

Eugene GIG Bulletin July 09

We're delighted to have Dr. Welker back for our July 9th meeting. As most of you know, his specialty is Functional Medicine, Anti-Aging and Restorative Medicine. He is concerned with discovering the underlying causes for your problems and treating them, rather than just treating the symptoms. We meet from 6:30-8:30pm at the clubhouse at 1800 Lakewood Court, Eugene, OR.

BAKING CONTEST

To brighten up our meeting in January, we'd like to have a baking contest for quick breads (zucchini, pumpkin, etc) or make a suggestion as to what you'd like to bake. A bonus would be that we get to sample the goodies. If you would be interested in a baking contest, please email or call Diane. Obviously, if we don't get any response, we won't pursue it.

RESTAURANTS/BAKERIES

- We have exciting news from Phoenix Rainbird, the owner of Tarte, who spoke at our last meeting. *"My entire line of breads and biscotti will be available at Red Barn Natural Foods starting on Monday 6/29. They are also using my breads in their deli for sandwiches. On Friday 7/3, Capella's will start carrying my 3 loaf breads and within a few weeks I will have a mostly organic line of breads in Sundance Natural Foods and possibly the Kiva. I am discontinuing direct delivery with the hopes that everyone will help support these local stores. They are taking a chance on my small company and giving me a very fair price. I will continue to develop new recipes including multiple-allergen alternatives so please feel free to contact me with any ideas you might have at phoenix@tartedesserts.com. I am working with Travis (see next paragraph) on a focaccia that he can serve in his restaurant. I'll let you know when that option is available."* One of our members tried the pumpnickel and said it was "ABSOLUTELY delicious". We wish Phoenix success and hope you will support both Tarte and the markets.
- Travis Miller has just opened a restaurant called Go Healthy Café at 3808 W.11th. Everything in his cafe is gluten-free, except the bread, wraps and pastries. If you order a burrito, he will put it in a bowl. I recently ate there and enjoyed the teriyaki chicken rice bowl. My friend had a burrito. We both thought the food was tasty. If you have the Chow Summer 2009 (from the Eugene Weekly), there is a "Buy One Get One Free" coupon in it so you can take a friend and try out this new eatery. Let's give our support to these new businesses so we can continue to have GF choices in Eugene.
- A member sent me this restaurant information to pass along. Cafe Marco is sensitive to the GF crowd. At the bottom of their menu it said they would serve quinoa as a gluten free substitute for couscous. They also serve crispy flat bread as a GF substitute for their traditional North African bread. He said they enjoyed a very nice meal. He also took a look at the Adam's Place (right next door to Cafe Marco) menu online and they, too, have gluten free items listed. He believes the two restaurants share the same kitchen. Their websites are: www.cafemaroceugene.com/ and www.adamsplacereastaurant.com/.
- In case you're visiting Salem and want to indulge in fast food, the Mid-Valley GIG Group has a website, <http://www.decoretteshop.com/gig/>, which includes a link for fast food restaurants in that city.

NEW FOODS

Betty Crocker now has gluten-free mixes. They offer Yellow Cake Mix, Devil's Food Cake Mix, Brownie Mix and Chocolate Chip Cookie Mix. Fred Meyers on W. 11th has them in their regular grocery section. If you are dairy-free, go to their "no butter" page that explains how to use the mixes without milk or butter, <http://www.bettycrocker.com/products/gluten-free/gluten-free-no-butter.htm>. The mixes are made in a gluten-free processing facility and are kosher. This fall, all flavors of Betty Crocker Ready-to-Spread Frosting will be labeled "gluten-free". Betty Crocker also sponsors both the Celiac Disease Foundation and the Celiac Sprue Association.

GLUTEN-FREE COOKING EXPO

The Gluten-Free Cooking Expo is less than 8 weeks away! The Expo is an exciting two-day event featuring cooking demonstrations by professional chefs, cookbook authors, and nutritionists. This year the Gluten-Free Cooking Expo takes place August 15-16 at the Wyndham Hotel in Lisle, Illinois, just outside of Chicago. This year they are offering a special 10% group discount to members of CSA and GIG. Advanced Registration is required. Register at www.glutenfreeclasses.com. The Expo will focus on gluten-free and dairy-free cooking.

RESEARCH

In April, Dr. Bob Anderson, of the Walter and Eliza Hall Institute of Medical research, began the initial phase of the first-ever trials for a celiac vaccine. According to an article on Ezine, <http://ezinearticles.com/?World-First---Celiac-Disease-Vaccine-Trialled-in-Australia-on-April-2009---Exciting-News!&id=2186747>,
"The vaccine will be tested on 40 volunteers with CD over 11 months to establish that it does not harm them. In a subsequent phase 2 trial, which is designed to find out if the treatment is effective, volunteers will receive the treatment and then be challenged with foods containing gluten. Their immune response and intestines will then be examined to see if a tolerance to gluten has developed. The therapy involves repeatedly injecting solutions of gluten at increasing concentrations. The aim is to desensitize the subjects slowly, in a similar way to hay fever and dust allergy desensitization treatments."

