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- Sun Jan 1: CLOSED
- Sat Jan 7: John McMahon 11-1
- Sun Jan 8: Lamont Parsons 11-1
- Sat Jan 14: the Young & The Fretless 11-1
- Sun Jan 15: Don't Ask 11-1
- Sat Jan 21: Banjo Billy 11-1
- Sun Jan 22: Banjo Billy 11-1
- Sat Jan 28: Grassroots Revival 11-1
- Sun Jan 29: Just Duet 11-1

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January 2012

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TIERRA FARMS organic roasted/ no salt almonds \$9.95/lb reg \$11.05/lb

January is Tea Time

By Christina Jablonski, Nutrition on the Move Intern and UI Dietetics Student

With the bitter cold of January rolling in, it is time to celebrate National Tea Month. Tea is one of the most widely consumed beverages in with world. An Ancient Chinese Proverb states, "Better to be deprived of food for three days, than tea for one." Tea can do more than just warm you up on a cold winter day or quench your thirst during the dog days of summer. It can actually provide you with a variety of health benefits.

Tea contains antioxidants, which have anti-inflammatory affects on the body. The antioxidants found in tea are called polyphenols, which may help fight cancer cells, lower LDL or bad cholesterol, and prevent against abnormal cell functioning in the body. Regular tea drinkers may also have a reduced risk of heart attacks and strokes because the polyphenols help to keep arteries clear. The tan-

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Items featured in this flyer are on sale for the above listed month only and are available while supplies last. Sorry, no rainchecks. Special order case discounts cannot be applied to these featured sale items.

nins and fluoride naturally found in tea have been shown to give tea drinkers a brighter smile by protecting teeth from plaque build up.

Drinking tea can help to keep you hydrated because it is another source of fluid and contains less caffeine than coffee. Tea is also a great alternative to sugary beverages because tea alone contains no calories and is still flavorful and satisfying. Although many typically enjoy tea with heaping spoonfuls of sugar mixed in, there are a variety of teas available at Strawberry Fields that make sugar unnecessary.

Brewing tea using tea leaves can seem a daunting task, but it is actually quite easy. All you need is a tea press, which allows tea to float around freely in the water while it steeps and then presses it to the bottom. Here are three teas that you can find at Strawberry Fields and their steeping instructions:

Rishi Tea Organic Peppermint
This tea is meant to calm the body and soothe the digestive system, which is perfect after the holidays! Pour 8 ounces of boiling water over 1 tablespoon of tea leaves and steep for 4 to 5 minutes.

Fair Trade Organic Gunpowder Green Tea
This tea has a slightly smoky flavor, which gives a different twist on green tea. Pour 8 ounces of lightly simmering water over 1 teaspoon of tea leaves and steep for 3 to 4 minutes.

Rishi Tea Organic Peach Blossom White Tea
White tea comes from the delicate buds and younger leaves of the same plant that green tea is derived from. Pour 8 ounces of simmering water over 1 tablespoon of tea leaves and steep for 5-6 minutes.

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Green Tea-Fruit Smoothie

2 cups frozen unsweetened mixed fruit (try berries, cherries, and peaches)
¾ cup hot brewed green tea
2 tbsp honey
1 tbsp lemon juice

Combine fruit, tea, honey, and lemon juice in a blender, and blend until smooth and frothy. Serve immediately. (Servings: 2, 1 cup each)

Nutrition: 135 calories, 0g fat, 0mg cholesterol, 34g carbohydrates, 1g protein, 4g fiber, 1mg sodium, 35mg potassium, 57% daily value of Vitamin C

Adapted from: www.eatingwell.com

Grilled Tea Spiced NY Strip Steak

4 (4oz) New York strip steaks, lean
¼ cup oolong tea leaves, fine grind
1 tbsp ground white pepper
1 tsp Kosher salt

Very lightly coat the steaks in olive oil and sprinkle with tea leaves, white pepper, and salt. Place the steaks on a hot, well-oiled grill and cook for about 4-5 minutes a side. Be careful to move steaks around if there are flare-ups. Let the meat rest for 5 minutes before slicing and serving. (Servings: 4, 4oz steak each)

Nutrition: 201 calories, 12g fat, 55mg cholesterol, 1g carbohydrates, 20g protein, 0g fiber, 480mg sodium

Adapted from: www.foodnetwork.com



Susan Kundrat, MS, RD, CSSD, LDN is the in-store Registered Dietitian / Nutritionist at Strawberry Fields. She works individually with clients to enhance their diet, manage health concerns, or improve sports performance. Call 239-0921 to set up an appointment or check out Susan's website at:

www.nutritiononthemove.net

Susan is also available for general nutrition questions or product questions in the store on Wednesdays from 11-1 or on her nutrition radio show on WILL (580 AM) or on her nutrition radio show on WILL (580 AM) from 10-11 am on the 2nd Wednesday of the month



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