

Bare Essentials

Volume 7 Issue 2

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HEALTH WATCH

As many of you know, my mater's degree thesis was against supplementation. While I believe that using supplements as a "crutch" in place of natural whole foods is incorrect, there are times and places that both foods and natural herbs may be utilized effectively as alternative medicines. They must be used wisely though since many of them are as potent as regulated pharmaceuticals and can have counter effects. To date, nutritional supplements are unregulated so it is very important to learn dosages and active ingredients and/or consult a licensed professional. Dietitians may or may not be registered and the term "nutritionist" is loosely applied to individuals who have an interest in nutrition with or without any formal training requirement.

1. The Power of Garlic--Why Italians Can't Live Without It



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Garlic provides a host of health benefits. According to superstition, garlic is protective against vampires. To chefs, it adds flavor to almost any recipe. To naturalists and homeopaths, uses of garlic extend into medicinal remedies. The humble bulb has a history of use fighting bacteria, viruses, fungi, gangrene, blood clots, and even cancerous tumors. It is a staple of many Italian dishes and thus, an essential ingredient of the "Healthy Mediterranean Diet."

A common herb of the *Liliaceae* family, the pungent-tasting and smelling plant grows beneath the soil collecting valuable nutrients such as thiamin, calcium, magnesium, iron, potassium, phosphorus, zinc, protein, vitamin C, germanium, and selenium. Researchers continue to extol its health benefits. It is fast becoming one of the most widely studied herbs of our time.

Admittedly, garlic has a controversial past. It has been said that slaves in ancient Egypt refused to work when garlic was withheld from them. Ancient working class Romans

fondly called it the "stinking rose" and used it for both food and medicine. However, the upper classes of Egypt, Greece, Britain, and Colonial America looked down upon young Italians of rank who consumed "garlick." In the mid 17th century, garlic was believed to be protective against the Great Plague. During WW I, garlic was applied as an antiseptic to wounds to control the formation and discharge of pus. In WW II, it was known to reduce the incidence of septic poisoning and gangrene among wounded soldiers. Just recently, it was found to lessen the incidence and severity of anemia in sickle cell disease.

Although considered a plant of common people, garlic belongs to the elite of therapeutic herbs. Russians use a garlic compound as an antibiotic. It is thought to block bacterial growth by undermining the germs' oxygen metabolism.

Studies indicate that garlic is effective against the bacteria that cause tuberculosis, food poisoning, and bladder infections. Not only does it neutralize harmful bacteria, but it also protects "friendly" bacteria. It enhances the beneficial flora of the intestinal tract, aids in digestion, and strengthens immune functioning.

Garlic acts as a digestive aid by decreasing "bad" bacteria that causes putrefaction (decay). It stimulates the production of gastric juices and speeds up bowel movements. It is recommended for diarrhea, gastroenteritis, dysentery, colitis, food poisoning, constipation, indigestion, and hemorrhoids.

As an anti-fungal, garlic fights fungal infections such as yeast infections and athlete's foot. Chinese researchers even cite intravenous garlic as successfully treating cryptococcal meningitis, an often fatal,

fungal infection. Joseph Pizzomo, the author of *Total Wellness*, states that garlic has a broad range of activity against 17 strains of fungi and is more effective than nystatin, a medicine commonly prescribed to treat disease-causing fungal infections.

It is commonly known that antibiotics are useless against viral infections. Such is not the case with garlic. Garlic has been found protective against viruses. Its sulphides and disulphides are said to bond with the virus in a way that prohibits it from re-forming/reproducing. Studies indicate that garlic consumption is protective against the influenza virus by stimulating antibody production. The active ingredient in garlic is allicin, allyl methyl thiosulfinate, and methyl allyl thiosulfinate.

Increasing evidence indicates that garlic improves cardiac function. Garlic is well known for its cholesterol-lowering properties. It lowers total cholesterol while raising HDL ("good") cholesterol. It is safer than synthetic drugs for long-term use.

Garlic has antioxidant effects on certain lipoproteins (lipids encased in proteins for transport) by distributing them through to the tissues of the body. It makes the blood platelets less sticky, preventing clumping and clots. Garlic increases the blood's ability to dissolve the chemical fibrin. (Fibrin makes blood clots thick and strong.) Blood clots trigger heart attacks and strokes. Because of efficient circulation, garlic has a mild blood-pressure lowering effect.

