Dry Rub Seasoning Wedding Favors
#GardenCuizine

**A Wedding Favor with Flavor**

Peppers add great flavor to foods. Easy to grow, they like the summer heat and can survive occasional neglect. Fresh picked peppers add nutrients and flavor to meals and garden salads. Abundant harvests can be dried for uses in spice rubs and seasoning mixes. This summer we plan on growing *Alma peppers*, to dry for paprika.

**Reduce Salt with Dried Seasonings**

The recent 2010 Dietary Guidelines for Americans recommends consuming no more than 2,300 milligrams of sodium (about 1 teaspoon of salt) a day. And for salt sensitive populations* - over half of all Americans - the amount of sodium recommended per day is less than 1,500 milligrams.

*Salt sensitive populations include African Americans, those over age 51 and people with high blood pressure, diabetes or kidney problems.

Dried herbs and spices serve as a good substitute to high salt in prepared foods. The American Dietetic Association supports using herbs, spices and spice rubs in cooking in place of salt. And the American Heart Association recommends preparing foods with little or no salt to reduce the risk of cardiovascular disease.

**Wedding Favors with Flavor**

Last summer my cousin Kristine got married. Their wedding favors were adorable little containers of homemade gourmet spice rub. She said they had a lot of fun making them too! Here is a recipe that we use for a tasty low salt dry rub:

**Spicy Dry Rub**
1 Tablespoon (T) paprika
1 T brown sugar
1 teaspoon (tsp) ground black pepper
1 tsp cayenne pepper
1 tsp hot pepper flakes
1 tsp garlic powder
1/2 tsp onion powder
1/2 tsp dry mustard
1/4 tsp chili powder
1/4 tsp cumin
1/8 tsp celery seed
1/8 tsp salt

Combine ingredients and store in an airtight container kept in a dark place. For use in wedding favors, make a large batch and portion into small containers labeled with the names of the bride and groom and their wedding date. They may opt to add a personal note on a color coordinated card attached with ribbon. The message on the back of Kristine and Matt's Spice Rub card said, "Thank you for celebrating with us!"

Enjoy on barbecued ribs or chicken.

Note: Many of our homemade spice rubs are adapted from spice rub recipes found in the Jack Daniel's BBQ Cookbook. Be creative in your cooking and don't hesitate to reduce the salt called for in the recipe or to add or delete ingredients.
The star burst illustrated five points to keep in mind when planning family mealtime:

1. Make Mealtime Fun
2. Make Mealtime a Priority
3. Be Creative and Flexible
4. Minimize Interruptions (from cell phones, TV, etc)
5. Keep Meals Simple

Family Mealtime

Planning family meals can be more of a challenge for some than others, especially for parents who work at night. Family members share responsibilities. The grocery shopper has the responsibility for contributing to their family’s health with the quality of the food selections bought at the store (fresh fruits and vegetables may be more affordable than you think). The person doing the cooking has the responsibility for the amount of added fat and salt in the finished prepared foods. Too much fat and sodium can lead to poor health - obesity, heart disease and hypertension.

Healthy Choices

Cooking methods can influence the fat content in the foods. Baking, poaching and steaming are more healthful cooking methods, compared to frying foods. Reading product labels is also helpful for choosing foods with lower fat and lower sodium.

Family Mealtime Improves Nutrition

Improved nutrition happens when young and old eat planned meals served at the family table. Home cooked meals are more likely to be healthier than fast foods grabbed on-the-go.

Researchers of 18,177 adolescents in a National Longitudinal Study of Adolescent Health found that the presence of a parent(s) at dinner is positively linked to higher consumption of fruits, veggies and calcium-rich dairy foods. [1] Another study found similar results: young adults who ate meals with their families, had statistically significant higher intakes of nutritious fruits and dark-green and orange vegetables, and lower intakes of soda, according to a 5-year longitudinal study in Minnesota that studied 946 female students and 764 male students in high school. The researchers concluded that eating family meals during adolescence may have a lasting positive influence on healthy diets and meal patterns. [2]

Benefits of family mealtime include:

- Improved Nutrition
- Better Communication
- Shared Learning
- Stronger Family Bonds
- Shared Cultural Heritage

Does your family eat meals together?

