

# Making America Organic...One Home At a Time!



P.O. Box 1138, Clarcona, FL 32710 407-522-1502 <http://www.orlandoorganics.com>

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## Cranberries May Help Prevent Cavities

Cranberries, known for their ability to help thwart urinary tract infections, may also help prevent tooth decay and cavities, new research shows.

The same sticky compounds in the small red fruit that help keep bacteria at bay in the bladder also appear to help prevent bacteria from clinging to teeth, dental researchers reported in the January issue of the journal Caries Research.

They also found it seemed to help ward off plaque, a gooey substance formed from bits of food, saliva, and acid that can harbor bacteria and eventually irritate the gums.

"There's potential to find compounds there that prevent dental cavities," Hyun Koo, an oral biologist at the University of Rochester Medical Center in New York, told Reuters in an interview this week.

The ultimate goal is to extract the berry's protective properties and add them to toothpaste or mouthwash, he said, but it is still unclear exactly why the fruit is so effective.

In the meantime, Koo warned people against drinking or eating excessive amounts of cranberry-containing products.

"The biggest problem with any cranberry product is the (food) industry -- they add sugar," he said. "Sugar is the main enemy in causing cavities."

The fruit is also loaded with natural acid that can strip away essential minerals in teeth, he added.

"At this stage you have the other negative factors ... that prevent us from saying 'go ahead and swish with cranberry juice,'" Koo said.



During the study, researchers coated a synthetic material that acts like tooth enamel, called hydroxyapatite, with cranberry juice. They then applied the cavity-causing

bacteria streptococcus mutans, plaque, or glucan -- a type of enzyme that builds plaque.

The results, which took about seven months to obtain, showed cranberries were about 80 percent effective in protecting teeth, Koo said. More laboratory tests are needed to try to isolate the active compounds before clinical trials with patients can be considered, he added.

Koo's study is part of series of projects sponsored by the National Institutes of Health to study cranberries' health benefits. The agency is also studying the fruit's impact on urinary tract infections and how it is processed by the body.

Tooth decay is one of the most common conditions among Americans, second only to the common cold, according to the NIH.

### Harvest Blend Regular

- Cauliflower
- Carrots
- Celery
- Yellow Onions
- White Garlic
- Roma Tomatoes
- White Garlic
- Cucumbers
- Spinach
- Green Leaf Lettuce
- Gala Apples
- Anjou Pears
- Bananas
- Kiwi
- Satsuma Mandarins

See the web site for details on our other options. Produce bag contents are subject to change based on availability.

### Account Updates



We've gotten a lot of new customers lately, so this is a reminder that whenever possible, all changes to your account should be made through the Member Area of the web site.

Due to the amount of email we get, we cannot promise that requests sent to us in email will be seen in time for your next delivery.

If you have any questions about your account, we'd be glad to help. But please remember to use the web site whenever possible.

# Recipes

## Mandarin Sweet Potatoes

- 4 sweet potatoes, boiled in their skins until tender
- 4 mandarins, cut into sections
- 1/2 cup honey

Peel and cut each cooked potato lengthwise into 4 slices. Place potato slices into a greased casserole or large baking sheet (or 2) in one layer. Put 3 sections of mandarin on each slice of potato and drizzle with honey. Bake in a 350F oven for 20 minutes.

## Mandarin Flavored Chicken

- 1 mandarin peel, dried for 24 hours
- 1 1/2 tbsp vegetable oil
- 3 1/2 lbs frying chicken, cut into small pieces
- 1 large onion, sliced 1/4" thick
- 4 tsp soy sauce
- 4 tsp dry sherry
- 1/4 tsp sugar
- 2 cloves garlic, peeled and flattened
- 1 slice ginger
- 3 tbsp Hoisin sauce
- 3 dried chili peppers, broken in half
- 2 tbsp vinegar
- 1/4 cup chicken broth
- 1/4 cup bamboo shoots, sliced
- 1/4 lb snow peas, steamed and cut in half diagonally
- 2 tsp cornstarch
- 2 tsp cold water
- 1/2 tsp sesame oil

Warm a large frying pan or a wok over high heat. Pour the oil into the pan. Swirl the pan to coat the entire inside surface. Add the chicken. Add the onion. Sauté until the chicken is browned on all surfaces. Transfer to a (3 1/2 to 4 quart) casserole using a slotted spoon. Combine all the ingredients for the braising liquid except the bamboo shoots and snow peas with the chicken and onion. Add the peel. Bring to a boil. Reduce heat to medium low. Cover. Simmer for 20 minutes. Add the bamboo shoots. Turn the chicken pieces over. Simmer another 20 minutes. Discard the ginger. If there seems to be too much liquid, transfer the liquid to a saucepan and reduce as required. Return the liquid to the casserole. Add the snow peas. Combine the cornstarch and cold water. Mix into the chicken. Stir in the sesame oil. Simmer until the sauce is slightly thickened. Serve hot.

## Curried Cauliflower

- 1 medium onion, chopped
- 3 cloves garlic, minced
- 1/2 serrano pepper, seeded, chopped
- 2 tsp. curry powder
- 12 oz. roma tomatoes, seeded, chopped
- 1 head cauliflower, separate florets
- salt and pepper, to taste
- 1/2 cup chopped cilantro

Grease the bottom of a large saucepan with non-stick spray. Heat the pan over moderately-high heat for a few minutes. Add the onion and cook for 3-4 minutes, stirring frequently. Add the garlic, serrano pepper, and curry powder. Cook for one minute, then add the tomatoes and cauliflower. Stir to combine and blend the seasonings.

Cover, reduce heat, and simmer for 15-20 minutes until the cauliflower is very tender. Season with salt and pepper to taste and garnish with chopped cilantro.

## Sweet and Sour Red Cabbage

- 1/4 cup butter
- 1 medium red cabbage, thinly sliced
- 6 tbsp sugar
- 2/3 cup balsamic vinegar

Melt the butter in a large pot over medium heat. Add cabbage and sauté until slightly wilted, about 5 minutes. Add sugar, toss to coat evenly. Add vinegar. Reduce heat to medium-low; simmer until cabbage is tender, stirring often, about 30 minutes. Season to taste with salt and pepper.



## Garlic Chicken with Cucumber

- 1 pound boneless chicken breasts, skinned
- 1 pound cucumber
- 2 tsp salt
- 1 tsp groundnut oil
- 1 1/2 tsp finely chopped garlic
- 1 tsp finely chopped spring onions
- 1 tsp light soy sauce
- 1 tsp Shaoxing rice wine or dry sherry
- 2 tsp chilli bean sauce
- 2 tsp sesame oil

Cut chicken into 2.5 cm cubes and set aside. Peel, halve and de-seed and cube the cucumber. Sprinkle with salt and put in a colander to drain for 20 minutes. Rinse the cucumber pieces and blot dry with kitchen paper. Heat the oil in a wok, and when hot, stir-fry the chicken for 2-3 minutes. Add everything except the cucumber and stir-fry for a further two minutes. Add the cucumber and cook for three more minutes. Serve at once.



## Kiwi-Banana-Celery Smoothie

- 4 very ripe kiwis
- 1 ripe banana
- 3 stalks of celery
- water

What else? Throw all ingredients in the blender and mix well.