As if you were not already impressed, garlic is believed to have tumor-fighting capacity. In a recent study, subjects who ate two to three cloves of garlic a day for three weeks, showed a significant increase in specific white blood cell activity that attack tumors. Garlic eaters' white blood cells killed over

twice as many cancer cells as non-garlic eaters' cells when compared in a laboratory dish. Since garlic contains germanium and selenium, it intensifies the activity of natural killer (NK) cells, stopping the growth and spread of cancer. Selenium is a powerful antioxidant that neutralizes free radicals that cause damage to cells. According to the *Journal of Nutrition*, garlic and its associated sulfur components "suppress tumor incidence in breast, colon, skin, uterine, esophagus, and lung cancers."

There is more. Historically, garlic has been used as a natural expectorant. It loosens mucus by making bronchial secretions thinner and easier to cough up. "Syrup of garlic" has been recommended for bronchial asthma. From intestinal parasites, inflammation, diabetes, ear infections, nausea, vomiting, colic, and indigestion to inflammation of the nerves, mental depression, and liver and gall bladder damage, garlic has been found beneficial. Garlic has become so interesting and scientifically important that an international symposium was held in Berlin to discuss the far-reaching benefits of this effective medicinal herb.

With the popularity of garlic, countless supplements have hit the market. To assure the proper therapeutic benefit, only standardized products that list the form and active ingredients. As for dosage, garlic is considered safe even at high doses but can cause stomach upset. Since garlic is a known blood thinner, individuals facing surgery or who are on prescribed blood thinning medications, should avoid using garlic therapeutically or discuss its use with their doctor. Generally though, garlic is considered safe, effective, and as close as your kitchen cupboard or your backyard garden.

2. Herbal Stimulants

Botanical stimulants are some of the hottest supplemental food products on the market. Thermogenic or activity promoting herbs are popular among some health-oriented individuals because they perform well as substitutes for dangerous and addictive street drugs. People continue to seek short cuts to weight loss and want access to substances that give them a "lift." These are some of the most popular:

- Ginseng--Considered a "hormonal herb," *Panax ginseng* regulates the endocrine systems of both sexes. Its stimulative effects come from at least 13 different chemicals, the triterpenoid saponins, collectively known as "ginsenosides." In conjunction with gota kola and cayenne, these herbs act as a "pick me up" and decelerator of the aging process. This particular combination is also believed to regulate blood pressure and blood sugar levels, benefiting the pituitary and adrenal glands, increasing energy, prolonging endurance, and elevating a sluggish libido.
- Gota Kola--Known as the "memory herb," *Hydrocotyl asiatica*, tends to stimulate general brain function and creative thinking. It is believed to increase one's ability to learn and has been used to treat nervous breakdown and senile dementia but not Alzheimer's or chronic fatigue syndrome. The mildly bitter herb reduces mental fatigue, forgetfulness, and chronic energy loss. Its chemical components (vitamin K, magnesium, theobromine, catechol, and epicatechol) stimulate the central nervous system to eliminate depression, elevate sex drive, and decrease fatigue. In combination with the herb eclipita, it is said to promote hair growth.

- Cayenne--This is a medicinal herb sometimes used as a seasoning agent which has recognized therapeutic action. It serves as a tonic and stimulant to the immune, circulatory, and other body systems by regulating blood flow from the head to the feet. The heart muscle is immediately influenced by *Capsicum minimum*, or cayenne, which extends its benefits to the arteries, capillaries, and nerves. The frequency of its pulse is not increased yet the heart is given more power. As a gargle, cayenne is corrective for sore throat, tonsillitis, and halitosis. The catalytic ingredients in cayenne are anthraquinone, calcium, essential oils, cascariosides, inositol, manganese, PABA, potassium, vitamin B complex (especially B2 and B6).
- Jamaica Ginger--*Zingiber officinale*, is considered a substitute for cayenne because it has a milder, more diffuse effect. It is a stimulant to the bowel and acts as a mild laxative. Bisabolene, borneol, borneol, camphene, choline, cineole, citral, gingerol, inositol, volatile oils, PABA, phellandrene, acrid resin, sequiterpene, niacin, pantothenic acid, zingerone, and zingiberene are found in this herb and offer colon cleansing, circulatory stimulation, and reduction of spasms and cramps in the gut.
- Virginia Snake Root-- This remedy, *Aristolocia serpentaria*, has varied use as an aphrodisiac, heart stimulant, diuretic, expectorant, antifever remedy, and antispasmodic. Since it stimulates the gastric membranes, it is a worthy digestive aid, activates the secretive organs, and enhances the effectiveness of other herbal agents. Snake root combined with cayenne, and ginseng provides a powerful tonic tea. For