Although eating meals with family has been shown to be an asset in adolescent development, many obstacles can stand in the way of planned family mealtime. Several books have been written about this. The good news is that many parents have reported that with some extra effort it was possible to plan enjoyable family meals at home.

References

Sunday, February 6, 2011

Eat More Plant-based Foods #GardenCuizine

Plant-based Foods can Improve Lacking Nutrients in American Diets

The 2010 Dietary Guidelines Advisory Committee recently reported that kids (and teenagers and adults too) have diets lacking in dietary fiber, vitamin D, calcium and potassium. Eating more plant-based foods can offer more of these important nutrients. For example, just 1 cup (121 grams) of grilled Dole® brand portobello mushrooms that have been exposed to ultraviolet light prior to packaging, can provide an excellent source of Vitamin D (100% DV) and a good source of Dietary Fiber 2.7 grams (11% DV) and Potassium 529 mg (15% DV). Try portobello mushrooms cooked in veggie stir fry's or marinated and grilled as a 'burger'.

Eating more plant based foods, at least once per week, is the focus of a pilot program called 'Kids Cook Monday', which was launched in Harlem, NY. The children reap the added benefits from cooking and eating together as a family.

Related Links
The Family Table
Kids Eat Right
Grilled Portobello Mushroom Burgers
Dole Mushrooms

Wednesday, February 2, 2011

Starting Vegetable Seeds Indoors #GardenCuizine

The American Dietetic Association (ADA), the world’s largest organization of food and nutrition professionals was officially renamed the Academy of Nutrition and Dietetics (A.N.D.). A.N.D. is committed to improving the nation’s health and advancing the profession of dietetics through research, education and advocacy.

Find a Nutrition Professional
LDN-Licensed Dietitian Nutritionist
RDN-Registered Dietitian Nutritionist
Get a jump-start on your Garden
Start Seeds Indoors

As winter blankets the outdoors we are reminded that January and February is a good time to determine which vegetables, flowers and herbs would benefit by starting them indoors before the last frost. Starting healthy vegetables from seeds offers great personal satisfaction to those who enjoy gardening. Seeds are far less expensive than plants, plus you can grow varieties that might not be available at your local garden centers in the Spring. All of our home garden annuals, with the exception of a few spontaneous purchases here and there, are grown from seeds.

For more information about starting vegetable seeds indoors and to learn how to save hundreds of dollars by making your own seedling grow light rack - check out my Dave’s Garden article, ‘Starting Seeds Indoors’.

Have fun planning your garden and if you have kids - get them involved. Studies have shown that children who garden eat more fruits and vegetables.

