

Natural Healing Express Weekly

Column Volume 125 Greens, Greens, Greens Part I

This week we will start a three part series on those leafy items that your doctor keeps telling you to eat. Yes, Greens. Great and wonderful, these nutrient dense greens are blessings to the body. First, we will explain the benefits of greens and then go through a few of the most popular greens based on health benefits.

Leafy greens are good sources of several vitamins, including Vitamins A, C and K (good for bone health) and Folic acid. They are rich in minerals such as iron, potassium and magnesium. In some leafy greens, primarily spinach, collard greens and kale, the calcium content is significant.

Greens contain phytochemicals which are natural antioxidants. Greens are anti-inflammatory, which can help to regulate blood pressure and blood sugar as well as help detoxify the body.

Many contain carotenoids which help the eyes and flavonoids, mainly quercetin, which have been known to help protect against cancer.

Kale, collard greens, mustard greens, chard and spinach are reliable sources of Omega 3 fatty acids. Greens are high in fiber and very low in calories which help with not only digestion, but also with weight loss.

Most greens contain chlorophyll which is a great support to the intestinal system and terrific as an overall support to healthy body functions. When concentrated, there are several studies that show chlorophyll is effective in anti-aging.

Greens that we will discuss individually include: Arugula, Asian Greens, Beet Greens, Bok Choy, Broccoli Rabe, Chard, Collard Greens, Dandelion Greens, Escarole, Kale, Mizuna, Mustard Greens, Radish Greens, Spinach, Tatsoi, Turnip Greens and Water Cress. I will also provide a few tasty recipes as we go. I cannot stress enough how great these are for your body. Energy levels will pick up! What you put in your body is critical to great health!

Let's begin with Arugula which is a member of the cruciferous vegetable family. It has a bold, not bitter taste that to many would appear to taste like a mustard or perhaps a pepper. Baby Argula is not as pungent and can be eaten raw.

Asian Greens lump an entire category together which include Chinese mustard cabbage, water spinach and Chinese Flowering Cabbage. These are not readily available in our market, unless you are near Chicago and elect to go to a Chinese Specialty Store or Chinese grocery store. There is a difference between Japanese and Chinese greens and I will explain more on this later.

Beet Greens can be purchased in most stores in our local area. They are simply the leaves and stem of the bunch of fresh beets you may already be purchasing. So, this is kind of a two for one bonus. You can enjoy the beets and now have a use for the greens. They taste somewhat salty and are wonderful for juicing.

Bok Choy is also readily available and can be enjoyed in many recipes. There are several varieties and the most abundant in our area is Baby Bok Choy. These are simply wonderful and are considered to be a super food and of course, a super nutrient. This means SUPER good for you !

Here is a delicious recipe: Stir Fry Bok Choy & Snow Peas with Shiitake Mushrooms

Ingredients: 1 TBSP olive oil, 1 onion sliced, 1 TBSP dark sesame oil, 1 Bunch of Bok Choy (sliced diagonally, leaves chopped) 6 ounces of Shiitake Mushrooms, sliced, 2 cups of Snow Peas, 2 TBSPS soy sauce, 3 TBPS dry Sherry (and a cup for the chef) 2 tsp fresh ginger, pepper to taste.

Heat the oil in large skillet or wok. Add the onion and stir fry over medium heat until translucent. Drizzle the sesame oil and turn the heat up high. Add bok choy, shiitakes, snow peas, soy sauce and ginger. Stir fry until vegetables are tender. Add soy sauce / pepper to taste.

Next week we will discuss more greens!

Enjoy! Hope to see you soon and as always, please contact us via one of the following methods. Natural Healing Express: Phone 815 990 8732, email: [skscham@aol.com](mailto:skscham@aol.com) 204 W Main St, Lena, IL 61048.

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