rich in anti-oxidants, so bananas therefore should be consumed regularly, like the apples and apricots to boost the immune system.**

Bananas are available for most of the year, but eat them when they are in high season. The fact that fruit is on the shelves at the greengrocer, does not mean they are in season. Watch that! The fresher they are, the better and tastier. They should be rich yellow in colour and softish. The skins should come off the fruit easily. They should have a rich banana smell. If the skin comes off with a tearing sound, the banana is not really ripe.

Bananas can be used in cooking, especially some varieties, which are not common in the western markets. In Papua New Guinea and the Pacific islands, there are a large variety of bananas. Banana cakes, smoothies etc., are so great!

Be aware of banana chips, as some of them are deep-fried in oil and I would not eat them, even though they taste nice. Not all things nice, are necessarily good for you!

Enjoy bananas often.

## BLACK CURRANTS (*ribus nigrum*)



Black currants are not so well known in warmer climates as a fresh food. They are however very unique in flavour and you either like them or hate them.

The white and red currants are sweeter and have a different flavour, but are not as rich in nutrition.

**Vitamins: C (very high). Good supply of: A, B1, B6 and B5. Very good food as an anti-oxidant one of the best.**

**Minerals: Iron, copper, calcium, potassium, magnesium, manganese and phosphorous are in abundance. A good supply of dietary fibre and carbohydrates are enjoyed by eating black currants.**

Many dishes call for black currants, such as muffins and ice cream. Black currant wine is also produced, but I don't suggest you drink alcohol. Make a fresh juice with them and enjoy that on a hot day. Black currant cordial is far too sweet and should be avoided.

Picked fresh from the black currant bush, they are just so beautiful. The taste is special and I have never tasted anything like them. They must be really ripe; very dark purple. Victoria and Tasmania produce a lot of them.

Try them soon and enjoy another pleasure of nature. There are plenty.

## BLUEBERRIES (*vaccinium corymbosum*)



Aren't they just beautiful? They not only look good, but taste so delicious, especially fresh from the bush. They must be picked ripe as you see them here. Blueberries are amongst the best anti-oxidant providers amongst all fruits. There are many varieties and some of them taste better than others do.

**Vitamins: B3, B6, B5, B2 and B9 are quite high.**

**Minerals: Potassium, Manganese, Copper, Iron and zinc are high as well. This makes the Blueberry a valuable food for all, especially the elderly.**

The Blueberry is cultivated in various areas on different cultivars, but they are all very much the same in value. I have grown them in the subtropics on small bushes, but they also grow in colder areas on larger shrubs or small trees. Wherever they grow, eat plenty of them, as they are very good for your health. Read in my book about the little boy we looked after and always had lollies in his lunch box. As soon as we introduced him to berries, he did not want lollies any more.

Blueberries are used in cooking also, especially in blueberry pie and make a very nice juice.

I like them fresh of course, as they are so rich in all sorts of goodies. The longer fruits are stored, the more food value they lose, so grow some yourself.

They are reasonably high in carbohydrates, so that makes them a meal in itself.

## CANTALOUPE / ROCK MELON (Cucumis melo)



The cantaloupe, rock-melon or musk-melon is a popular fruit all around the world and is eaten during the summer months. It is very aromatic and unique in smell and flavour. Because of this aroma, children often do not like them, but once adults, they change their minds quickly.

**Vitamins: A, is its main vitamin, as in all reddish or orange coloured foods, like carrots etc. Vitamins: High in vitamin C. B3 and B5, are represented well.**

**Minerals: High in Potassium and Manganese and therefore Cantaloupes should be part of your diet during the right season.**

Sometimes people put melons in a fruit salad, but that is NOT recommended. Melons of all kinds, should always be eaten on their own.

When you choose a cantaloupe, smell it at the stem end and smell the aroma. If it does not have that, the fruit is not ripe enough. Melons do not ripen on the shelf, unlike avocados and bananas, which are picked green, but ripe enough to mature on the fruit bowl.

Cantaloupes are fairly rich in carbohydrates and therefore can fill you up quickly and make you feel satisfied easily. During the summer months, they can be a meal on their own and cooling as well.

I hope you are enjoying these pages.

## CHERRIES (prunus avium)



Look at them, will you! Aren't they brilliant? Yeah, and they are so nice. I remember when I was young, we boys used to climb through the fence and pick some at the neighbours' place, because freshly picked they were excellent. (Naughty, I know, but we were caught and had to go and apologise. That hurt.)

