

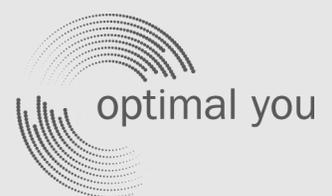
NUTRITION NEWS

Optimal You Dietitians Bringing Nutrition Straight to You.



July 2021

The sunshine and rain this season have never looked so good! Gardens are thriving, the flowers are blooming and the beauty of nature seems to remind us of older times with the promise of renewal. Read on for gardening tips to harvest your vegetables and care for indoor herbs, brush up on kitchen basics to save time and energy and learn when and how to catch our team grilling event!



KEEPING IT FRESH

Are you ready to reap what you've sown? In this fourth installment of our gardening series we're sharing tips to harvest your crops. A variety of plants are now in season and ready to be picked including varieties of kale, lettuce, sugar peas and rhubarb. Here's tips for a healthy harvest.

STEP 1 Pick vegetables in the morning, when its natural sugar content is at the highest concentration.

STEP 2 Never harvest or do any garden work when plants are wet or you are likely to spread diseases.

STEP 3 Work carefully. Bruised or scratched vegetables spoil quickly and damaged plants are susceptible for pests and disease.

STEP 4 Use your fingers to pick thin-stemmed vegetables like peas and beans and ones that slip easily from the vines like tomatoes.

STEP 5 Use clippers or a sharp knife to cut through tough or brittle stemmed crops. Vegetables like cabbage, peppers, broccoli, eggplant and squash can be damaged if you try to pull or tear them from the stems.

STEP 6 Stay on top of your crops! Ripe vegetables draw extra moisture from the plants causing them to need more water. Pull up leafy greens that are past their prime and replace them with more heat-tolerant crops.

ADDITIONAL TIPS It's peak hot, dry season so your plants may need water more than anything else. If watering is restricted due to short supply, concentrate on getting moisture to newly planted areas. Cover all areas with a thick mulch to take advantage of every drop.

Miss the first three articles in our gardening series? Visit our [Nutrition Newsletter page](#) on the fitness facility website to read 12 months of previous editions!



DON'T FORGET THE HOUSEPLANTS Any plants spending the summer indoors should be checked to see if their roots have out grown their containers. If they have, move any rootbound plants into containers one size larger than current. If you need to divide plants, give roots a chance to recover from being disturbed by keeping them in deep shade for at least one week.

CHOOSE THE BEST FIT Growing herbs indoors? If so, one size does not fit all. Follow these general guidelines;

Pot Size	2-inch	4-inch	6-inch	8-inch	14-inch
Herbs	Catnip, fennel, lavender, mint, young rosemary	Basil, sweet marjoram seedlings, young thyme	Mature basil, chives, oregano, mature thyme	Marigolds, dill, sage	Bay trees, lemon verbena, mature rosemary

BUILDING YOUR BASICS

WORK SMARTER (NOT HARDER) IN THE KITCHEN



Your Best Brown

To achieve a better brown, avoid crowding foods. When roasting on a sheet pan, diced and sliced vegetables need space so moisture can evaporate if the foods are going to crisp and brown. Even sautéing mushrooms in a skillet can benefit from a little breathing room. To get a better brown on meats, pat cuts of protein dry before searing them.



Prepare Before You Cook

Called *Mise en Place*, gathering the items needed for a recipe BEFORE you start cooking can ease stress in the kitchen and prevent missed steps and confusion. Additionally, completely read recipes before start. Being prepared for each step and anticipating next moves ensures you're ready for the next move in the process.



Punch Up Dishes with Acids

Some dishes, like grain salads, soups, dips and stir fries can be a bit lackluster without the proper flavor profile. Try a dash of an acidic ingredient, like vinegar, lemon or lime juice, wine or tomato sauce. The strong flavor will brighten the dish. Try to complement your cuisine; lime juice with Mexican fare, rice vinegar with Asian-inspired dishes, or balsamic with Italian.



