

Articles written for the Blue Moon Organics Newsletter
Series 2

The Skinny on Green Beans

Green beans, while quite low in calories (just 44 calories in a whole cup), are loaded with enough nutrients to not only power up the Jolly Green Giant, but to put a big smile on his face. Green beans are an excellent source of vitamin C, vitamin K and manganese. Green beans are also a very good source of vitamin A (notably through their concentration of carotenoids including beta-carotene), dietary fiber, potassium, folate, and iron. As if that's not enough, green beans are also high in magnesium, thiamin, riboflavin, copper, calcium, phosphorous, protein, omega-3 fatty acids and niacin.

The Beta-carotene and vitamin C found in green beans both have very strong anti-inflammatory effects. This makes green beans helpful for reducing the severity of diseases where inflammation plays a major role, such as asthma, osteoarthritis, and rheumatoid arthritis, making them a potent medicinal food.

Magnificent Magnesium

Magnesium is a critical co-factor in more than 300 reactions occurring in the body. In particular, it is necessary in the manufacture of proteins, production of cellular energy, muscle contraction, blood vessel tone, cellular communications and nerve conduction. Additionally, magnesium is an essential component in the maintenance of healthy bones

Today's refined foods have very little magnesium; white bread has half the magnesium of whole wheat bread. Meats, milk and foods high in simple starches such as white flour and white rice do not contain significant magnesium. However, dark green vegetables, nuts, legumes and whole grains are rich sources of magnesium. When you eat, **think green**, as magnesium is present in the green pigment (chlorophyll) of plants.

All Hail to the Great Kale!

Kale has emerged as an excellent source of traditional nutrients, including vitamin A, vitamin C, vitamin B6 and manganese. It is also a very good source of dietary fiber, calcium, copper, iron, vitamin B1, vitamin B2 and vitamin E. This combination of vitamins, minerals, and phytonutrients makes kale a health superstar!

It is not only loaded with "good for you" nutrients it also contains Sulforaphane, which is formed when cruciferous vegetables such as kale are chopped or chewed. This triggers the liver to produce enzymes that detoxify cancer-causing chemicals. These enzymes inhibit chemically-induced breast cancers, eradicate colon cancer cells and help to stop the proliferation of breast cancer cells, even in the later stages of their growth. Don't forget to add Kale to your next meal!