The cherries we generally eat are sweet and not the tart variety. I will only discuss them for that reason.

Cherries are fairly high in carbohydrates and thus make you feel satisfied easily.

**Vitamins: A and C are extremely high and even the Vitamin B group is well represented. Beta carotene is excellent.**

**Minerals: Potassium, Copper, Iron, Magnesium, Manganese, Phosphorus, are also very high.**

**The Acerola Cherry**, now very popular around the health-conscious people, has one of the highest known Vitamin C content amongst the common fruits.

Vitamin C tablets are made from them and I recommend them to you, above all other Vit. C tablets around, as they are also rich in the bio-flavonoids.

Cherries are used in the kitchen, but cooking them, will reduce the Vitamin C content a lot, as Vit C is a water, soluble vitamin and therefore will be mostly destroyed by heating.

## DATES (phoenix dactylifera)



Most of us have never seen dates grow and that is why I included this photo. We know what they look like in the dried form; they are very sweet.

Here we have another very valuable fruit, full of goodness. Dates are rich in

**Vitamins: B6, B3, B5, K and B2.**

**Minerals: Calcium, Manganese, High in Copper, Potassium and magnesium.**

Dates are very high in energy, carbohydrates and dietary fibre.

This fruit should be included in our diet, but beware of binging on them, because the sweetness is going to make you a 'big' person and also the fructose and maltose, can be bad for you in high quantities, especially if you have cancer. Use dried fruits as a treat, rather than other sweets, bought from the shop.

Do NOT put dried fruits in with a fruit salad, as they do not digest well together. See my book. Neither should they be consumed at the same time as nuts. That is a very bad combination as well.

## DURIAN (durio zibethinus)



Durian fruits are very large (up to 4 kg. or 7lb) and spiky as you can see and grow on very tall trees. The fruit is delicious and sweet. The areas they originate from are South East Asian countries. The seeds are also edible.

**Vitamins: C (High), B1, B2, B3, B5 and B6.**

**Minerals: Copper (High), Iron, Manganese, Magnesium, Phosphorus, Zinc and Potassium, are all well represented.**

Durian is one of those tropical fruits you like or hate. The smell puts some people off a little at times before they will eat them, but generally, it is a highly sought-after fruit, especially amongst the local people. The fruit is exported to Europe and the USA and fetches good prices. As most fruits, the antioxidant value is good and during their season, they should be eaten alongside other fruits. I hope you have a chance to eat them.

**FIG** (*ficus carica*)

Figs are another one of my favourite fruits. They are sweet and soft and the taste is very delicate. Some varieties are nicer than others, but they are all very yummy. I like them straight from the tree, but also dried at times. When you pick them from the tree yourself, beware of the white sap, because it may affect your skin. It looks a bit like latex, a milky substance. If you are allergic to that, use gloves and leave the fruit for a little while, so the sap dries. After that you will be fine. The darker the variety of fig, the higher they are in carotene and antioxidants.

Fresh figs are low in carbohydrates, but dried, they become quite high and are therefore a good energy pick-up food.

The fibre content is excellent.

**Vitamins: Some vitamin C, also B1, B2, B3, B5, B6 and vitamin K.**

**Minerals: Copper, Iron, Manganese, Magnesium, Iron and a trace of Selenium.**

Even though figs should be eaten raw, to give you maximum value, they are often used in the kitchen to add to meat dishes, such as venison. In the bakery department, they come in handy in cakes, muffins and ice creams (Well?? Alright just once then!)

Even though some people use them in salads, I do not suggest you do, as you are mixing fruits and vegetables. I don't believe in that.

## GRAPES (vitis )



Grapes are grown the world over and the varieties are endless. There are eating grapes, juicing grapes and wine grapes.

Fresh grapes are so lovely and refreshing. They are quite filling as well as they have a high carbohydrate value. I like them as a snack or small meal. Do not eat too many, when you are about to eat a large meal.

Make sure that grapes are ripe, when you choose them. If the white grapes are hard and very green, they are unripe. They should be yellowish to look at when they are ripe. The darker coloured grapes may be a little firmer to the touch when they are ripe.

