



Bare Essentials

Volume 6 Issue 2

August/September 2004

NATURE'S CALL

1. To Fiber or Not

Most Americans get less than 15 grams of fiber per day although the recommended amount is 25 to 35 grams. In a healthy digestive system, the average transit time for food from mouth to bowel is from 12 to 24 hours. Unfortunately, for many Americans the transit time is four times that or 48 to 96 hours. By then foods are highly concentrated and toxic, a dangerous situation. The problem is that we do not get enough exercise, do not drink enough water and don't eat enough fiber. Only plant foods contain fiber.

How do you know your transit time? If you are up to the challenge, here's how to find out:

Swallow 1 gram of activated charcoal tablets (available in drugstores) or eat a few small beets, noting the time you do it. When you see darkened stool (black from charcoal or deep red from beets) count the hours that have passed. That is your transit time.

If the transit time is more than 24 hours, eat more whole grains and beans, raw fruits and vegetables, and drink at least eight glasses of water a day. Exercise is also beneficial.

If the transit time is less than 12 hours, it could mean that you are not absorbing enough nutrients from the foods you eat. Talk to your doctor about this.

2. Giving Nature a Hand

What happens when nature just doesn't call? Long ago there were the travelling salesmen

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with their remedies and brews. Today it seems that there is a pill or potion on the shelves of most stores that will do everything for you from change your hair color to cleanse your bowels.

If you are eating 25 to 35 grams of fiber a drinking six to eight glasses of water a day, you shouldn't need a laxative. Even "natural" laxatives such as those with senna or cascara are not a good idea. First they are not gentle and they wreck havoc. Second using them can become a habit resulting in poor muscle tone.

When all else fails and nature needs a little push. Better choices for occasional use are:

Bulk-forming fiber supplements containing psyllium, flaxseed, pectin, agar, karaya, or guar gum. These are plant fibers that swell when combined with fluids. It softens stools and gently stimulates bowel function.

Dried plums, dates, and figs are high in fiber and other nutrients so snack on them to improve bowel function.

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Eating a tablespoon of raw oatmeal a day helps promote the growth of friendly microorganisms in the gut.

Include plenty of whole grains, vegetables, fruits, and beans in your diet.

Drink plenty of water and get enough exercise every day. Even just walking helps.

3. Health Watch

Pancreatic Cancer Link

A diet that is highly refined (white "enriched" flour, white rice, potatoes, sugary foods and junk foods) puts women at much higher risk for developing pancreatic cancer. This is especially true if they are overweight and don't exercise.

Researchers weren't surprised to learn that being obese, sedentary, and eating refined foods and sugars increases insulin levels. Insulin production is a main function of the pancreas. Estimates are that up to one third of all cancers are caused by diet and lifestyle. Additionally the rise in type II diabetes is directly related to unhealthy changes in our diet and lifestyle.

Heart Disease

Eating whole grains and legumes rather than refined can help prevent disease. In a

Korean study, a group of men with heart disease were assigned to eat either a meal of whole grain and legume powder every day or consume their typical refined-rice diet for 16 weeks.

Among those eating the whole-grain/legume powder, a number of positive changes were noted. Homocysteine levels, a marker for heart disease, dropped, blood glucose decreased (on average 24%), and insulin levels went down (by some 14%.) Both fiber and vitamin E intake rose by 25% and 41% respectively. These changes can greatly reduce the risk of heart disease and diabetes.

Hormones

Feel like you are losing your mind? Well it might just be so. Shock waves hit the medical community last year when researchers reported that a popular combination of female hormones called Prempro, taken for more than a year put women at risk for developing heart disease and breast cancer. However, it was thought that the estrogen-progestin mix might delay various kinds of dementia including Alzheimer's. A subset of initial data was investigated. It was found that not only does Prempro not protect from dementia, but also older women who take it for long periods of time double their risk of actually developing Alzheimer's and other cognitive problems. (Earlier studies had suggested that female hormones might be good for the brain.)