medicinal use, snake root is used as a remedy for rheumatoid arthritis, osteoarthritis, and other forms of rheumatism. It is beneficial for relief of nettle rash, poison ivy, poison snake bite, and genital or rectal discomforts.

- Peppermint--Peppermint, or *Mentha piperita*, is a mixed bag that can act as a stimulant or sedative. Mostly, it is used as an excitant or is applied as an antispasmodic. The long time oil of a popular candy has been found to strengthen the muscles of the heart and nervous system, aiding in digestion, cleansing, giving tone to the body, and soothing the stomach. Peppermint is considered one of the most widely used medicinal herbs in the world. Its synergistic ingredients include menthol, menthone, methylacetate, volatile oils, tannic acid, terpenes, and vitamin C. These chemicals increase stomach acidity, irritate mucus membranes, and activate the gastrointestinal tract for increased digestion. A caution is that peppermint may interfere with the absorption of iron.
- Cloves--*Caryophyllus aromaticus* has medicinal benefit as an aromatic stimulant by causing antiseptic, digestive, antispasmodic, and anti-vomiting action. It stimulates the excretory organs to disinfect the kidneys, skin, liver, and bronchial membranes. Oil of cloves is a powerful aromatic for treating toothache, used as a liniment, and to cover the bitter taste of other herbal blends. It increases blood circulation, promotes digestion, increases body temperature, and tightens the skin.
- Horseradish--A popular condiment, horseradish, or *Cochleria armoracia*, is

a prolific stimulant for the digestive organs, kidneys, skin, and circulatory system. It offers pleasant warmth to the stomach, increases kidney function, relief to the gall ducts, and triggers intestinal activity. Horseradish is used to relieve bronchitis, coughs, sinusitis, gastric distress, jaundice, malnutrition, low blood pressure, and more.

- Black Pepper--an essential ingredient in Caesar salad, *Piper nigrum*, offers a stimulative, tonifying, antiperspirant, rubefacient, and fever-reducing effect. As such, it is also a substitute for cayenne and useful for stimulating the gastro intestinal tract. It has been found effective for treating cholera, colic, fevers, flatulence, indigestion, rheumatism, sore throat, and gum trouble.
- Prickly Ash--Known scientifically as, *Zanthoxylum americanum*, prickly ash is a general heart stimulant. With an action slower than cayenne but more effective long-term, it acts like a tonic, antiseptic, and nervine. Acting on the mucus membranes, the volatile oils of prickly ash are an excitant, antispasmodic, and carminative. Its medicinal properties offer use for asthma, cholera, cold extremities, colds, colic, diarrhea, edema, female problems, flatulence, liver problems, backache, sores of the mouth and throat, toothache, ulcers, and wounds.

3. Gastric Acidophilus

A key to optimal health is proper nutrition. Not only must we ingest healthy foods, but also our bodies must have the necessary agents to digest and absorb them. The gastrointestinal tract includes the esophagus, stomach and intestines that work together to

digest and properly eliminate waste. A host of "good" or probiotic (non-pathogenic) bacteria assists along the digestive tract. They help digest food, process waste, and reduce the number of "bad" or harmful bacteria (which have the potential to cause disease and illness).

Some of the best-understood probiotic bacteria are members of the *Lactobacillus* and *Bifidobacterium* groups also known as lactic acid bacteria. They are available naturally in buttermilk, yogurt, cheese, sausage, and acidophilus milk (and our intestinal tract!).

Probiotic bacteria aid in digestion. Lactose, a sugar found in milk, is converted to lactic acid by these bacteria.

