



Nature's Cornucopia - Healthy Seasons

HAPPY ANNIVERSARY TO US!

Greetings!

Wow! It's hard to believe, We're celebrating 34 years in McHenry, & me, as the owner for 7 years!

I have been so blessed and honored to serve this community, & I am grateful for

your continued support! I am also thankful for God's provision of an awesome staff:

Jean, Tina, Lorinda, Leigh, Ivy, Margaret, Joyce and Barbara Kravets, (Max too!)

I also want to thank Bill Busse and Guenter Scheel of 1st National Bank of McHenry, for their support.

This past summer I decided to work less hours to rest and rejuvenate. When you come in if you would like to speak with me and I am not in the store, I may be home working. Just let the staff know and I am happy to be available for a phone call from

you, or leave your phone number and I will call you back. My usual schedule is Wed-Sat.

The staff has been enrolled in an nutritional education program this past year. We are all passionate about our opportunity to learn & work in this field and enjoy sharing our ideas and what we have learned with you.

Barbara Kravets is available for private nutrition counseling. She is a valuable resource! Ask for her schedule.

We are looking forward to our special events this fall! Check out the back of the newsletter for more info and look for postings in the store.

I have loved working with you and feel truly blessed and at home, feels like family.

Blessings Anne Worth

Customer

Appreciation Day

SUNDAY SEPT 24 , 12-3PM

NATURAL FOODS BUFFET

PREPARED BY OUR STAFF AND

MICHAELS BISTRO

**PRIZES, SAMPLES,
& SAVINGS TOO!!!**

ONE DAY ONLY

20% OFF EVERYTHING

INCLUDING SALE ITEMS !!!!

PLEASE COME

Can you taste it? Fall is coming..... Welcome to Nature's Cornucopia's new Friday demos.

Do you ever come into the store and wonder what some of the food here tastes like?

Well, starting this fall, we will be having food demonstrations with awesome healthy recipes and ingredients all from

Nature's Cornucopia. Quinoa, Falafel, tasty enchiladas, wheat & gluten-free products and much more will be available for tasting. We know you have any healthy recipes, please share them with us.

If you have any suggestions for new demo items to taste,

please let us know. Any recipes used for demos will be included in each month's recipe exchange.

Leigh Fike

These are a few of my favorite things Jean Ghera

Tension Rx: I have seen a decrease in my essential tremors, and a general settling.

Tension Release: This has shown to be calming to my nervous system.

Sinufix: This is the best allergy aid I have ever used, it even helps with my cat allergies.

Awesome Healthy Recipes - Ivy Dodge

Gourmet Pan Pizza - (WF GF YF)

Crust (In Blender):

Blend 'til smooth:

16 oz silken Tofu

2 Eggs

1 T Oil (Extra Virgin Olive)

½ tsp Finely Ground Sea Salt

Add & Blend again:

1 ½ cups WF GF Flour (Bob's Red Mill has a nice selection, I used the all purpose flour)

(If you use the baking mix, skip the baking powder)

2 tsp Baking Powder (Aluminum Free)

Mixture should be of thick cake batter consistency

Do you miss pizza because of a wheat & gluten-free diet?

The wait is over. Try this recipe!

Pour crust mixture onto oiled 11" x 15" or 12" round pizza pan, spread to edges with rubber spreader/spatula. Pre-bake crust at 400* F until golden and crusty on edges, still soft in the middle, time varies with oven, so check on it visually.

Remove from oven and apply Pizza Sauce of Choice. Use Sicilian Topping Recipe or topping of your choice. Top with 8 - 12 oz. shredded mozzarella or hard goat cheese, Yummy! Bake at 400* F approximately 30 minutes or until cheese is golden to taste and bubbly all over. Enjoy!

Sicilian Style topping:

1 full head of Italian parsley, no stems, 2-3 cups chopped

3 medium bell peppers, 1 each Red, Orange, Yellow, chopped fine

3-6 cloves of garlic, depending on taste, finely chopped

1-2 medium white onions, minced

Mushrooms, if desired.

Salt and Pepper to Taste

Chop or mince all ingredients finely, mix together in large bowl. Spread on sauce in thick layer, drizzle with Extra Virgin Olive Oil before cheese layer.

Try this wheat-free variation of Tabouli, a middle eastern chilled grain salad. Even better as leftovers, and great when heated too!