**Vitamins: C (High), K (High), A, B2, B3, B6.**

**Minerals: Copper (High), Iron, Manganese, Magnesium and Potassium.**

Raisins and sultanas are a dried form of grapes and when dried, the concentration of some minerals makes them very valuable as a snack food. However, do NOT combine dried fruits with nuts in the same meal. This is not a good combination. Often snack-packs are sold, combining these.

## GRAPEFRUIT (citrus x paradisi)



Today's grapefruit are so nice, compared to the original bitter varieties from years ago, although still grown today. (Bitter tasting foods are good for the liver's health). The pink and red fleshed grapefruit are sweet and a really nice fresh flavour. That is why I choose this photo. I like them myself very much.

Grapefruit is grown all over the world and everyone knows them. They are very popular as a breakfast fruit, especially in Europe and the USA. Eaten in the morning, the vitamin C is always better assimilated, so that's a good habit.

Its botanical name is 'citrus paradisi', the latter word meaning: paradise.

**Vitamins: C and A are high, Vit B1, B5, and B6 not bad.**

**Minerals: Fairly low, although some Calcium, Copper, Magnesium and Manganese are present.**

**Some carbohydrate, but low in energy.**

Grapefruit is used to make juice, but I want to warn you about juices, as they are drunk too concentrated. Dilute fresh juices with at least 50% water at all times.

Again, DO NOT USE FRUITS in a green salad, this is a bad combination. I know I have mentioned it before, but is worthwhile reminding you.

**GUAVA** (*psidium guajava*)



Guavas come in many shapes and size and are all different in flavour. The one above (not ripe yet. It should be yellow.) This is a more common variety and is used to make guava juice. They have many seeds which are like little stones. If you bite on them it hurts your teeth. The little cherry guava is sweeter and a lot smaller, about the size of a large cherry.

The skin is the most valuable part of the fruit and should always be eaten. As in most fruits and vegetables the skin is indeed full of minerals especially. Always wash all your fruits as well, so the skin may be eaten.

**Vitamins: C and A both high, B1, B3, B5, B6.**

**Minerals: Manganese, Magnesium, Iron, copper, Calcium, Zinc and Selenium,** from highest to lowest available.

I grew guavas on my property and they were a welcome snack for the children, when they came past the orchard after school.

## JACKFRUIT (moracea Artocarpus)



Jack fruit is an acquired taste and again some people cannot stand the smell, including me. They are quite strong and you either like them or hate them. Some of my friends will almost kill for them, because the taste is so amazing. There are a number of varieties in the tropics, some of which are just so delicious and do not have that typical smell, but the taste is great.

The fruit is very large, up to 30 kg in weight and if the fruit falls on your head, you will see stars for sure. It is a very healthy fruit and is rich in energy. The fibre content is also high and also vitamins and minerals.

**Vitamins: C and A high; B1, B2, B3, B6, B9.**

**Minerals: Magnesium, Manganese, Iron, Phosphorous, Zinc, Calcium and Selenium.**

The seeds are gathered and roasted in the cooler months by the locals in traditional areas in India or cooked like lentils in curries.

Jack fruit is grown in Australia as well, mainly in northern areas from Lismore in NSW, to the tropics.

## KIWI FRUIT / CHINESE GOOSEBERRY (actinidia deliciosa)



The Kiwi fruit is grown on trellises, like grapevines but built very strongly, as the vine lasts for many years and becomes very heavy with woody vine. They can be grown free standing, but become very scraggly and need to be cut heavily and regularly. It is very difficult to photograph a vine with fruits, as the fruits are hidden behind the leaves. They usually bear very freely and a good crop may be harvested at the end of autumn. The picking is done when the fruit is still quite hard, but they ripen afterwards, like avocados and bananas.

Eating Kiwi fruit helps to thin the blood the natural way, instead of resorting to aspirin as prescribed by the medical profession. The seeds are a good source of fatty acid Omega 3.

*Here again, I draw your attention to chewing your food, as the Kiwi fruit seeds are very small indeed. Remember this next time you eat a fruit.*

**Vitamins: C and K both very high, E, A and B9.**

**Minerals: Copper, Magnesium, Iron, Manganese and Zinc.**

The fruit is very versatile and is used widely in the kitchen especially in the dessert: Pavlova, Australia's traditional dessert and a favourite in New Zealand. (or is it the other way around?)

## KUMQUAT (citrus sensu lato)



Kumquats look like little oranges, only much smaller and are eaten with the skin on. There are different varieties, which have different tart-ness. The rounded ones are sour and tart, but the elongated variety is very nice, but must be tree ripened and really orange in colour, before you eat them. The flavour is quite unique and not really like the orange.