Related Links:
Starting Vegetable Seeds Indoors, Rutgers Cooperative Extension
Fruits and Veggies More Matters
Starting Seeds Indoors, University of Minnesota Extension
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Vitamin C (Ascorbic Acid) – Dietary sources of vitamin C include fruits and vegetables: particularly Acerola (West Indian Cherry), Rose Hips, Lychee, Guavas, Currants, Red Peppers, Ziziphus Jujuba (Korean date), Persimmons, Oranges, and Papayas.
New Orleans
New Year Resolutions
New Year's Recipe
Newspaper Pots
Nigerian Cuisine
NJ Black Bears
NJ Rainfall
NJAND
Nopal Cactus
Nutrition Data Almonds
Nutrition Data Avocado
Nutrition Data Bell Peppers
Nutrition Data Blueberries
Nutrition Data Brazil Nuts
Nutrition Data Cabbage
Nutrition Data Cherries
Nutrition Data Crab meat
Nutrition Data Cranberries
Nutrition Data FIGS
Nutrition Data Garlic
Nutrition Data Kale
Nutrition Data Nuts
Nutrition Data Oyster Mushrooms
Nutrition Data Peaches
Nutrition Data Pears
Nutrition Data Pecans
Nutrition Data Pineapple
Nutrition Data Pistachios
Nutrition Data Plantain
Nutrition Data Pomegranate
Nutrition Data Potatoes
Nutrition Data Stinging Nettles
Nutrition Data Sweet Banana Peppers
Nutrition Data Swiss Chard
Nutrition Education
Obesity News
Omega-3
Organic Gardening
Paddling
Paleo
Parsley
Passion Flower
Passion Fruit
Pasta Sauce
Paw Paw Fruit
Peaches
Peanuts
Pears
Pediatric Nutrition
Peppers
Pergola
Physical Activity
Phytosterols
Pickle Relish
Pie Dough
Pinelands Adventure
Pizza Calzones
Pizza Dough
Pizzelles
Plantains
Poison Ivy
Pollinators
Pomodoro Sauce
Portion Control
Potassium Bitartrate Crystals
Potatoes
Preserving the Harvest
Private Gardens
Probiotics
Product Spotlight
Propagating Fig Trees
Protea
Public Gardens
Public Health
Public Policy
Pulses
Pumpkin Pie
Pumpkin Puree
Quick Meals
Quinoa
Rain
Rainforest
RDN Day
recipe link
Reduced Sugar Jelly
RIP Professor Tangel
Roasted Vegetables
Root Vegetables
Rutgers
Salad Dressing
Salad-in-a-Jar
Salottolo Family Memories
Saturated Fats
Sauerkraut
School Gardens
School Lunch
Seeds
Senior Health
Sesame Tahini Dressing
Severe Winter
Sicily
SJ Garden Tours
Smoothies and Shakes
Snail
SNAP
SNJ Today
Solar Eclipse
Sorghum
South Jersey Healthcare
Spice Rubs
Spiralized Zucchini
Sports Drinks
Sports Nutrition
Spring Garden
St. Patrick’s Day
Starting Seeds Indoors
Stevia
Stir Fry Sauce
Stray Cats
Streusel Topping
Sumac
Summer Garden
Summer Squash
Sunflower Seed Nutrition
Super Bowl
Superfoods
Sustainable
Swiss Chard
Tarter Sauce
Thanksgiving
The Philadelphia Flower Show
Today in Our Garden - April
Today in Our Garden - August
Today in Our Garden - December
Today in Our Garden - February
Understanding Food Label % Daily Values

Understanding Percent Daily Values (%DV) on Food

Why are Percent Daily Values on food labels? Nutrition Facts Labels contain...

Propagating FIG trees from cuttings

#GardenCuizine FIGS: fabulous for dietary fiber

Propagating Fig Trees Gardeners propagate fig trees using various methods either from cuttings or air layering. I'm going to try pr...

Special Cats

Tango, the Garden Cat I t has been quite a long time since I posted. I'll be sure to share some health and nutritional garden recipe...

Bionico - Mexican Fruit Salad
Ensalada mexicana de la fruta

Energize yourself and your friends and family with the benefits of a...

**Make a Hot Pepper Ristra for Good Luck!**

Chile Pepper Ristra Ideal for air drying Hot Peppers

Mexico folklore says that hanging a Ristra on your door or in your home brings good...

**Fun Summer Appetizer for Parties: Ladybug Tomatoes #GardenCuizine #recipe**

Ladybug Tomatoes Summer Appetizer Non-hybrid heirloom tomatoes are quite hardy and easy-to-grow from seeds. Saving seeds f...

**Family Mealtime Improves Child Nutrition #GardenCuizine**

Cooking and Eating as a Family The Family Mealtime bulletin board pictured above was created for the Tri-County Women, Infants and Ch...

**Classic Italian Pomodoro Sauce**

Pomodoro Sauce Classic Italian Pasta Sauce Treat your family to the best sauce around -- yours! What is the difference between Marina...

**PURSLANE * Don’t Weed It! * the highest vegetable source of Omega-3 #GardenCuizine #GardenChat**

Purslane A weed you don’t want to pull out in your garden. After pulling out our mizuna greens after they bolted and went to seed, ...
Eating Disorders

About 10 million females and 1 million males in the U.S. battle eating disorders like anorexia and bulimia, with millions more suffering from binge eating disorders.