Max Out the Freezer with Flavor

Time is precious. Keep quick tricks up your sleeve by freezing flavorful items to use in cooking, in just the right portion. Keep chopped garlic and onion, diced carrots and celery, or sliced scallions on hand. For skillet dishes or marinades, freeze cubes of pesto, tomato sauce, wine, coffee or herbs in oil.



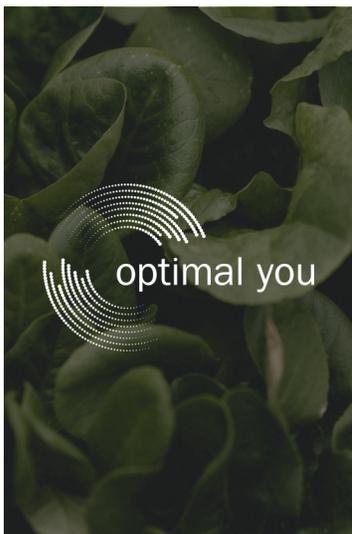
Think Outside the Tool Box

Many basic kitchen tools are useful in more ways than one. Use a pizza cutter to slice herbs and cut crusts or try a vegetable peeler for extra thin slices of carrot, cucumber and zucchini for your salads. A muffin tin can be used to stage meal prep, serve toppings for a grain bowl bar or to bake mini frittatas. Your coffee grinder can double as a spice grinder for cumin and coriander seeds, and dried hardy herbs.

BASIC BREAKDOWN: BOILED EGGS

We all know the frustration of an egg that won't peel! Use this method for the perfect boiled eggs. Be sure to use older eggs (1–2 weeks old) when you can. Fresh eggs have less space between the shell and the inner membrane, making them more difficult to peel.

Place eggs in a single layer in a pot then fill with water until they are covered by 1–2" water. Heat the pot on high until it reaches a full rolling boil. Turn off the heat. Leaving the pot on the stove, cover and let sit for 10–12 minutes (shorter for a softer yolk.) Strain the water and run cool water over the eggs to prevent further cooking. It's best to peel immediately under a bit of running water and store the eggs covered in the fridge. Enjoy within 5 days.



GRILLING WITH OUR TEAM

Your grill can provide creative ways to prepare balanced, nutrient-dense meals. Join Andy, Tim, Nadine, Sarah and Wendy as we share our own tips, tricks and recipes to make the most out of grill time!

**TUESDAY JULY 13
4:00 - 5:00 PM EST**

Join the Optimal You Fitness Facility team live on TEAMS for recipes, tricks and healthy grilling tips.



THE HEALTHY GRILL PLAN

Healthy Marinades
Chicken Kabobs
Perfectly Grilled Potatoes
Charred Fruit
Flavorful Sides



PLANT FORWARD

Take your grilling skills beyond the burger.

REDUCED RISK

Learn how to prevent carcinogen production.

STILL DELICIOUS

Take home tips about spices and flavor.



Register for the TEAMS link by emailing Sarah.VanEerden@Amway.com

COMING UP!

Nutrition classes & events



7/13/2021

Grilling with the OY TEAM 4:00pm—5:00pm EST

Join the Optimal You Fitness Facility team as we share our favorite grilling tips and dishes to make your backyard barbeques a healthy hit! Share your comments and creations as well!

Email Sarah.VanEerden@Amway.com for the TEAMS link to join.

LEARN MORE

fitnessamway.com

The Optimal You Fitness Facility Website has tips on nutrition, well-being, physical activity, managing disease & more. Visit our nutrition & healthy cooking pages for cooking classes, recipes, videos, and tips to include nutrient-dense foods in meals & snacks.

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APPOINTMENT
TODAY!

DID YOU KNOW?

All Michigan Amway employees, spouses and their dependents receive **FREE** Nutrition Consultations? We are available in person, virtually, by phone and email to address your nutrition questions & concerns.