**The skins are rich in anti-oxidants and taste very nice.**

**Vitamins: C, A, B1, B3, B5, B6, B9**

**Minerals: Iron, Copper, Calcium, Manganese, Magnesium, Zinc.**

Kumquats are easily grown in pots on the veranda or sun deck. They need full sun and are available in the miniature varieties. Make sure you get the elongated, sweet ones. Ask your nursery man/woman for the right type.

## LEMONS (citrus limon)



The humble lemon is so versatile and may be used for almost anything.

The juice of a lemon, although being acidic, has an alkaline reaction and therefore a good juice to take, rather than an orange juice, which remains acidic in the stomach.

The dietary fibre in lemons is good and they are antioxidant and anti-inflammatory.

**Vitamins: C (High) and a little A, B1, B5, B6, and B9.**

**Minerals: Iron, Copper, Calcium and Magnesium in small quantities.**

It is just so nice to have a lemon tree in the garden, as they are changing all the time. First the flowers in early spring, which have a beautiful perfume that lasts for weeks, then the little fruits set and you watch them get larger, greener and eventually the yellow of the ripe fruit. As the fruits are on the tree, the flowers start to appear again and the cycle starts all over.

Remember to make and use fresh juice, not the stuff in the supermarkets.

A hot lemon or lime drink first thing in the morning, helps the liver to get rid of toxins.

I suggest that you make that a habit today, something so important.

## LOQUAT (*Eriobotrya japonica*)



Loquats are a small fruit, about the size of a large cherry and grow very easily in the right area. (Not to be confused with Kumquats). Originally from South Eastern China, they now are grown in a lot of countries. They produce large amounts of fruit, slightly elongated. The fruits are not a common fresh fruit eaten from the trees, but mainly used in cooking and jam, jellies or in pie fillings. They taste similar to apples and are a little tart.

The seeds should not be eaten and can cause vomiting and breathlessness. Especially children should be very careful, not to eat the seeds for that reason, as death could occur.

**Vitamins: A (High), B6, B9, some B2, B1 and C.**

**Minerals: Manganese, Copper, Iron, Magnesium, Phosphorus, Calcium and Selenium, but not high.**

Loquats do not keep well and should be chosen very carefully, when purchased. They should be deep orange and just a little soft, but not squashy, wrinkly or damaged. Eat them soon after purchasing.

## LYCHEES (*litchy chinensis*)



Oh, you beautiful lychee! You are so delicious! There are many cultivars of lychees around the world and they all have their own tastes. Basically, they are the same, but in China, people are very particular about the variety. During their New Year season, lychees are a favourite and the Chinese will import lychees from Australia, as we have the season for ripe ones at that time. I used to grow 5 different varieties and they were all a little different. It also spreads the season a little, as some of them matured at different times. I had a favourite and ate plenty of them.

The lychee is cultivated by marcotting, which is done by making a small incision in the branch, covering that with damp sphagnum moss and cover the same with a plastic cover and tied to the stem above and below the incision.

When the roots are visible in the plastic, the whole branch is cut off and the rooted part put in a pot for further nursing.

**Vitamins: C, (very high), B2, B3, B6 and B9.**

**Minerals: Copper, Iron, Manganese, Magnesium, Phosphorous and Selenium.**

When ripe, crack the skin a little between your fingers or teeth, and peel the very thin crackly skin away to reveal 'my favourite' fruit. ENJOY FRESH, NOT TINNED (too much sugar).

## MANGO (*Mangifera indica*)



What can I say about mangoes? Maybe they are my favourite food. I believe that when we eat fruits in season, they are all favourites, because we haven't eaten them since the last season and you are really looking forward to eating whatever comes next. That taste, that aroma, it is so good.

Even if they did not have any vitamins or minerals, it would still be a beautiful fruit.

As the colour suggests, it has a lot of:

**Vitamin: A and flavonoids, C, E, K, B1, B2, B3, B9, together with,**

**Minerals: Copper, Magnesium, Potassium as the main ones**

**High in carbohydrates and dietary fibre.**

Mangoes are said to help with some forms of cancers as they are high in anti-oxidants.

These days there are many cultivars growing in many countries. The original mango came supposedly from the plains in India.

