

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



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

Week of August 1, 2006

Get The Right Fuel For Your Workout

By Maureen Callahan

Chances are you're not training for the Olympics, but if you exercise regularly, take a cue from elite and professional athletes regarding how to eat to gain the most from every workout. Sports nutritionists encourage the following strategies for eating before and after exercise depending on when -- morning, noon, or after work -- you exercise. Morning wake-up

Challenge: Fit in exercise and breakfast before work.

Strategy: No matter what time of day you exercise, your muscles need carbohydrates as fuel, says University of Pittsburgh, Pennsylvania, sports nutritionist Leslie Bonci, R.D., the dietitian Pittsburgh Steelers football players seek for advice. And because you've had nothing to eat all night, your body needs fuel before exercising in the morning. Make it something "that's fairly easily digested" so that it doesn't feel heavy in the stomach, says Bonci. She suggests eating a small carbohydrate-rich snack about an hour before you work out.

If you're up too early for that, Seattle, Washington, sports nutritionist and author Susan Kleiner, Ph.D., suggests drinking a glass of hot cocoa at bedtime the night before. That way, your muscles will have stored a little extra fuel for the morning.

Best food choices: "I'd advise you to divide your breakfast calorie allotment so you have something light, primarily a carbohydrate that will fuel your body for exercise first, and then have a more substantial breakfast after exercise," says Bonci. All you need before exercise is 100 to 200 calories, mostly carbohy-

drates with a little protein and fat, such as our Fruit and Yogurt Shake. That's enough to see you through a workout that lasts up to an hour.

After exercising, have the breakfast fig and nut "cookies" or a couple of warmed stuffed peaches with a glass of skim milk. If your morning workout is vigorous, you may also want something right after exercising. "There is a lot of research suggesting that after exercise simple carbs facilitate the body's ability to recover more effectively," Bonci explains. Have a handful of whole-grain toasted oat cereal (such as Cheerios), a sports drink, or a glass of orange juice. Once you are back at home or the office, sit down to a small, satisfying breakfast.

Lunchtime workout

Challenge: Have enough energy to exercise before you eat lunch and not become ravenous afterward.

Strategy: You've eaten breakfast a few hours earlier, and the body has those nutrients digested, absorbed, and ready to be used, says Kleiner, though you could have a light snack with protein and carbohydrates before you work out. And you should plan to eat something immediately after. "Don't blow 45 minutes showering and changing before eating," says Kleiner, or you're more likely to overeat at lunch. "You need to have something in your gym bag to eat right away. Eating immediately after working out helps maximize your exercise by increasing calorie burn and building more muscle." Follow that with a meal that's a good balance of carbs and protein.

(Continued on page 2)

Harvest Blend Regular

- Cauliflower
- Baby Carrots
- Celery
- Red Leaf Lettuce
- Red Onions
- Cucumbers
- Green Chard
- Yellow Squash
- Rival Apricots
- Strawberries
- Kent Mango
- Bananas
- Black Amber Plums

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

OO Reminder

Now that warmer days are upon us, please remember it is your responsibility to leave a cooler outside your door if you are not home to receive the delivery.

This is especially important if you are receiving dairy with your produce.

While we have, in the past, left the thermal bags at your door, we would really prefer not to do so, as the return rate on these bags is often a problem for us.

A cooler is also better for you because ice packs in the cooler will do a better job of keeping your food fresh in the ambient temperature than our bags without any ice.

Thank you for your business, and let us know if you have any questions.

(Continued from page 1)

Best food choices: Chocolate milk is great post-workout fuel. "One study compared chocolate milk with a high-end recovery sports drink, and they were both equally effective," says Kleiner. A carton of yogurt works, too. Or have some crackers with that and a piece of fruit, she adds. "This is also the time to indulge a sweet tooth," Kleiner says, because the sugar will help muscles to recover. So stop by the coffeehouse for a skim-milk latte with a shot of flavored syrup. Once you're back at work, dig into a healthful lunch with complex carbs, protein, and healthy fats, like our Blue Cheese and Beef Roll-Ups.