Celiac.com also has an article discussing these trials at <http://www.celiac.com/articles/21788/1/First-Ever-Celiac-Disease-Vaccine-Trials-Underway-in-Australia/Page1.html>.

ARTICLES

- We're pleased to report that The Gluten Intolerance Group Magazine has published an article by Michele Graf, one of our members. "Journey to health: It wasn't just stress" appears in the Spring 2009 issue starting on page 6 in the GF Lifestyles section.
- A member sent us a website with an article about adrenal fatigue. It discusses how selecting high-quality foods, building a strong nutrient base, and paying attention to when and how you eat all make for more efficient and healthy adrenal function. Yes, the author is selling her program, but the article does have some good information. <http://www.womentowomen.com/adrenalfatigue/adrenalglandnutrition.aspx>

MAGAZINES

The latest issue of *Easy Eats* is out in case you haven't signed up for this free online magazine. This month they highlight two Oregon companies, Coconut Bliss in Eugene and Corbett Coffee Plant in Portland. It also features an article by Dr. Vikki Petersen, a Chiropractor and Certified Clinical Nutritionist who recently wrote a book, "The Gluten Effect" which deals with gluten sensitivity diagnosis and treatment.
<http://docs.google.com/gview?a=v&pid=gmail&attid=0.1&thid=12204b29ef5c8e47&mt=application%2Fpdf>

LOST AND FOUND

- We have a black jacket, Chico brand, and a black scarf that were left at the clubhouse. If they belong to you, pick them up at the next meeting or call or email Diane.
- The tapes of Dr. Welker's first talk are missing from the library. Unfortunately, there was so much demand for them that we let our backup be checked out. We'd really like all of our members to have a chance to check them out so if you have them, please return them as soon as possible.

RECIPES

With hot weather upon us, it's nice to have some recipes that don't require slaving over a hot stove. These healthy salads fit the bill nicely.

Corn & Black Bean Salad

4 medium corn on cob (or 1 lb. frozen pkg.)	2 tbsp olive oil
1 can GF black beans (15 oz.)	1/2 tsp. salt
1 jalapeno, seeded & minced	1/4 tsp. pepper
2 tbsp chopped red onion	2 tsp. sugar (to taste or could omit)
1/4 - 1/2 cup chopped cilantro	Optional: could add avocado or chopped tomatoes
1/4 cup cider vinegar	

Wisk cilantro, vinegar, oil, salt & pepper and sugar until mixed. Add corn, beans, jalapenos, and onions. Toss until coated. Cover & refrigerate until flavors are combined.

Quinoa and Cranberry Salad

3 c water
1 1/2 c quinoa
1 bunch green onions (or white onions)
1/2 c dried cranberries
1/4 c celery
3/4 c chopped pecans

Dressing:

1 tbsp olive oil
3 tbsp lemon juice (I only use 1 1/2 tbsp)
1 tbsp sesame oil
salt and pepper
cayenne to taste (just a dash as it's pretty hot)
dash of sugar (or to taste)

To cook quinoa, put quinoa and water in pan, bring to boil, then cover and simmer about 15 minutes until water is absorbed. I have also used my rice cooker set on the "white rice" cooking time. Combine dressing ingredients until blended. Toss with other ingredients. I found that one batch of the dressing wasn't quite enough so I made a double one, but didn't use quite all of it. Taste after adding one batch and then add more if needed.

Cooking tips for summer:

- Barbeques are great because you don't have to heat up your kitchen to fix a meal. However, if you're tired of BBQ and have an outdoor plug-in with a table nearby, you can plug in your slow cooker (crock pot), rice cooker, or bread maker outside. Your meal can be cooking without adding heat and humidity to your house.

UPCOMING SPEAKERS

Aug 13th - Patricia Kortekaas, Physical Therapist.

Sept 10th - Sue Luker, Certified Lane County Irlen Screener. (Irlen Syndrome is a visual perception problem that causes people to see words that are blurry, have patterns, or appear to move on the page.)

Oct 8th - Mary Findley. She will talk about what she learned when writing her new book, Green Cleaning, regarding labeling issues and toxic chemicals in cleaners

Nov. 12th - Cain Credicott. He will share information on the pilot program he is putting together in Oregon to help make it easier for individuals with celiac to obtain individual health insurance coverage.

Dec. 10th - Barbara Hall, Herbalist.

For more information call Diane 343-0459 or email at dianecon@comcast.net