The bottom line is that most women shouldn't be taking hormone replacement therapy for extended periods of time after menopause. Studies will continue on the long-term health benefits of taking estrogen alone. Only women who have undergone a hysterectomy can safely take estrogen alone since unopposed estrogen increased the risk of uterine cancer.

What's a woman to do? Low doses for less than two years might be indicated. As an alternative, some women have found natural remedies such as black cohosh and yam

creams beneficial. To prevent dementia or heart disease, the basic prescription of eating right, exercising and watching your weight is in order. Additionally seek treatment for high blood pressure or diabetes, as both are to increase the risk of heart disease or stroke. There is also growing evidence that they even have subtle effects on thinking and memory. A healthy lifestyle may not be as easy as popping a pill but the benefits are safer and longer lasting!

4. Fall 2004 Class Schedule

Beverly L. Prentice, M.S., R.D. teaches a variety of whole grain cooking classes in the Tulsa area year round. This is only a partial listing of the classes that are available. Space is limited so sign up early. Reservations are required and may be submitted by any of the following methods:

Web site w/ on line registration

<http://CookingWithGrains.com>

E-mail classes@cookingwithgrains.com

Fax 918-274-4227

Call Bare Essentials at 918-272-4267, 272-4207 or Ann Duvall at 918-557-5848.

August 31, 2004

Sports Nutrition and Healthy Snacks

Tuesday 7:00 pm-9:00 pm (\$30.00)

Owasso



Learn the basics of a training table for recreational and competitive sports. The correct fuel mix, hydration and meal timing is discussed. Time is allowed for questions and interaction. Nutritious pre and post training snacks are demonstrated and sampled. Family and team discounts are available.

September 9, 2004

World Class Pizza

Thursday 6:00 pm-9:00 pm (\$45.00)

Sapulpa

American pizza doesn't always cut it! Learn the development of true pizza from Italy with Nonna and Bev. Authentic filled, fried and double-crust pizzas from fermented dough (*biga*) are taught. Learn to make kid-friendly foods the healthy, whole grain way! An Italian salad and dessert round out the popular meal.

September 12, 2004

Fundamentals of Whole Grain Bread Making

Sunday 1:30 pm- 4:30 pm (\$40.00)

Owasso

The history of grains and bread making is discovered. Learn the fundamentals of whole grain baking, starting with the foundation – whole grain bread made the easy, foolproof way from scratch. This is the “cornerstone” food for a healthy, high fiber, grain-based diet. You’ll learn how to prepare the basic bread with five variations that you can taste along with fillings and toppings. From the basic dough, many variations may be made. Such as; herb flavored focaccia, pizza, cinnamon rolls, nine-grain cracked dinner rolls, meat braid, cheeseburger roll-up, monkey bread and seed bread.

October 1, 2004

Hot Tamales and Mexican Flat Breads

Friday 10:30am-1:30 pm (\$45.00)

Owasso

Nonna shares a secret family recipe for authentic Mexican tamales served with chili. Bev contributes three easy tortilla doughs. These flat (unleavened) breads are a must for making tacos,

fajitas, quesadillas, burritos, enchiladas, tostados, chips, soppes, etc.

October 3 or 17, 2004

Fundamentals of Whole Grain Bread Making

Sunday 1:30- 4:30 pm (\$40.00)

Sapulpa



The history of grains and bread making is discovered. Learn the fundamentals of whole grain baking, starting with the foundation – whole grain bread made the easy, foolproof way from scratch. This is the basic food for a healthy, high fiber, grain-based diet. You'll learn how to prepare the basic bread with five variations that you can taste along with fillings and toppings. From the basic dough, variations such as flavored focaccia, pizza, cinnamon rolls, nine-grain cracked dinner rolls, meat braid, cheeseburger roll-up, monkey bread and seed bread are made.

October 14, 2004

Quick Breads with After School and Sports Snacks

Thursday 7:00 pm-9:00 pm (\$30.00)

Tulsa

Whole grain muffins, crackers, bars and pancakes are a must for families on the go. These are easy foods even children can learn to prepare for healthy breakfasts and after

Bare Essentials

school treats. In a hands-on, interactive format Bev will discuss the need for nutrition in the home, classroom and on the field. With six children of her own, Bev teaches tips that really work. The pros and cons of routine supplementation are also covered.