About 50 million people in the U.S. have partial to complete lactose intolerance. Lactose intolerance results from an inability to digest lactose due to a failure of the intestinal mucosa to produce the enzyme, lactase. This can be the result of genetics, disease, or age. Non-absorbed lactose in the gut causes bloating, cramping, and gas. Lactic acid bacteria have been found beneficial to the breakdown of lactose and therefore, improve its digestion and tolerance.

Probiotic bacteria help prevent yeast infections and reduce the risk factors associated with colon cancer. People suffering from inflammatory bowel diseases, such as ulcerative colitis and Crohn's disease may find ingesting or supplementing *Lactobacillus acidophilus* in their diets. Probiotic bacteria are also said to improve skin conditions such as eczema and dermatitis. If you are considering over the counter supplementation, select a product with both *Lactobacillus* and *Bifidobacteria*

with at least one billion *live* bacteria per dose.

4. Antioxidants

by [Miranda Hitti](#), WebMD Medical News

The next time you order pizza, grill burgers, or make a salad, you could boost your antioxidant intake by tossing in a few mushrooms.

Antioxidants are chemicals found naturally in foods including fruits, vegetables, whole grains, nuts, and legumes. They are also in tea, wine, and coffee. There are thousands of antioxidants. Scientists do not have them all figured out, but they have found plenty of signs that antioxidants help protect the body from harsh environments and disease. For instance, researchers reported in August that antioxidants in brightly colored fruits and veggies might lower some types of arthritis. In June, another study showed that antioxidants in fruit and vegetable juices might reduce the risk of Alzheimer's disease. Antioxidants have also been studied for their effects on heart health and cancer.

Marvelous Mushrooms

When it comes to one particular antioxidant, mushrooms muscle aside the competition, new research shows. Move over, wheat germ. Take a number, chicken liver. Until now, those two foods were trumpeted as the best known food sources of the antioxidant ergothioneine, but mushrooms beat them easily, according to a Pennsylvania State University news release. Penn State researchers including food science graduate student Joy Dubost jotted down every little bit of ergothioneine in different kinds of mushrooms. Their results were presented in Washington at the 230th national meeting of the American Chemical Society.

Top-Ranked Mushrooms

Even the white button mushroom -- America's most commonly eaten mushroom -- has 12 times more ergothioneine than wheat germ and four times more than chicken liver. More exotic mushrooms - such as shiitake, oyster, king oyster, and maitake mushrooms -- have even more of the antioxidant, the news release states. Which mushrooms rate highest for the antioxidant? Portobellos, write Dubost and colleagues in their report.

Fungus Among Us

Mushrooms are fungi. That may not sound very glamorous, but many mushrooms are upscale gourmet fare, and some have been used in traditional medicines. Browse through supermarkets, Asian groceries, or farmers' markets and you may find shiitakes, oyster mushrooms, portobellos, and white button mushrooms. Cooking does not hurt ergothioneine levels.

5. Pass the Butter Please

Forwarded by Mary Erb, Mannatech

Did you know that BUTTER is better for you than margarine for both weight loss and heart health?

Both butter and margarine have the same amount of calories. Butter is slightly higher in saturated fats at 8 grams compared to 5 grams. However, eating margarine can INCREASE heart disease in women by 53% over eating the same amount of butter according to a recent Harvard Medical Study, which looked at the dietary habits of thousands of women. Eating butter increases the absorption of many other nutrients in other foods. Butter has many nutritional benefits where margarine has a few only because they are added!

Butter tastes much better than margarine and it can enhance the flavors of other foods, causing us to be satisfied with less food. Butter has been around for centuries where margarine has been around for less than 100 years.

Now for Margarine...

- > Very high in Trans Fatty Acids...the BAD type of fats
- > Triples risk of Coronary Heart Disease...
- > Increases total cholesterol and LDL (this is the bad cholesterol) ...
- > Lowers HDL cholesterol, (the good cholesterol)
- > Increases the risk of cancers by up to five fold...
- > Lowers the quality of breast milk in nursing mothers...
- > Decreases immune response...
- > Decreases insulin response which can result in weight gain...