Quinoa Tabouli

Prepare:

3-4 cups cooked Quinoa (whole grain) (follow directions on box to cook)

Set aside and cool

Prepare and Set aside:

1-2 large ripe tomatoes, chopped

¼ cup red onion, minced

Dressing (in blender):

Equal Parts Lemon Juice (fresh or bottled) & Extra Virgin Olive Oil (approximately ¾ cup each)

1 & ½ cups Curly Parsley, no stems

¾ cup fresh mint

¾ cup chopped green onions or chives

3-4 medium sized carrots, chunked

2-3 cloves Garlic, crushed

Salt & Pepper to taste

Blend all dressing ingredients in blender until dressing is of milkshake consistency, with a nice orange-green tone.

Gently fold cooked grains, dressing, tomato and red onion in serving bowl. Chill at least 2 hours before serving for flavors to blend. Better when prepared 8-12 hrs in advance.

Lemon Cod Liver Oil Salad Dressing

In bottom of salad bowl or in glass measuring cup, cruet, etc.....

Equal parts:

Carlson's Lemon Flavor Cod Liver Oil

(or Original Fish, if you like it)

&

Extra Virgin Olive Oil

Add to taste: Lemon Juice or vinegar of

choice (white wine, or rice vinegar is great)

Salt and Pepper

Whisk with fork

Add:

1 tsp of mayo or soft goat cheese to emulsify, whisk again for a nice creamy texture

Enjoy!

Recipe can be doubled or tripled for large salads.

Also good on fish and vegetables!



Don't like taking your Cod Liver Oil?

Here's a hint: Try it as a delicious salad dressing!!

Quinoa - A Versatile, High Protein, Pseudo-Grain

Quinoa, (pronounced “Keen-wa”) comes from the Andes Mountains of South America. Its origins are truly ancient. It was one of the three staple foods, along with corn and potatoes, of the Inca civilization. Quinoa was known then, and still is known, with respect, as the mother grain.

- **Quinoa contains more protein than any other grain;** an average of 16.2 percent, compared with 7.5 percent for rice, 9.9 percent for millet, and 14 percent for wheat. Some varieties of quinoa are more than 20 percent protein. Quinoa's protein is of an unusually high quality. It is a complete protein, with an essential amino acid balance close to the ideal ... similar to milk! Quinoa's protein is high in lysine, methionine and cystine. This makes it an excellent food to combine with, and boost the protein value of, other

grains (which are low in lysine), or soy (which is low in methionine and cystine).

- **Rich & Balanced Source of Nutrients**
Besides its unique protein, quinoa also provides starch, sugars, oil (high in the Omega-3 essential linoleic acid (ELA), fiber, minerals, and vitamins.
- **Easy on the Stomach**
Quinoa is light, tasty, and easy to digest. It is not sticky or heavy like most other grains, and it has a delicious flavor all its own.
- **Quick and Simple to Prepare**
A whole-grain dish of quinoa takes just 15 minutes.
- **Versatile**
Quinoa can be substituted for almost

any grain in almost any recipe. It looks and tastes great on its own, or in any dish from soup to salad. In recipes, you can use it as a rice substitute.

- **Perfect for Summertime**
Many people eat grains only during the colder months, but quinoa's lightness combined with its versatility in cold dishes like salads and desserts makes it an ideal source of good summertime nutrition.
- **Kids love it!**
Quinoa is an excellent source of nutrition for infants and children

Spicy Spinach Meatloaf

Mark Shaffer

2# Ground Shelton's Turkey

1 cup each diced onion & celery

5 cloves minced garlic

1 cup Ener-G Rice Bread crumbs

2 Phil's Eggs

1 cup Annie's ketchup (GF)

1/2 cup Annie's mustard (GF)

1cup River Ranch Spinach Artichoke Dip
(for GF substitute chopped artichoke hearts, chopped spinach, any peppers)

Worstestechire, salt, pepper to taste

Sautee onions, garlic and celery until tender and cool.

Then combine all ingredients in a large bowl.

And Mix.

Pat into a large baking dish and bake covered at 375 for one hour.

Take out and drain excess liquid and cook uncovered for 1/2 hour.

Serve with Barbara's Mashed Potatoes

and Cascadian Organic Green Beans for an awesome healthy comfort meal!!

Yummy!!!!

Freeze leftovers, if you have any!!!!

The key to success is the smell of the raw ingredients mixed should smell good enough to eat!!