Mangoes are very popular in Japan and cost a fortune to buy. We had Japanese visitors, who could not believe, we ate them by the dozen. They sat up straight in their chair and looked on. We offered them mango after mango and they were so perplexed. They then told us how much they cost and no wonder.

Eating too many mangoes, gives some people a rash, which is very difficult to control, but you have to make yourself a `pig`, to eat that many.

Okay that's enough drooling.

## MANGOSTEEN (*Garcinia mangostana*)



The mangosteen is becoming more popular these days. Its popularity took a while to become known in western countries, where in the far East, Indonesia, The Philippines and Malaysia, these fruits have been a staple diet for a long time. They are really sweet and another favourite of mine. They are grown in Australia's north where it is hot and humid, a climate they like.

The trees are quite tall and bear a reasonable amount of fruit each year.

Each fruit has white segments like in an orange and they contain some off-white coloured seeds, which should not be eaten.

The skin is quite thick

**Vitamins: C (High), B9, some B1 and B2**

**Minerals: Copper, Magnesium and Manganese are the main ones.**

Quite high in dietary fibre and carbohydrates.

A very popular dessert is made with the mangosteen, called: Mangosteen clafouti using cornflour and coconut milk.

Another fruit to try, if you have not already done so. You will like it, if you like tropical fruits.

## MULBERRIES (morus nigra)



## White mulberry (Morus alba)



The wonderful black fruiting Mulberry tree. The fruits are so delicious when they are really ripe and eaten directly from the tree. I had a magnificent tree and it bore fruit twice a year. I remember having a backpacker staying with us from Germany and if we could not find him, he was always under the Mulberry tree: yes, eating fresh mulberries. He loved them.

Rich in vitamins and minerals, so eat them whenever you can. Most berries are very valuable fruits, but they must be really ripe. Mulberries must be black (deep purple) in colour. The picture shows you an almost ripe one.

There is also a white fruiting mulberry, sometimes called the Silkworm tree, because the silkworm lives on the leaves of the Mulberry tree (morus alba). Their fruits are very sweet.

**Vitamins: C (very high), B2, K, E, B6, B3.**

**Minerals: Iron (High), Copper, Magnesium, Calcium, Selenium and zinc.**

In cooking, the mulberry is used in pies and muffins and made into beautiful juice.

## ORANGES (citrus x sinensis)



Oranges are probably the most well-known fruits in the whole world. They are eaten, juiced by the thousands of gallons everywhere. The orange juice is dried and sent overseas, for re-constitution into orange juice in super market products, such as orange drink (maybe 20% re-constituted orange juice).

The orange is an acid fruit and remains an acid in the digestion phase, therefore should be eating in small amounts. I mentioned lemons before, they are different. They can be eaten more freely, because of their alkaline reaction, the same as Limes. See the acid-alkaline section in the book.

A tree ripened orange is a fine fruit and has a reasonable amount of vitamin C, but the ones we get from the supermarket, are picked green and have only one tenth of the value in vitamin C.

**Vitamins: C (good), A, B1, B5, B9, B2, B6.**

**Minerals: Calcium, Copper, Potassium, Magnesium and a little bit of Iron, Manganese and zinc.**

PAW-PAW / PAPAYA (ASIMINA TRILOBA) CARICA PAPAYA



Asimina triloba

Carica papaya

These two fruits are not related. Either way they are so amazing, the way they grow. Look at them; there are ripe ones at the bottom, and still flowers at the top.

I love them and when I am travelling, especially in Queensland, they are never far from my table. There are different varieties and I love the pink/orange fleshed ones from the Innisfail area. They are a little more elongated but beautiful in aroma, almost a rose-like perfume.

They are a very digestible fruit and are low in carbohydrates, just right for summer food. The fruit must be eaten ripe and a little finger pressure at the top, near the stem end, will show a little indentation when it is ready. The seeds are very viable to grow and will produce hundreds of new trees. Trees can be male, female or bi-sexual and all of them will bear fruit, but the males need special attention. Always plant one male tree for every 10/12 females for fertilisation.

**Vitamins: C (High), A, E, K, B5, B9, B1.**

**Minerals: Magnesium, Calcium, Iron and Phosphorus. The latter 2 low.**

Enjoy!

