

News and information for those attending the monthly Vegetarian Cooking Classes at the Central Coast Adventist School or other Health Programs sponsored by the Erina Seventh-day Adventist Church

Spices Prevent Cancer

For centuries, cultures have used spices to improve health and ward off disease. A growing body of research is now zeroing in on the role specific spices may play in reducing cancer risk.

“There is more and more documentation that several compounds in spices have anti-cancer properties,” says John Milner, PhD, Director of the Human Nutrition Research Center at the US Department of Agriculture and co-author of [a review of spices for cancer prevention](#).

Some of the spices relatively well studied in cancer prevention include turmeric and garlic. Research is emerging in other spices and cancer risk, such as black pepper, allspice and cinnamon.

Turmeric stands as one of the most extensively studied spices, with over 1,700 lab studies published over the last few decades. It has been used for centuries to treat numerous inflammation-related disorders, including skin conditions, pain and gastrointestinal problems. There are now clinical trials examining its role in reducing cancer risk.

Turmeric gets its yellow pigment from curcumin, a polyphenol that is the primary phytochemical scientists are investigating for its anticancer potential. In the lab, curcumin modulates cell signaling pathways, suppresses tumor cell proliferation and induces apoptosis of cancer cells. There is evidence that curcumin can suppress inflammation and inhibit tumor survival, initiation, promotion, invasion and

metastasis. Clinical trials in humans have generated promising findings.

One possible way to increase the bioavailability of curcumin may take adding another spice to the diet: black pepper. Research from the University of Michigan has found that the combination of curcumin and piperine improves curcumin bioavailability and inhibits breast stem cell self-renewal.

The potential for spices to affect cancer risk is an appealing area of study for scientists because spices are non-caloric and eaten in combination with other foods. They are also easily incorporated into many dishes, adding flavour and variety. Yet similar to fruits and vegetables, spices all have different antioxidant potentials, and it's possible that some spices may have a greater impact on one type of cancer than another or be beneficial across all cancers. Scientists also need to better understand how much of each spice is needed for cancer protection. Because some lab studies are suggesting these compounds show a synergy with one another, high amounts may not be needed when a variety of spices are consumed as part of a healthful plant-based diet that provides thousands of phytochemicals each day.

We need more research on individual spices and their biological consequences,” says Milner. “This is a really exciting area.”

This Month

Seasonal Produce



Our next class is on **Monday September 30** starting at **6:45 pm**. Marcia, our nutritionist will be speaking about **Seasonal Vegetables**.

Locally produced food grown in sync with the seasons is fresher, more in tune with our intuitive nutritional needs and requires less energy to produce and transport.

This Month's Menu

- ✚ Spring Kumara Mingle
- ✚ Corn Fritters with
- ✚ Pineapple Salsa
- ✚ Creamy Thai Pumpkin Soup
- ✚ Indian Spinach and Chickpea Korma
- ✚ Revive Raw Beetroot Salad
- ✚ Banana Date Smoothie

Bookings are essential so that we can buy the right amount of ingredients. Because Cheryl is away this month, please contact Teresa on 43652152 or 0408481078 or email terese.slade@gmail.com The cost is \$15 payable on the night.

This Month's Recipe

Broccoli and Tofu in Garlic Sauce



This is a Chinese-inspired dish that is easy to prepare.

1 onion, diced
 4 cloves garlic, minced
 3 Tbsp olive oil
 approx 2 cups broccoli, chopped
 1 block firm or extra firm tofu, pressed
 1½ tsp ginger powder
 ¼ tsp cayenne pepper (optional)
 3 tbsp corn starch
 ¼ cup soy sauce
 1 cup water

1. Cut tofu into 2 cm cubes.
2. In a large skillet, sauté onions and garlic in olive oil until onions turn clear, about 3-5 minutes.
3. Add the tofu, ginger, cayenne and broccoli to the pan and continue to cook until broccoli is done, another 6-8 minutes.
4. In a separate small bowl, mix together the corn starch, soy sauce and water, then add this mixture to the broccoli and tofu. Cook until sauce thickens, then remove from heat.
5. Serve over rice or whole grains and enjoy!

Garlic - a Superfood?

Like it or loathe it, there is no question that garlic supplies multiple health benefits – even flu-fighting properties!

Garlic is packed to the brim with important disease-fighting phytonutrients (like sulphur-rich compounds called thiosulfinates, sulfoxides and dithiins) and it is a powerful anti-inflammatory food. Studies have shown that garlic may help lower blood pressure, cholesterol and triglycerides; regulate blood glucose levels; and eliminate a wide range of bacteria, fungi and viruses. Garlic also supplies small amounts of vitamin C, B6 and minerals to your plate.

Garlic belongs to the onion family and its cousins, including leeks, chives and shallots, each provide similar health properties. Garlic bulbs are divided into multiple cloves and have a white, purple or pink skin. When buying, look for firm, well-formed cloves and store in a cool, dark, well-ventilated space.

Generally speaking, the smaller the clove, the stronger and more pungent the taste. And if it is Australian garlic, research tells us it has high alliin content! Alliin is one of the single phytonutrients being intensively studied.

Cloves can be peeled, chopped or crushed (with the side of your knife or a garlic crusher) and used raw or cooked. If you want to gain the greatest benefit, freshly crush your garlic and allow it to sit for 5-10 minutes before adding to the final stages of cooking as heat degrades its medicinal properties.



Most of us are accustomed to adding garlic to our recipes – including pasta dishes and stir-fries. Here are a couple of extra garlic ideas to help you get the most out of this Superfood.

Add a handful of whole garlic cloves to a tray of roasted vegetables and cook for 30 minutes. The garlic flavours the vegetables beautifully and becomes much less pungent. Once cooked, you can use the soft, roasted garlic as a spread on the vegetables, spread on crusty Italian bread, or blend with olive oil and balsamic vinegar over a salad.

Puree 4 fresh garlic cloves, 250g canned chickpeas [drained and rinsed], 2 tablespoons tahini, 1 tablespoon olive oil and 2 tablespoons lemon juice for an easy hummus dip. Serve with sliced mixed vegetables.

Rub a clove on toasted bread (for instant garlic bread).

Freshly crush one clove and add olive oil and lemon juice to create a lovely salad dressing.

Don't like the garlic breath? Try chewing on some fresh parsley or fennel seeds or bite into a wedge of lemon to help neutralize the smell.