



Strength in Plants By *Kate Murray*

The Power Salad: Foods that heal

CAN FOOD heal you? I suppose for some people, that could be a controversial topic, but the reality is, science says it can. Not only can certain foods move you toward better health, but it's been proven food can actually reverse disease. Food can give you more energy, healthy weight, a sharper mind, less stress and better sleep. Food can transform your life. What more could we ask for?

There are so many myths out there about what to eat and what not to eat, it's no wonder people aren't listening.

Hidden inside our bodies are thousands, perhaps millions of amazing biological reactions taking place based on what comes in and what goes out.

Toxins in our environment are everywhere, and they enter our bodies in many ways, not just through the foods we eat. Did you know one in three personal care products contains ingredients proved to be carcinogenic? Believe it: Plant-based foods can actually help us achieve a heightened state of health.

So much more today than 30 or 40 years ago, people seem to take the powerful healing agents that keep your body



SPECIAL TO THE READING EAGLE: KATE MURRAY

The 'power' salad include asparagus, spinach, tomatoes and other foods that can help regulate blood sugar and block inflammation.

healthy for granted. Vegetal foods keep your blood sugar stable and block inflammation before it starts. In fact, some vegetable nutrients attach to cancer-causing toxins within your body, keep them from being absorbed and then flush them on out.

One of these healing vegetables is in season right now: asparagus. This impressive green contains a powerful antioxidant called glutathione, as well as a host of other protec-

tive vitamins such as folate, a B vitamin that helps cells regenerate.

May is National Salad Month, and what better time to reintroduce your family to fresh produce. The abundance of local, organic vegetable farmers in our area is tremendous. Right here in Berks County, we have direct access to some of the largest suppliers of organic produce on the East Coast. I encourage you to visit our farm stands and

markets. Buying local not only allows you to experience healing foods that are fresh and in season, but you also support the hardworking people who brought the farmer back to the farmers market.

The Power Salad

INGREDIENTS (vary amounts of ingredients as desired)

Lettuce or spinach leaves, cleaned and chopped into bite-size pieces

Carrots (julienned)

Kalamata olives

Fresh tomatoes, quartered

Celery, cleaned and chopped

Small white beans, rinsed well

Asparagus, cleaned and steamed to crisp tender (about 4-5 minutes)

Small red or waxy potatoes, quartered (steam 7 minutes or roast in the oven)

BASIC ITALIAN VINAIGRETTE

2-3 tablespoons first-pressed olive oil

1/4 cup dark, aged balsamic vinegar from Modena (use at least an 8-year aged, which you can find at Russo Gourmet Foods Market in Wyomissing, Monte Laurel in Temple or at the Fairgrounds farmers market.)

2-3 tablespoons white wine vinegar

1 tablespoon Grey Poupon Dijon mustard

2 tablespoons honey

1/4 teaspoon of dried oregano

6-8 fresh basil leaves, chop finely or use an immersion blender to blend dressing ingredients. ☺

Kate Murray is certified in plant-based nutrition and the author of "A Silent Cure in My Back Yard." Find more recipes at: asilentcure.org.

TIRES FROM SMALL TO LARGE

WE HAVE THEM!

• PASSENGER • AGRICULTURE • TRUCK • OFF ROAD

Kantner's TIRE SERVICE

GLENN ROBERTS - President

230 Franklin Street
Shoemakersville, PA 19555

(610) 562-2567

www.kantnerstire.com



Mon.-Fri. 7:00-5:00
& Sat. 7:00-12:00



Your place for family fun since 1970

Oley Turnpike Dairy

Monday • Rosemary Chicken • Icelandic Haddock	Wednesday • Spaghetti & Meatballs • Pork Chops	Friday • BBQ Ribs • Baked Haddock	Sunday • Pot Roast • Mac & Cheese w/Stewed Tomatoes Breakfast Served Anytime
Tuesday • Pork & Kraut • Liver & Onions	Thursday • Shepherd's Pie • Ham Steak w/Pineapple	Saturday • Hamburger BBQ • Chicken Wings	

f OPEN 7 DAYS 6 a.m. to 8 p.m. **6213 Oley Turnpike Road, Oley, PA**
610-689-2000 www.oleyturnpikedairy.com