## PASSIONFRUIT (*Passiflora edulis*)



Passionfruit vine

Banana passion fruit

The pulp

Passionfruit grows on vines or often along a fence, but I had one growing into the mango tree, right to the top. There are many varieties. It produces beautiful flowers, very delicate and intricate to see. Passionfruit has a fairly long fruiting season and therefore can be used extensively in various dishes. Passionfruit is a fruit that can be eaten fresh and used in combination with other dishes. A main part of the famous Pavlova again, a traditional dessert in Australia and New Zealand. High in antioxidants, carbohydrates and fibre.

**Vitamins: A, C both high, B3, B6, B2, B9.**

**Minerals: Iron, Phosphorous, Copper, Magnesium are the main ones.**

The pulp may be scooped out of the fruit with a spoon and eaten fresh. There are seeds, which can be chewed, although a little tart.

The pulp can be added to a tropical juice and blended together, to make the juice very special.

My son uses them in his Kombucha he makes and it is a very nice drink indeed.

I have been lucky to have had the opportunity to grow all these fruits on my property and the children have had a great start in life knowing them.

The flowers are exquisite.

## PEACHES (prunus persica)



We all know peaches, the little furry balls of sweet fruit. So many varieties these days and they all taste beautiful, when ripe. In the supermarkets they are not always up to standard and it can put people off eating them. The ripe peach from the tree, is a delight. The ones grown in the cooler climates are the best and sweetest. My brother had a tree and he said to me one day, when I visited him:” If you eat one peach without asking, you will die.” (That was his forbidden fruit). I could not blame him. They were the best I had ever tasted. Juicy, sweet and big as well. A real meal all by themselves. He lived in country NSW near Dubbo. The tropical varieties are not as tasty, but still good if ripe.

Peaches are dried for keeping purposes, but watch out for the sulphur dried ones. Always make sure you get sundried peaches, which are sweeter and have no sulphites on them.

**Vitamins: A, C, E, K, B3, B5, B2, B1.**

**Minerals: Copper, Potassium, Manganese, Magnesium and Phosphorous.**

They are extensively used in the kitchen all around the world.

## PEARS (*pyrus rosaseae*)



Pears, the European varieties, like apples are known worldwide and are a favourite fruit amongst a lot of people. They are versatile as a fresh produce and can be dried for keeping. Pear trees are a bit like the apple trees and bear fruit along their branches. Ripe pears are sweet and not tart like apples can be. There are many varieties of pears on the market, but many more have disappeared over the years, due to marketing strategies and handling practices. In supermarkets, pears can be very hard and unpalatable, but pears will improve sometimes with a little shelf life, where apples are either ripe or not. Both apples and pears are often kept in storage for a long time under certain conditions and then ripened quickly for sale, when the prices are right. This again makes me say, eat fruit in season and not when the traders want you to eat it. You can never guess, what the right season is from the supermarket shelf. You have to know or have to drive in the country and see for yourself what is growing at a certain time.

**Vitamins: C, K, some of E, A, B1, B2, B6, B5, B9.**

**Minerals: Copper, Potassium, Iron, Phosphorous, Manganese and Magnesium.**

Good source of carbohydrate and also fibre.

In a combination fruit juice, they make the taste very sweet.

## PERSIMMON (diospyros kaki)



Look at them, will you? Don't they look great? Persimmons are a sweet, soft fruit and the fruit inside is divided into small segments. Some people pronounce the word as per-simmons and others refer to them as `pérsemans`, but it does not matter how you pronounce the word, they taste great either way. They look a bit like a tomato but have nothing to do with that fruit. There are a lot of varieties all over the world and the Japanese variety of Hachiya is quite astringent, but ripen them well and they taste really beautiful.

The trees themselves are branches like an apple tree and harvesting can be done quite easily through the open canopy. Their carbohydrate level is very good and you can certainly make a meal of eating the fruit alone. The dietary fibre is also very high, so great for the bowels.

**Vitamins: C, E, A, K, B6, B1, B2.**

**Minerals: Copper, Manganese both high, Phosphorous, Magnesium and Iron.**

The fruit can be dried and is used in cooking.

## PINEAPPLE (ananas comosus)



“Spiky and prickly, but ever so nice, One thing for sure, is don’t keep them on ice.”