October 28, 2004

Rustic Breads and Roasted Soups

Thursday 10:30 am-1:30 pm (\$40.00)

Tulsa

This favorite class covers primitive hearth and cottage breads for feasting with friends and family. Bev recalls lore and folklore as she pioneers these breads into wholesome foods from old time recipes. Featured breads include nine-grain peasant or Boston brown, corn bread, bread puddings and stuffing. Fall vegetables are roasted and pureed into magnificent "painted" soups for using on quaint fireside suppers.

November 7, 2004

Fundamentals of Whole Grain Bread Making

Sunday 1:30 pm- 4:30 pm (\$40.00)

Tulsa

The history of grains and bread making is discovered. Learn the fundamentals of whole grain baking, starting with basic whole grain bread made the easy, foolproof way from scratch. Learn a healthy, high fiber, grain-based diet. See how to prepare the basic bread with five variations that you can taste along with fillings and toppings. From the basic dough, many variations such as; focaccia, pizza, cinnamon rolls, nine-grain cracked dinner rolls, meat braid, cheeseburger roll-up, monkey bread and seed bread are made.

November 13, 2004

Evening in Italy with Classic Sauces and Homemade Pasta

Saturday 6:00pm-9:00 pm (\$45.00 or \$70.00 couples)



Learn from Nonna while you can! Take the opportunity to spend time in the kitchen with an Italian grandmother who is a truly wonderful cook. With a thick accent and a fervent passion for great food, Nonna will demonstrate the traditional Italian way to make pasta from whole grain flour. Nonna and Bev will teach how to cook and season the pasta in preparation for dressing with a sauce. You will learn how to make three classic sauces as you hear about World War II through the eyes of a child. You'll also be treated to a traditional Italian salad and a yummy European dessert. Sign up today.

November 19, 2004

European and Artisan Breads

Friday 10:30 am-1:30 pm (\$40.00)

Owasso

Beautiful showbreads are created as main dishes with an international flair. Sour cream pastry for Swedish meat pies, antipasto filled bread and braided Rubens are examples of a multitude of nearly full meal breads; with a hearty salad they are dinner or alone, they are great alternatives to the ever present pizza and fast food sandwiches. You will learn how to make complete gourmet meals of your daily breads.

December 2, 2004

English Holiday Breads, Quiche and Frittatas

Thursday 10:30 am-1:30 pm (\$40.00)

Broken Arrow

Bev's favorite scones, bagels and English muffins will add variety and nutritional benefits to your holiday brunches. In American it's "she can't even boil water!" when someone can't cook. In Italy it's "they can't even make a fritatta" so don't let that be said of you! Learn "egg pies" that are perfect for any meal.

December 12, 2004

Holiday Open House

Sunday 3:00 pm-5:00 pm

Prentice home

Owasso

Bring along your family and friends to visit the Prentice home, bedecked for the holidays, and taste beautiful and bountiful treats. Meet other healthy cooks and pick up a few pointers on entertaining or gift giving. The Storeroom will be open and stocked so you can point out to Santa Claus equipment and supplies you want, or choose gifts for others. Complete spring class schedules will be available.

To Be Scheduled

Did God Goof When He Made Carbs?

5. Coming Next Spring

January 2005

Fish and Fowl with Nonna

Bev and Nonna will teach the healthy Mediterranean diet. Learn to infuse tomatoes with olive oil and garlic to achieve a perfect base for chicken cacciatore and vegetable pan fish. Learn the differences between European and American breads. Relax as you enjoy the courses and dialect of Italy. Interact with Nonna as she recalls her first impressions of America and American cooking! This isn't dinner on the town. It's dinner on another continent! As such, it is a class you just can't miss.