After-work workout

Challenge: Exercising when you're beginning to get hungry for

dinner.

Strategy: Since lunch was four or five hours ago, "eating something in the afternoon is critical," says Bonci. "Otherwise, you may overshoot your calorie allotment at dinner."

Best food choices: String cheese with whole wheat crackers or half a Peanut Butter-Plus Sandwich are good afternoon snacks, says Bonci. Or try our Cheddar-Parmesan Biscotti with a milk chaser. If you don't have time for a snack before exercising, Kleiner suggests nibbling a little something afterward while preparing dinner. A handful of nuts, for example, will quell your hunger enough that you won't overeat at supper. For dinner, prepare dishes with lean protein and complex carbs, like our Fajita Turkey Burgers or grilled fish with rice and a tossed green salad.

Recipes

Seared Chard

- 2 tbsp extra-virgin olive oil
- 1 small red onion, thinly sliced
- 1 bunch chard, trimmed and coarsely chopped
- grated nutmeg, to your taste
- coarse salt and pepper
- 2 tbsp red wine or cider vinegar

Make sure your greens are very dry before preparing the recipe. Heat a large nonstick skillet over medium-high heat. Add onions and toss 2 minutes, then add chard in bunches and keep it moving as it wilts up a bit – you are just searing it up. The greens should remain crisp and crunchy. Wilting them all in and searing them up should take no more than 3 to 4 minutes. Season the greens with nutmeg and salt and pepper, to taste. Douse the pan with a little vinegar and remove from heat. Toss to cook off vinegar and serve the greens hot.

BBQ Vegetable Medley

- 1/4 cup olive oil
- 1 green bell pepper, sliced
- 1 red bell pepper, sliced
- 1 yellow bell pepper, sliced
- 10 small tomatoes, sliced
- 1 red onion, sliced
- 1 crookneck squash, sliced
- 1 zucchini, sliced
- 1/2 cup fresh basil leaves, chopped
- Salt
- Black pepper



Pour the oil in a large bowl and add the peppers, tomatoes, onion, squash, zucchini, and basil in a bowl and toss to combine. Season with salt and pepper, to taste. Let vegetables stand for 10 minutes before placing them into a BBQ wok basket.

Heat the grill to medium. Place vegetables (in the wok basket) on the grill and cook, stirring occasionally. Remove the vegetables from the grill and serve immediately.

Summer Squash Soup with Basil

- 2 tbsp olive oil
- 1 pound crookneck squash, roughly chopped
- 1 large onion, chopped
- 6 cups vegetable stock
- 1/2 cup julienned basil
- 1 1/2 tbsp butter, softened
- 1 1/2 tbsp flour
- salt and freshly ground pepper to taste
- juice of 1 lemon
- sour cream or plain yogurt as an accompaniment

Heat the oil in a large saucepan or stockpot, add squash and onion. Sauté for 5 minutes or until onions are translucent and squash is crisp tender. Then add stock, bring to a boil, reduce heat and partially cover and cook for 25 minutes. Add basil during the last 5 minutes of cooking. Mix the butter and flour together into a paste. Remove 1 cup of simmering stock and whisk in butter mixture until smooth. Add back into soup, stir until thickened. Remove soup from heat to a blender and puree until smooth. Taste and season with salt and pepper. Add lemon juice and serve with a dollop of sour cream or yogurt.

Nectarine Vegetable Sauté

- 1 tbsp. vegetable oil
- 1/2 pound crookneck squash, thinly sliced
- 1/2 pound zucchini, thinly sliced
- 1 small onion, cut into very thin wedges
- 1 small clove garlic, minced or pressed
- 1 tsp. dried basil, crumbled
- 1 tsp. oregano, crumbled
- 1/2 tsp. salt
- 2 nectarines or peaches

Heat oil in large skillet. Add crookneck, zucchini, onion, garlic, basil, oregano, and salt. Sauté over medium heat for 6 to 7 minutes or until tender crisp. Add nectarines or peaches, cut into bite-sized chunks. Heat through.