Well, yes, I have written a bit of poetry, but the main thing is, to eat a pineapple at room temperature. They taste great, but if you eat them cold, they lose so much flavour. Left over sliced pineapple should be kept in the refrigerator, but serve after a spell in the room, to warm a little. The unusual growth of a pineapple is like the bromeliads, of which it is a member. Some bromeliads have pineapple-like flowers, but do not become fruits. Once the pineapple reaches maturity, (a bit longer yet my friend above), the farmer cuts them below the fruit and leaves the plant alive to grow some more fruit the next year, but after that, it is replaced with a new crown, the ones that come of the top of the pineapple. Yes, indeed, you can grow a pineapple from the top. Just screw it off the fruit, remove some of the bottom leaves, leaving only say 10 leaves or so. This makes it a bulb. Put it into the ground and water well; eh, presto!

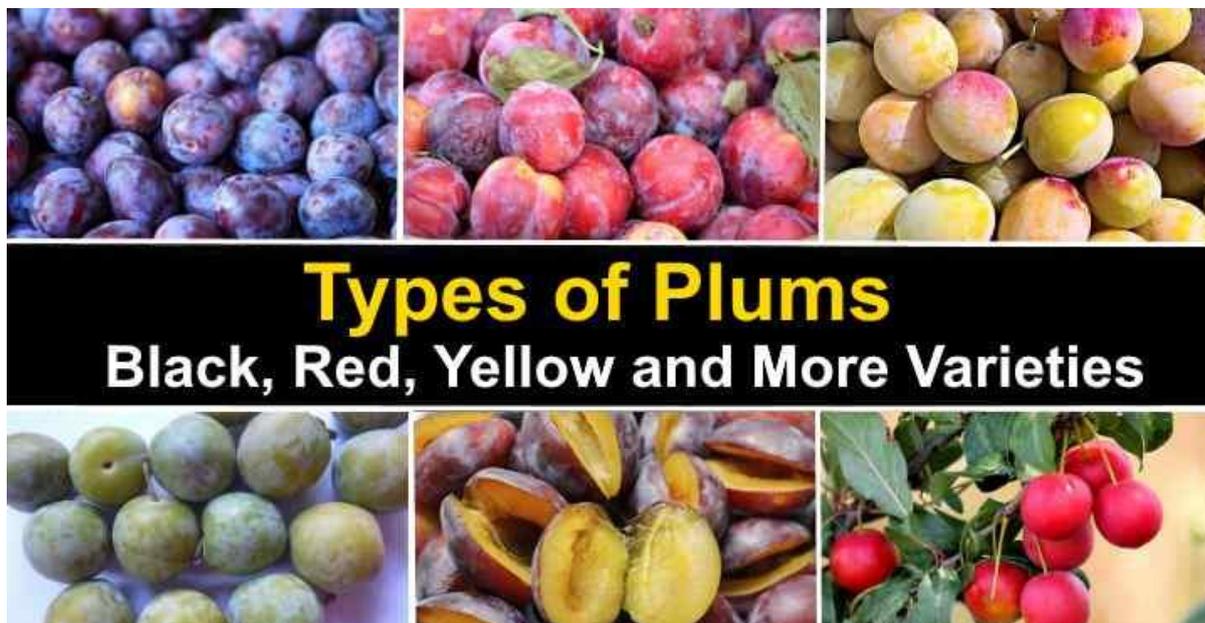
In the high season they are so beautiful, but out of season they become stringy and bitter

**Vitamins: C, B6, B1, B3 and A.**

**Minerals: Manganese (very high), Copper, Iron, Magnesium, Calcium.**

Pineapple juice is a favourite of many people and is drunk everywhere as a real thirst quencher. Dried pineapples are popular as snacks (un-sugared), but do not eat them with nuts.

## PLUMS (prunus subg, prunus)



Plums are also a worldwide fruit and versatile as well. Many species are on the shelves and I like them all. They are lovely to eat. Plums are an early spring fruit and is one of the first to appear in the shops. Because of the large number of varieties, plums are available for a good while each season. They have a good supply of dietary fibre and as we know, the dried plum, called Prune, is prescribed to people who have constipation. Prunes or even prune juice will help in that department. Both fresh and dried, they taste fantastic. Stewed prunes served with porridge at breakfast time is a popular dish for some. I like them fresh of the tree as all fruits should be eaten.

**Vitamins: A and C are high; Vit K good, E, B1, B2, B3, B5, B6.**

**Minerals: Copper (High), Iron, Magnesium, Manganese, Selenium, Potassium.**

In the kitchen, they are used in desserts and jams and jellies.

Maybe even in ice cream, but I would not know, would I?

Go on, have a go, I won't look.