Fundamentals

The history of grains and bread making is discovered. Learn the fundamentals of whole grain baking, starting with the foundation – whole grain bread made the easy, foolproof way from scratch. This is the “cornerstone” food for a healthy, high fiber, grain-based diet. You’ll learn how to prepare the basic bread with five variations that you can taste along with fillings and toppings. From the basic dough, many variations may be made. Such as; herb flavored fococcia, pizza, cinnamon rolls, nine-grain cracked dinner rolls, meat braid, cheeseburger roll-up, monkey bread and seed bread.

February 2005

Bread Mastery



In-depth technique and chemistry of bread making, recipe development and conversions from lean hearth breads to the rich Sabbath challah are covered so participants can begin to create their own bread formulas. This class will help bread makers understand and advance their own skills and confidence in converting recipes to healthy whole grain versions.

Legal Deserts and Cheeses

Munch on crusty breads and spreads as you watch Bev make scrumptious desserts from various natural sweeteners. Keeping spirits high and blood sugars level is the goal of this informative interactive class.

Advanced Breads

Experienced bread makers who understand the fundamental concepts of working with whole grain and whole grain flour, and who have mastered the essential equipment used, will learn the extra techniques to produce a variety of breads. Three basic doughs; savory, sweet, and black will be demonstrated with each dough used in many ways to create a variety of European style breads using herbs, seeds, spices, vegetable flavorings and several sweet fillings. You’ll also learn masterful artisan shaping techniques, including true and faux braiding to create breads with both unique flavors and dramatic appearance.

Dealers

6. Bon Voyage

The sad news is that Julie Meyer a good friend and Bare Essentials dealer is moving to Texas permanently this month. Her husband has been working for Lockheed in Fort Worth for the past year. Phyllis Holmes, another Owasso dealer, is also moving this month. We will miss both dealers and want to have adequate coverage.

And the good news is.....that since Julie was a Bare Essentials dealer in Bev's own neighborhood (and we all know how hard it is to catch Bev sometimes!) **we are adding a long time friend and customer, Liz Roberts, to be another Owasso dealer. (Gayle Mundt is also a very knowledgeable Owasso dealer and a great insurance agent and friend to boot!)**

Liz lives at the top of the hill on Bev's street and seems to have a knack for knowing Bev's whereabouts. Liz will carry her own inventory and have access to Bev's as well so will be a real asset to many of you. Liz has been making whole grain bread for almost as long as Bev, has helped at classes and has often been the guinea pig when Bev is testing new recipes. We hope that you will join us in welcoming Liz.

Liz is married to Pat Roberts who owns Robert's Manufacturing in Tulsa. They have a daughter, Sarah, who has been a friend of the Prentice children *forever*.....well, as long as any of them can remember. Sarah is a student-athlete and has been raised on whole grain bread and her mom's healthy version of muesli cookies (the applesauce verses butter way). She enjoys outdoing the older Prentice boys on the wake board and slalom ski. You'll enjoy getting to know all of them. **Liz's home phone number is 918-272-4072 and her cell number is 232-1451.**

7. Authorized Bare Essentials Dealers Accepting New Customers Are:

Bates, Tammy

Bartlesville (918) 333-7666

Beasley, Ludi

Tulsa -4556

Doudican, Mary Lou

Tulsa, mid-town -8999

Hammersley, Jerry

Collinsville 371-2753

Hyink, Rebecca

Owasso 371-8882

Kelly, Lori

Ramona, OK 275-4859

Leonard, Deb

Blanchard, OK (OKC area) (405) 387-3983

Lunsford, Kay

Nowata, OK (918) 273-3800

Meyer, Laura

Ada, OK (580) 310-0751

Mundt, Gayle

Owasso 274-8778, 694-8311

Roberts, Liz

Owasso 272-4072, 232-1451

Schultz, Pam

Broken Arrow 455-9635

Smith, April

Tulsa, mid-town 744-7397

Southard, Mary Nell

Snow/McAlester 755-4364

Warren, Priscilla

Rogers, AR (479) 636-5195

Watkins, Theresa

South Tulsa/Woodland Hills Mall 254-0578

Vinyard, Debbie

Sapulpa 227-6466

**For Mannatech call Tina Bebee 853-8803
Tulsa and BA**

8. What's Up?

- Our honey producer has just harvested his new crop. The fresh honey is flowing and we love it. Pure raw honey is a perfect food that is so beneficial to health. Call to get some today.
- I hope that some of you were able to catch Bev recently on KWHB's Tulsa 20/20. She aired with the station manager who had just been on an Adkins diet. Needless to say that sparked a lively conversation!