In addition, here is the most disturbing fact.... Margarine is but ONE MOLECULE away from being PLASTIC... This fact alone was enough to have me avoiding margarine for life and anything else that is hydrogenated (this means hydrogen is added, changing the molecular structure of the substance).

YOU can try this yourself: purchase a tub of margarine and leave it in your garage or shaded area. Within a couple of days you will note a couple of things:- no flies, not even those pesky fruit flies will go near it (that should tell you something); it does not rot or smell differently; because it has no nutritional value, nothing will grow on it. Even those teeny weenie microorganisms will not find a home to grow. Why? Because margarine is nearly plastic. Would you melt your Tupperware and spread that on your toast?

The moral of this story: Buy butter (but use

it sparingly). Leave the margarine on the store shelf.

For advice on innovative nutritional supplements call Jeff or Mary Erb @ 918-234-3774

6. Recipes

Correction to Jeanette's Bread--while grinding the multigrains of your choice, into flour is fine, Jeanette says that she likes them used whole also. Experiment with this recipe and invent signature artisan bread of your own.

Jeanette's Multigrain Flax Bread

6 c. warm water
2/3 c. grapeseed oil
2/3 c. honey
2 T. Realsalt
2 T. dough enhancer
1/3 c. multigrains
1/3 c. vital gluten
1/3 c. quinoa flour
1 c. ground flaxseed
10 c. hard red and white wheat flour
3 T. SAF yeast
2 additional c. multigrains
2-3 additional c. hard red and white wheat flour

Stir together in Bosch Universal kitchen machine until mixture clears sides of bowl. Turn machine off and let dough rest 10 minutes then turn to speed 2 and knead 6-8 minutes. Shape into loaves, "spank" out air bubbles and place in bread pans. Let rise for 20-30 minutes then bake until golden brown in 350 degree, pre-heated oven.

Nonna's Basic Homemade Cake

1 stick butter
1 1/2 c. sugar
3 eggs

2 c. flour
2 t. baking powder
1 t. vanilla

For filling, use marmalade or
make a custard of sweet marsala or
vermouth, 2 egg yolks, and sugar.

For icing, use a butter, powdered sugar,
cream, and vanilla.

Pizzelle

3 eggs
1 3/4 c. soft pastry wheat flour
3/4 c. sugar
1 t. vanilla or other extract (rum, orange,
almond, etc.)
2 t. baking powder
1/2 t. anise seed or extract, optional

Beat eggs and sugar. Add cooled butter and
flavoring. Stir in flour and baking powder to
egg mixture. Batter will be stiff enough to
drop by spoonful onto hot pizzelle press.
Cook until cooking brown lightly on edges
then remove from press onto cooling rack
and dust lightly with powdered sugar. These
look like snow flakes or lace and can be
formed into rolls or cups when warm.

Jeannine's Bread Pudding with Red Berry Sauce (beautiful for the holidays)

Bread Pudding

5 eggs
2 c. of sugar or fructose
2 t. vanilla
1 t. cinnamon
1/2 c. (1 stick) butter, melted
4 c. Half and Half
6 oz. (1 box) Bakers White Chocolate
1 loaf of French Bread

Cook white chocolate and 1/2 & 1/2 over
medium heat about 5 minutes, stirring
frequently until chocolate is melted.

Combine eggs, sugar, vanilla, cinnamon,
butter, 1/2 & 1/2; whisking after each
addition. Tear bread in bite size pieces. Pour
egg mixture over bread pieces. Soak for 5
minutes. Pour into a 9x13" baking dish
sprayed with nonstick spray. Bake at 350
degrees for 40 minutes.

Red Berry Sauce

1 package (10 oz.) frozen raspberries
3/4 c. cranberry juice cocktail
2 T. sugar or fructose
2 T. cornstarch

Jennifer's Chai Tea

Chai Powder
2 sticks cinnamon
1 t. ginger powder
3-4 cloves
4-5 cardamons
1/2 t. fennel
1 peppercorn

Grind in a small coffee-style grinder. Store
airtight

To make tea:

3 c. water
1 lg. or 3 small tea bags (steeped--
BrookeBond Red Label is their favorite)
2 c. milk
1 t. masala (powder above)
3 t. honey

Lemon Delite (from Jane Faber who says
you can name it what you'd like! enjoy!)

