



Strength in Plants *By Kate Murray*

Think Pink with cranberries

CRANBERRIES. THEY'RE fresh from this week's farm share and just in time for fall harvest.

October is Breast Cancer Awareness Month, and there is no better way to get yourself focused on healthy eating than having a friend or relative who has been diagnosed with this harrowing disease.

According to the American Cancer Society, an estimated 230,480 new cases of invasive breast cancer will be diagnosed this year, and 39,520 will likely die from the disease.

There are a variety of fruits, vegetables, and whole grains that offer protection against various cancers. So now is a good time to renew your commitment to what is healthiest for you and your family and make food choices to support that vision. A plant-based diet is one of the leading preventative measures you can take to control the factors that lead to disease.

Contrary to popular belief, only 5 percent to 10 percent of all cancers in the United States are hereditary.

Our immune systems are extraordinarily complex. One of the most interesting facts about the nutrients contained in fresh fruits and vegetables is that they

work together, inside your body, like a well-rehearsed symphony.

Did you know there are more than 30 vitamins and minerals in one serving of cranberries? In addition to anti-cancer benefits, cranberries provide powerful antioxidant benefits and anti-inflammatory benefits, along with anthocyanins, a phytonutrient that give the berries their deep red color. Those anthocyanins pass on to you when you eat them, so take a break from your packaged cereal bar — you know, the one that's been fortified with synthetic nutrients — and opt for this make-at-home bar using much healthier ingredients.

Cranberries certainly aren't just for making cranberry sauce at this time of year. Enjoy them for breakfast or dessert.

Cranberry Bars

INGREDIENTS

- 4 cups fresh cranberries
- 1 tablespoon pectin
- 1/4 cup brown sugar

FOR THE BINDER

- 2 tablespoons flax seeds (grind whole seeds in a coffee grinder)
- 2 tablespoons juice of a freshly squeezed orange (1 orange)

FOR THE CRUST

- 1 cup brown-rice flour
- 1 cup quinoa flour
- 1 cup walnuts



SPECIAL TO THE READING EAGLE: KATE MURRAY

- 1/2 cup dried dates
- 1 teaspoon baking powder
- 1/2 teaspoon kosher salt
- 1 cup unsweetened shredded coconut, plus about 1/4 cup extra for sprinkling on top at the end
- 2 tablespoons orange zest
- 1/2 to 3/4 cup unsweetened applesauce
- 1/3 to 1/2 cup sugar or xylitol (can be omitted if you want a crust that is not sweet)

PREP: The jam takes about 15 minutes on the stove top to thicken and combine. Stir constantly until your desired consistency is reached. Set aside and allow to cool.

I don't use all of the spread for the bars, but since you are taking the time to do this, you might as well keep the rest of the spread in your fridge for a few days and

use it on your toast! The flavor affinity of the sour/tart cranberries and the maple syrup in the brown sugar is divine. If you prefer a jam that is sweeter instead of tart, use more than the 1/4 cup of brown sugar.

BINDER NOTES: Grind the flax seeds into a powder with a coffee grinder. Mix 2 tablespoons of the orange zest and the ground flax seeds with a whisk until you get a thick consistency. This is your binder. You can substitute flax seed meal; however, the true binding consistency of the flax seed is released when

it is freshly ground. Since the meal is pre-ground when you buy it, this may not work as well.

CRUST NOTES: Combine in a food processor. Pulse the dates and walnuts first, then add the rest of the dry ingredients. Add the flax binder and applesauce last, and pulse until the consistency of cookie dough.

Spread the crust in a sprayed or parchment lined 7x9-inch baking pan. Spread the cranberry jam on top. Bake at 375 degrees for 35-40 minutes.

Toast the remaining coconut separately and sprinkle over the top. Allow to cool completely before slicing the bars. They do not need to be refrigerated. ☺

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.



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October 9, 10 - Stuffed Pig Stomach

October 15, 16, 17 - Chicken Pot Pie

October 22, 23, 24 - BBQ Ribs

October 29, 30, 31 - Clam Corn Pie

Saturday, October 19 - Wine Dinner
featuring **Calvaresi Winery**
by reservations, \$55 pp, all inclusive

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See you all soon!

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