## POMEGRANATE (punica granatum)



Personally, I have had little to do with Pomegranates and certainly have not grown them. In India, where they have supposedly originated, they are highly prized for their flavour. They are sometimes called a “super food”, because they are very valuable in the B complex group and vitamin K.

**Vitamins: K high, C, B1, B6, B5, B3, B2, E.**

**Minerals: Potassium, Magnesium, Phosphorous, Manganese, Zinc, Iron and Selenium.**

Most people make juice with the fruit, but they can be eaten raw. Lots of stone-hard seeds though.

For flavourings they are used in the middle eastern countries and some exotic dishes are made with them.

## RASPBERRY (rubus)



The raspberry has been a favourite fruit for ages and is rich in antioxidants. The raspberry bush is a small bush and has some thorns on the stems. Forgetting that, it is worthwhile getting a few scratches, for the fruit is delicious and fresh. I mentioned a little boy we looked after for a few hours a day, who had lollies in his little lunch box, but when we introduced him to berries, he raced into the raspberry patch and ate to his heart's content. The parents started a fruits and vegetable garden after that.

It was a native of Europe, but now grown in many countries in a temperate climate, I have grown them in the sub-tropics, but they did not produce the amounts of berries the way they do in the right environment.

**Vitamins: C (High), E, K, B2, B3, B6, B9.**

**Minerals: Manganese, Copper, Magnesium, Iron, Zinc and Calcium.**

They are high in dietary fibre and low in carbohydrates. Raspberries are one fruit they extract Xylitol from, as well as the Birch\* tree and corn. (I don't buy Xylitol extracted from corn, as most corn these days is GM)

NOTE: A tea is made of dried Raspberry leaves and used during the last three weeks of a woman's pregnancy, improving her dilation, at time of birth. In my practice I prescribed them all the time, with great success.

\*Xylitol from the Birch tree is the best in my opinion.

## SAPODILLA (manilkara zapota)



Sapodilla, sometimes called Sapota and not to be confused with the Sapote, like the Black Sapote or the Mamey Sapote. Sapodilla originated in the Mexico and Belize region, but is now grown in other tropical areas such as Cape Tribulation in northern Queensland. The trees produce a lot of fruits and have a real potential of a future market winner. The fruit has a brown, slightly rough skin, a bit between a potato and a kiwi fruit. The flesh is white and sweet and it turns brown when ripe. There are some seeds, which are not edible.

**Vitamins: Vit C (High), B1, B5, B6, B9.**

**Minerals: Iron, Copper, Magnesium, Phosphorous and Calcium.**

Good supplier of dietary fibre and carbohydrates.

A lovely fruit, but not easy to get hold of yet.

Black sapote, also called the Chocolate pudding fruit, is not related, but a yummy fruit, especially fresh, but makes a great chocolate mousse. This fruit looks a bit like the Persimmon to which it related and has the same texture, but black when ready to eat.

There is a White sapote and I love the flavour of them.

## STRAWBERRIES (fragaria x ananassa)



What a winner; the Strawberry! It seems like it is everybody's favourite. The strawberry is used worldwide for all occasions and grown in many countries. The strawberry grows on runners along the ground and each year these runners can be trimmed and planted somewhere else, for a new patch to grow more. Strawberries can be grown in pots, as shown, so you can have them as veranda ornamental plants, giving you a food source.

**Vitamins: C very high, B9, B6, B5, B3, E and K.**

**Minerals: Manganese very high, Iron, Potassium, Magnesium and some Zinc.**

Strawberries supply us with good dietary fibre and carbohydrates and is also a good antioxidant So all in all, a good food.

Beware of the commercially grown ones as they may contain poisonous chemicals.

This is the end of these pages and if you need more information, please look it up on the net.

I hope to have been of service to you and make your life better in every way.

Get a copy of my book as soon as you can, because there is so much more to good health than eating. ( the best of food.) The physical side.

We always have to consider the other aspects of life, such as our mental, emotional, spiritual, psychological and sexual life as well. These are like the parts of a car.

Remove a wheel from your car for instance, it makes it very hard to get from A to B.

Take one of life's important aspects away from our life, or if it is not functioning properly either, we are NOT WHOLE and cannot be happy.

My book is not available in bookstores yet.

Ring me personally to get a copy and I will send you one as soon as possible.

**GO IN PEACE! EAT WELL AND BE HEALTHY!**