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This month Glo is celebrating: Gluten Freedom

In our Western society we are reliant on a wheat diet – often without realising it.

Wheat is a staple in our diet – we use it to fill up at our main meals in pastas and breads. It is often used as a thickener in many sauces and as an additive in processed and packaged foods. Living on a diet without wheat can be a revelation for many people, with noticeable increases in their general health and wellbeing.

Refined wheat is an inflammatory food which many of us unwittingly struggle to digest. Symptoms of sensitivity can include bloating, gas, lethargy, constipation and / or diarrhoea, eczema and mood swings. Refined wheat has a very high Glycemic Index (GI). During milling up to 66% of fibre is removed which increases the GI. This sends your blood sugar levels sky rocket high before plummeting quickly again whenever you consume wheat. This can lead to over-eating and sugar cravings to compensate for low blood sugar.

Refined wheat lacks vitality as up to 99.8% of phyto-chemicals are lost in processing (for example 92% of selenium is lost and 62% of B9 is lost). Clearly refined wheat is lacking in nutritional value! There are many other grains that have a high nutritional value. Quinoa, kamut, millet, amaranth and legumes have higher levels of protein and fibre. Including these in your diet will also improve your mineral intake and even out your blood sugar levels.

For many people going wheat free can seem like a daunting task at first, but it need not be.

There is an ever increasing amount of wheat and gluten free alternatives on the market from breakfast cereals and breads, pastas and biscuits. All of these products use grain alternatives including those mentioned above. These grains are an important part of any diet as they all have a great nutritional profile.

Quinoa is very high in protein making it a very healthy choice for vegetarians and vegans.

Unlike wheat quinoa contains a balanced set of essential amino acids making it a complete protein source. It is a great source of dietary fibre, magnesium and iron. Quinoa is great as an alternative to couscous. Rinse the grains before cooking to remove the saponin – the protective coating the plant produces – as this tastes bitter. Use 1 cup quinoa to 1 _ cups water. Bring to the boil then simmer for 10 minutes. Remove from the heat and leave covered for 10 minutes.

Amaranth has a similar nutritional profile to quinoa as well as a complete amino acid profile. Amaranth is high in minerals, fibre and particularly iron so again an important part of a vegetarian diet. Use 1 cup amaranth to 1 _ cups water and cook for 20 minutes on a low heat.

Millet is rich in B3, B6 and B so it is great for busy people needing extra energy! It is high in minerals including calcium, iron, potassium, magnesium and zinc. Use 3 parts water to 1 part grain. Add the millet to boiling water and cook until the water is completely absorbed. Remove from the heat and let it steam for an additional ten minutes.

We're challenging all our customers to a 10 day Wheat Free Diet. Come in and collect your free diet sheet with recipes, guidelines and tips. We're offering a free 10 minute health survey to all participants at the start and end of the 10 day challenge so you can track your progress. Feel the amazing benefits of living without wheat!

All participants in the challenge receive 10% off all gluten free Lotus products and if you're a Rewards Club member you can enjoy 15% off!

Elly Gates, Bachelor Health Science Naturopathy
Elly is available in store Monday – Friday 10 am – 5.30 pm

Get your Glo on!

Be a savvy shopper!

On the last Sunday of each month take advantage of 15% off everything store wide!

(excludes already discounted items and treatments in our natural therapy clinic)

Sunday trading hours: 11 am – 3 pm

Extensive range

We have a extensive range of gluten free products in store. Come and try them! On Saturday 13th March Gary from Kiev Bakehouse will be here from 10 am with samples of his delicious gluten free mini-muffins. They're a perfect addition to school lunch boxes and a great mini-treat for adults too!

Quote Unquote

A good laugh and a long sleep are the best cures in the doctor's book.

Irish Proverb



Words

It took me a long time to understand the differences between wheat and gluten where something can be wheat free but not gluten free and how do remember the difference? A clever friend taught me the acronym "WORBS" meaning wheat, oats, rye, barley and spelt. All of these things contain gluten although (of course) are not all wheat!



Here comes the 21st Century!