Most eating disorders occur during puberty and the late teen/early adult years, however, symptoms can begin as young as kindergarten.

More than one in three normal dieter's progress to pathological dieting.

There is hope with treatment and therapy: www.NationalEatingDisorders.org
toll-free helpline, 800-931-2237
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January 2011 (1)
2010 (19)
2009 (39)
2007 (1)
2005 (2)
Assess your Food & Activity level

Eating Right and Gardening are part of my Healthy Lifestyle. What about you? To assess and track your food and activity levels visit the new SuperTracker
https://www.choosemyplate.gov/supertracker/

Diana’s Article Links (some inactive; sadly DG deleted some of the articles under new ownership)
♦ “Mommy, look what I picked!”
Improving Children’s Nutrition & Health through Gardening
♦ Arsenic in Rice
♦ Ayurvedic Herb – Coleus forskohlii
♦ Beginner’s Guide to Making Jam or Jelly
♦ Celebrate National Nutrition Month!
♦ Check out CHIA - a Super Salvia
♦ Check out CHIA - an Indigenous Food
♦ Check out CHIA - Super Seed Nutrition
♦ Dave’s Garden articles by Diana Wind
♦ Diana’s Anise Biscotti
♦ Fresh Pumpkin, Perfect for Pie!
♦ Have You Tasted A Persimmon?
♦ Jersey Blues (Blueberries)
♦ Job’s Tears - A Fascinating Plant
♦ Kids Eat Right with Colorful Gardens
♦ Nuts About Pistachios
♦ Saffron Crocus
♦ Super Nutritious Bok Choy (Pak Choi)
♦ Superfruit – Acai Berry, Euterpe oleracea
♦ Superfruit – Goji Berry, Lycium barbarum
♦ Uncommon Nutrition from the Common Fig – Ficus carica
♦ Watermelon, Citrullus lanatus – Nutrition & Growing Tips
Feral Friends need Food and Nutrition too

Outdoor Yards and Gardens are home to thousands of ferals, special cats, that need your help. Contact The Humane Society, Alley Cat Allies or a shelter near you. YOU can make a difference!

My Tango the Garden Cat story was published on Dave's Garden's online international website and was available for many years. It sadly has been removed and is no longer available. Maybe someday I will rewrite the Tango story for a children's book.

Special Thanks to colored pencil artist Carol Moore for her feral cat support and great Tango pencil art collection! Visit Carol's websites, Mooresartgallery.com and DeviantART.com

Gifts for Garden Cat Lovers!
Click here to visit our Zazzle store GardenCuizine

GardenCuizine Wheat-free Berry Pancakes w/pure Maple Syrup

Other Sites you may Like...
♦ Dietary Supplement Fact Sheets
♦ Center for Nutrition Policy and Promotion
♦ Kids World Plant Nutrition
♦ Herbs-at-a-Glance
♦ Get Moving, Get Healthy New Jersey

GardenFoodFun
Here is what my Dad is getting: Homemade Dry Rub Seasonings in jars. Perfect for grilling all summer long. My Dad and I had a conversation about dry rubs and grill seasonings a few weeks ago, and he mentioned how hard it is to find good dry rubs that do not contain large amounts of salt and sugar. I remembered seeing a few recipes to make your own dry rub seasonings on Pinterest and actually on Weight Watchers’ website. So I decided to make him a little set for Father’s Day. These seasonings are perfect for chicken, steak, fish, burgers, shrimp, and even potatoes. Add a new grill to End your big day on a high note with a unique wedding favor your guests are sure to love. Here, we put together the best wedding favor ideas, including edible treats and personalized gifts. Another seasonal gift, neutral throw blankets keep your loved ones warm at the wedding then look great on their couches at home. These Are Seriously Unique Wedding Favors Are Seriously Unique Photography: This Rad Love with The Wedding Coven.