BACK TO SCHOOL WITH HEALTHY SNACKS.....TINA FALCO

- Applegate Farms has several choices of sliced free range meats, with no chemicals or hormones!
- Organic Valley organic cheeses are great with crackers or fruit. And try the Alta Dena Goat Cheese, good flavor.
- Annie's Cheddar Bunnies & Annie's Graham Bunnies are some of my kids favorites.
- Bare Fruit presents new dried ORGANIC fruit, with no sulfur, mango, apples, cherries, and more!
- Horizon Organic milk now comes in single serving sizes and 3 flavors.
- Stevita offers 4 different flavors of all natural drink mix, sweetened with calorie-free Stevia.
- Tree of Life Organic Apple sauces in to go cups.
- Redmond's Almond Butter is the only almond butter on the market made in a peanut free facility.
- Mrs. Mays Nut Crunches small bite size nut delights with rice malt sweetener, scrumptious! 5 varieties
- Just In!! Lunch Box Polycarbonate Bottles in fun colors for water, juice or drink mixes!!!

	Event	Date
<p><i>Good Health and Peace to All</i></p>	Customer Appreciation & Anniversary Party	September 24, 2006 12-3pm
	Demo Days	Fridays, Starting 9/29/06
<p>Visit us at our website: www.naturescornucopia.com</p> <p>Send us your email address and we will send you a coupon for you to</p>	Barbara Kravets, LCN, CCN, nutrition counseling	1 Sunday and 1 Wednesday
	20% off EVERYTHING Day	September 24, 2006
	Seminars by Dr. Spengel	Schedule to be Posted

What is Naprapathy? by Lorinda Dodge

From both Czech and Greek root words meaning, "to correct suffering", naprapathy treats the muscles, tendons, and ligaments of the back, neck, and joints. These connective tissues are found throughout our bodies and form a complex network, that, when out of balance, can cause pain and stiffness. Imbalance can be caused by poor sleeping positions, faulty posture, improper body motions, family history, trauma, falls, and sports injuries. Naprapathy treats these imbalances through gentle, manual manipulation on the connective tissues. Doctors of Naprapathic medicine evaluate connective tissue disorders in various ways, including: spinal exam, medical history review, orthopedic and neurological exams, muscle and range of motion testing, MRI's, etc. Treatment methods include: gentle manipulation, electro-therapy, ultrasound, soft laser, infrared, hot/cold packs, traction and exercises. Common conditions treated include low back pain, shoulder and joint pain, neck pain, headaches, tennis elbow, whiplash, fibromyalgia, sciatica, spasms, sprains/strains, and TMJ. Naprapaths are licensed in the states on Illinois and New Mexico. They can also administer prescribed orthopedic physical therapy.

I have suffered for 30 years with chronic pain from congenital spinal deformities. Having used chiropractic for 20 years, Naprapathy has greatly improved my quality of life. I have been receiving treatments from Dr. Kunkel, a licensed Naprapath, for almost a year. His exams and treatments are very thorough. As a practitioner of a healing profession, I highly recommend Dr. Kunkel's treatments!

Dr. Andrew Kunkel Elm Street McHenry 815-344-6582

Max's Pet Picks



Many of you have met Max, our canine greeter in his Hawaiian shirt. His human is Anne, our owner.

Max wanted to contribute something to our first newsletter. and had some suggestions for pet products in our store.

- Solid Gold Tiny Tots Dog treats. (He loves them)
- Solid Gold Lamb Jerky Dog Treats. (Loved by Max and so tempting, Ivy Dodge ate some too!)

- Evanger's Organic Turkey Dinner
- Solid Gold Hundenflocken
- Now Fish Oil

For Keeping the Biters at Bay

- Flea and Tick Spray by Quantum.
- Dr. Bronners Liquid Peppermint Castile Soap for an all natural flea bath
- Diatomaceous Earth sprinkled on bedding and carpets works well too. Vacuum up and throw away bag!

Fall Animal Care Tips - Margaret Reiland

During less humid fall and winter months, indoor and outdoor pets need extra oils and Omega-3's in their diet. This is essential for animals kept in air-conditioned or heated indoor environments.

When added to their meals, cats and dogs love our Nordic Naturals Pet Cod Liver Oil. Also, another excellent supplement is the Nordic Naturals Pet Omega.

Our other special animals, such as birds and small furrries can enjoy flax seed in their meals. This supplement is very beneficial for the relief of dry skin & promotes health feathers and fur.

Just like humans, animals can have anxiety and nervousness. Our products Rescue Remedy and Newton's Nervousness drops are perfect for helping your loved ones relax and release their stress & anxiety.