



MSDA Newsletter

Volume 1, Issue 1

October 2011

Montana State University

This Months Features:

- First National Food Day
- Nutrition Dictionary
- Q & A
- Recipe of the Month
- Culinary Tips

Mark Your Calendars!

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| October 3 | MSDA Meeting |
| October 10 | MSDA Meeting |
| October 17 | MSDA Meeting |
| October 24 | Food Day |

Editor

Suzanne Hotchkiss

Food Day The Start of Something Big!

Monday, October 24th, will mark the first annual Food Day, nationally, as well as locally here at MSU. 'Food Day' is a grassroots campaign composed of people and organizations across America that care deeply about promoting delicious, healthy and affordable foods in a sustainable and just food system (www.foodday.org).

MSDA will be collaborating with other student groups, including Friends of Local Foods (FLF), and local organizations in the Valley to offer an opportunity for people to come learn about healthy eating options, sustainability

in the home and garden, food insecurities as well as what resources and organizations are available to us all in the Gallatin Valley that are advocates for healthy foods and sustainable food systems.



The event will be held in SUB Ballroom A and the Procrastinator Theater between 11 a.m. and 4 p.m. Among other things, there will be a variety of interactive and educational activities, a movie

By Michael Fox

showing, and talks given on Food Insecurity.

Discussion has already begun about the possibilities for next year's Food Day event. It can easily be said that Bozeman and MSU have a population interested in the topic of *food health, sustainable food systems, food insecurities* and most *food related topics* ...

which is to say that Food Day at MSU in Bozeman, Montana is sure to take hold and grow. If you have interest in being a part of this great event, please contact Michael or Stephanie at msda@gmail.com.

Nutrition Dictionary

By Kendra Veo

Cinnamon— [sin-uh-muhn] *noun*

A brown spice from the bark of an Asian tree. Cinnamon is one of the most important baking spices and is used in many cake, cookies, and pie recipes.

Did you know?....

Cinnamon can help lower LDL (bad) cholesterol as well as, help regulate blood sugar and is a good source of manganese, fiber, iron, and calcium. Also smelling cinnamon can help boost cognitive function and memory.

Q&A

By Kendra Veo



Why do they say that a salad with many different colors of vegetables is better for you? Isn't a vegetable a vegetable? -- Kari E.

While green salads are a healthy option on their own, adding colorful fruits and vegetables to your salad can boost the health benefits for you.

Leafy greens such as Romaine lettuce (which seems to be the typical option for salads) contains nutrients such as **vitamin C, folic acid, and potassium.**

Adding things such as **cranberries, carrots, and purple cabbage** to your salad gives

you a boost of vitamin C, magnesium, calcium, manganese and fiber. All of which aid in things like lowering blood pressure and LDL cholesterol, supporting healthy digestion, boosting your immune system, and promoting healthy bone growth.

So, yes a vegetable is a vegetable when alone, but together it can be one big **POWERHOUSE** of nutrients that benefit your overall health!

“Health is a state of complete harmony of the body, mind and spirit.

~B.K.S. Iyengar

Tips for the Dip

By Jessica Pye

Is your vibrant green fiesta dip turning brown color?!

This is because of the *oxidation* that occurs as it stays exposed to the air. No worries! This can be prevented in many different ways:

- Throw the pit in the guacamole!
- Add some lemon juice (or any other citrus juice) to the dip
- Keep it covered with plastic wrap to keep it air tight

Recipe of the Month

By Lizzy Narigon

Guacamole!

You Will Need:

- 7 ripe avocados
- 1 tomato
- 1 large onion
- 2 jalapeño peppers
- 2 serrano peppers
- about a half cup of cilantro
- a pinch of garlic salt
- pepper
- 3 limes
- vinegar (optional)

1. Chop up all of the ingredients on a clean cutting board, except the tomatoes. Use a spoon to get the skin off of the avocados.
2. Place all of the ingredients into a bowl. Mix it all together, adding lime, salt, and pepper to your liking.
3. Eat it relentlessly with your favorite tortilla chips, or whatever your heart's desire!



Nutrition Facts

Serving size: 0.5 Cup	
Servings Pre Recipe 10	
Amount Per Serving	
Calories	Calories from Fat
% Daily Value	
Total Fat 15.9g	24.5%
Saturated Fat 1.8g	9%
Polyunsaturated Fat 1.8g	
Monounsaturated Fat 10.5g	
Cholesterol 0 mg	0%
Sodium 63.4mg	2.6%
Potassium 570mg	
Total Carbohydrate 15.5g	5.2%
Dietary Fiber 4.6g	18.4%
Sugars 0.5g	
Protein 4 g	
Vitamin A 4%	Vitamin C 30%
Calcium 0%	Iron 4.5%