1 3-oz pkg. of sugar-free lemon Jell-O
1 c. boiling water
1 1/2 c. crushed low-fat graham crackers
3 T. light butter, melted
1 T. packed brown sugar
8 oz light cream cheese
1 T. fructose
2 T. lemon juice

2 t. grated lemon zest
1 t. vanilla
4 c. light frozen whipped topping, thawed.

Dissolve Jell-O in boiling water, and refrigerate until slightly thickened but not set (45 min.).

Combine graham cracker crumbs and melted butter and brown sugar. Mix well. Spray 9 x 13-inch pan with non-stick spray. Press graham cracker mix over bottom of pan. Refrigerate while you make filling.

Beat together cream cheese, fructose, lemon juice, zest, and vanilla on high speed. Beat until smooth. Add thickened Jell-O and beat on medium speed until well blended. Fold in whipped topping. Pour lemon mixture over prepared crust and spread evenly to edge of pan. Refrigerate for 4 hours until set.

7. What's Up?



Bev spoke to a group of 300 at the 70th Birthday Bash of the State Extension Office.

Her candid push for high fiber talk during lunch made them think twice about what they were eating!

- Contrary to popular belief, we have not fallen off the face of the earth. However, we might have momentarily stepped off the planet for a small break in the routine to get the kids back in school and sports, etc. Here is what's happening:
- Andrea has gone back to school to complete a nursing degree.
- Bev has been consulting as a food science specialist and conducting food health and safety inspections of restaurants in her free time (What free time?).
- Nonna has moved into an apartment and is enjoying being on her own again.
- Bev's son, Nathan broke his arm skate boarding. The good news is that his arm healed so beautifully that the cast was removed in just 3 1/2 weeks and now he just wears a protective splint for sports.
- The mornings are beginning to have a chill in the air--perfect for the warmth and aroma of freshly baked bread!
- A new delivery of grains will be arriving soon and should be enough to get us through the fall/holiday-baking season.
- We are finally set up to accept payment by credit card and dealers can go on line to purchase and drop ship equipment using their own credit cards.
- Unfortunately, the Whisper Mill company (whose "lifetime" warranty backed their mill) is out of business. Somehow the owners have managed to

go back in business as Wonder Mill with the manufacturer backing their mills. I am not exactly sure where that leaves those of us who have the Whisper Mill. My own demo model was in their shop when they closed their doors and it has not been returned to me so I am wary of future dealings with this group of people.

8. Upcoming Cooking Classes

Enroll on line @cookingwithgrains.com, by mail or call Debbie Vineyard (378-1200) to enroll in a Sapulpa class, leave a message for Bev (272-4207--then push 2 for classes) or liz Roberts (272-4072) to enroll in an Owasso class.

Busy/Week-End Menus

Sunday, October 16, 2005 1:30-4:30 PM
Owasso
\$40.00

Learn to make foods in advance that your family and friends can enjoy later. From night before breakfast casserole to muffin bases for a variety of quick breads and crumb cakes, this class is necessary for would-be chefs on the go.

Year Round Outdoor Cooking

Thursday, October 27, 2005
6:00-9:00 pm
Sapulpa
\$45.00

Relax on a beautiful hilltop and enjoy the fall colors as we fire up the outdoor hearth and do some wood fired cooking. Bring a friend, spouse, child or date for this fun evening.