KWHB has spoken with Bev about having a weekly, thirty-minute cooking show. Each show would include interview, demonstration and interactive cooking class segments. Videos would be sold along with Bev's most recent cookbook. It is fun to consider the possibilities but would take some serious funding.

- We are relieved to report that Pam Schultz, our Broken Arrow dealer will soon finish her last round of chemo therapy. Keep her in your thoughts and prayers as her health is restored.
- Jeanette McMurray another Broken Arrow dealer is taking time off as her husband, Tommy, recovers from a stroke.

9. Recipes

Herbed Mini-Pizzas

3 ripe tomatoes cut into wedges

2 tbsp. Garlic Infused Grapeseed

Oil divided

Realsalt and freshly-ground Peppercorns, to taste

1 tbsp. tarragon

3/4 c. drained garbanzo beans
 1 tsp. minced garlic
 1/2 tsp. rosemary
 1/2 tsp. sage
 1/2 tsp. thyme
 4 pita rounds
 3/4 c. sliced Kalamata olives
 3/4 c. crumbled Feta cheese

1. Preheat oven to 375 F.
2. Toss tomatoes with a tablespoon of oil, salt, pepper and tarragon,
3. Saving 1/2 tsp. of tarragon for later, roast tomatoes for 12-15 minutes.
4. Mash beans with remaining oil, garlic and herbs, including remaining tarragon.
5. Spread herbed beans onto each pita.
6. Top with olives and cheese and bake 10 min. Makes 4 individual pizzas, or 6 appetizers.

Bev's Pan Fish

I learned this from Nonna and we make it when we clean out the produce drawer.

2 c. fresh summer vegetables such as squash, peppers, onions and tomatoes
 2 T. Chili Infused Grapeseed Oil
 2 garlic cloves (crushed)
 Realsalt and pepper to taste
 4 thin fish fillets (tilapia, whiting or other mild white fish)
 1-2 T. balsamic vinegar or white wine or lemon juice.

1. Slice or julienne vegetables then sauté them in oil and garlic
2. Lay fillets on top and salt and pepper fish and vegetables
3. Sprinkle vinegar, wine or lemon juice over fish and cook until it flakes easily (about 15 minutes)
4. Garnish with fresh parsley and serve.

Monster Cookies

Nobody admits to gobbling these down but they disappear so we say a monster eats them.

1/2 c. butter
 1/2 c. peanut butter

2 c. brown or turbinado sugar
 2 eggs
 3/4 t. baking powder
 1 1/4 t. baking soda
 1/2 t. Realsalt
 1 t. vanilla (Watkins is good!)
 2 1/4 c. whole grain pastry wheat flour
 2 c. rolled oats
 2 c. chocolate chips or raisins or other dried fruit (sort of whatever you feel like!!!)

1. Cream together butter, eggs and sugar
2. Stir in peanut butter then dry ingredients.
3. Add vanilla, chocolate chips/raisins mix well
4. Put flattened handfuls (golf ball size) on baking stone or sheet and bake 8-10 min. 350 F.

10. Subscriptions

We love offering newsletters to our Bare Essentials customers. Our kids are adamant about having money for cleats and tournaments and aren't so thrilled when I spend it all on printing and postage! We'll soon be updating the subscriber list and sending out renewal notifications. We hope you choose to stay informed.

If you are not a subscriber or know that your subscription is expiring, you can clip and return this form with a \$12.00 check to us for a one-year subscription. The annual subscription is 3-4 newsletters plus a holiday open house invitation.

Name: _____

Address: _____

Name: _____

Address: _____

Phone: _____

Gift

from: _____

Total # subscriptions x \$12.00 each



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