Basic Whole Grain Bread Making

Sunday, November 6, 2005
1:30-4:30 PM

Sapulpa
\$40.00

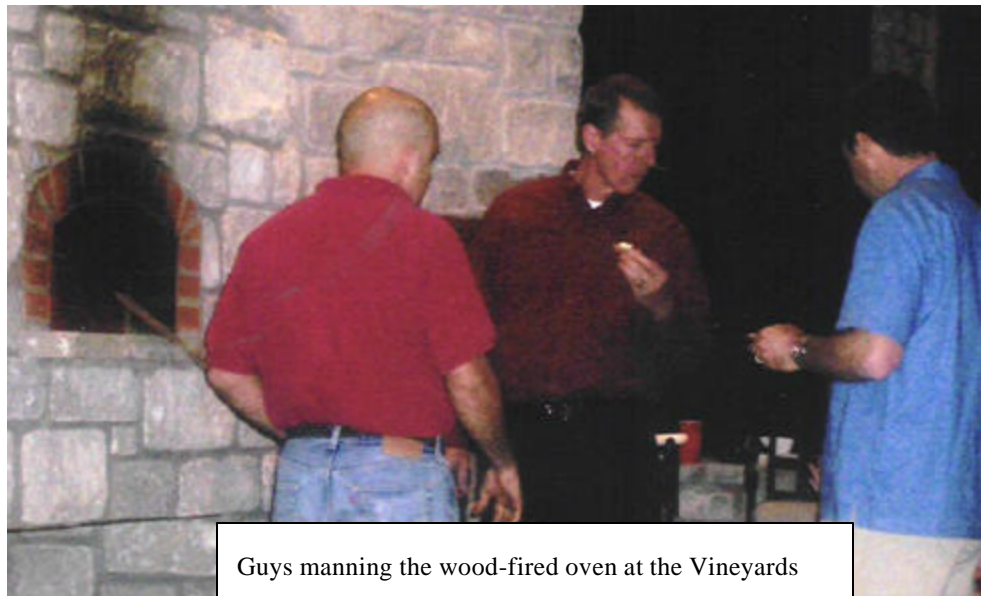
The history of grains and bread making is taught. Learn the fundamentals of whole grain baking, starting with whole grain bread made from scratch. You will learn how to prepare the basic bread, focaccia, pizza, cinnamon rolls, nine-grain cracked dinner rolls, meat braid, cheeseburger roll-up, monkey bread and seed bread.

Beyond Bread

Friday, November 18, 2005
10:30 am-1:30 PM

Owasso
\$40.00

A new class with a family-friendly twist. From homemade pot pies to cobblers and bars, learn to make meals in a minute using a variety of nutritious whole grains.



Guys manning the wood-fired oven at the Vineyards

Italian Soups and Breads

Sunday, December 4, 2005 (may change)
1:30-4:30 PM

A new class created to introduce new ethnic soups and breads. Learn how easy it is to

make a meal out of hearty breads and healthy soups and stews. Test your understanding and skills while you taste, interact, and learn from the pros.

Basic Whole Grain Bread Making

Friday, December 16, 2005 (may change)
1:30-4:30 PM

Owasso
\$40.00

The history of grains and bread making is taught. Learn the fundamentals of whole grain baking, starting with whole grain bread made from scratch. You will learn how to prepare the basic bread, focaccia, pizza, cinnamon rolls, nine-grain cracked dinner rolls, meat braid, cheeseburger roll-up, monkey bread and seed bread. Established bread-makers that have already taken this class can enroll for half price with a full-pay friend.

9. Dealers

**Authorized Bare Essentials Dealers
Accepting New Customers Are:**

Beasley, Ludi

Tulsa 749-4556

Doudican, Mary Lou

Tulsa, mid-town 747-8999

Hamersley, Jerry

Collinsville 371-2753

Hyink, Rebecca

Owasso 371-8882

Leonard, Deb

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

Lunsford, Kay

Nowata (918) 273-3800

Mundt, Gayle

Owasso 274-8778, 694-8311

Roberts, Liz

Owasso 272-4072, 232-1451

Schultz, Pam

Broken Arrow 455-9635

Southard, Mary Nell

Snow/McAlester 755-4364

Warren, Priscilla

Rogers, AR (479) 636-5195

Vinyard, Debbie

Sapulpa 398-0606

Tina Bebee 853-8803 Tulsa and BA

For advice on innovative nutritional supplements call Jeff or Mary Erb @ 918-234-3774

10.

Mail your class registrations or sign up on line using pay pal.

Name _____
Address _____
Phone _____
e-mail _____

Sign me up for the following classes:

payment enclosed \$ _____

Please consider adding or developing the following new or existing classes:

Please renew my newsletter subscription

Check here _____

Add this guest subscription:

Name _____
Address _____
Phone _____
e-mail _____

Total # _____ @\$12.00 ea.

I am searching for a local Bare Essentials dealer in my area which is _____



Bare Essentials
10105 Bridgewater Circle
Owasso, OK 74055

(cookingwithgrains.com)