We've joined everybody else living in the 21st century and are proud to say Glo is *finally* on Facebook! Become a fan of our page and get all the updates and news from your favourite Melbourne Organic Grocery, Nourish Bar and Dispensary.

In the Kitchen: Recipe of the Month

Recommended by Delia

Balsamic Steak with Cannelini Bean Mash

Ingredients (serves 4)

- 4 organic beef fillet steaks
- 3 1/2 tbs balsamic vinegar
- 1 punnet cherry tomatoes, halved
- 1/2 red capsicum, deseeded and coarsely chopped
- 1/2 small red onion, coarsely chopped
- 2 tsp olive oil
- 2 garlic cloves, crushed
- 2 x 400g cans cannellini beans, rinsed and drained
- 1/4 cup fresh lemon juice
- 2 tbs coarsely chopped parsley

Method

Coat the beef in 3 tbs vinegar and marinate covered for _ hour.

Combine the tomato, capsicum, onion and remaining vinegar in a medium bowl. Season to taste.

Heat a char-grill pan. Lightly rub the beef with 1 tsp olive oil. Add to the pan and cook for 2 - 3 minutes each side for medium or until cooked to your liking. Transfer to a plate and cover with foil. Set aside for 5 minutes to rest.

Meanwhile, heat the oil in a saucepan over medium heat. Add the garlic and cook, stirring, for 1 minute or until aromatic. Add the cannellini beans and cook, stirring and mashing with a fork, for 2 - 3 minutes or until coarsely mashed and heated through. Add the lemon juice and stir to combine. Season to taste. Add the parsley and stir to combine.

Spoon the cannellini mixture onto the plates and top with the steak. Spoon over the tomato mixture to finish.

Glo Reward Cards



Have you signed up to our great Rewards Club program yet?

Just like a coffee card every time you spend \$25 or more with us you get a stamp. Once the card has been filled you get to enjoy \$25 off your next spend with us!

The best part is it's free to join! Just ask one of your friendly team next time you're in store.

Don't forget members enjoy extra discounts and special offers every month!

New Products at Glo:

Gourmet Delights: marinated fetta, olives and other deli favourites

Teccino: Coffee alternatives in Java, Maya, Mocha, Mediterranean (kosher item!);

Homemade Finefoods: Desserts: crumbles, rice pudding, chocolate mousses;

Passion Pasta: Fresh pastas;

Take Me Home: Take home meals – gluten free options available!

Envirocare: household cleaning products;

Dr. Martins: Coconut drinks are back in stock!;

Woolaway Farm: Chutneys and curry pastes (Kosher item!)

Yalla Yoghurts and Mueslis (Halal item!)

Raw Revolution: organic live food bars (Kosher item!)

Fresh from the Market



From Farm to Plate

The alarm disturbs my sleep only a few hours after my head has hit the pillow. Fumbling in the pitch black to switch it off before my partner fully wakes and slipping as quietly as I can out of bed I'm

halfway to the shower before I remember why it is that I'm up at such an early hour.

It's 2 am and I'm off to the wholesale markets on Footscray Rd for my bi-weekly load of fresh organic fruits and vegetables. The gates to retailers open at 3 am and every Monday and Thursday morning there is a long queue of trucks and vans waiting to be the first through the gate. Everybody wants their hands on the best produce the markets have on offer.

At 2.30 am some of the farmers are still unloading their stock and the wholesalers are hurrying to have the pallets ready for the onslaught of customers they know are lining up at the gates. The atmosphere reminds of Bangkok – there are tuk tuks and forklifts racing along barely defined laneways overloaded with massive volumes of produce. You really have to have your wits about you in there – the pace is so frantic and everyone is pushing for the best produce at the best price and amongst it all the tuk tuks and forklifts spew out diesel fumes as they speed past. I consider this my weekly near-death experience!

The rewards for my lack of sleep are great. I've spent a long time building solid relationships with our suppliers – I'm guaranteed a good deal on quality produce and I get to pick the wholesalers' brains. The knowledge of Australian fruit and vegetables in the market is amazing. From what is in season, who is harvesting the best crops at the moment, to what we can expect over the coming weeks (if you could ever predict in fresh produce!). I've never had a question unanswered. I've learnt about as many farms and farmers as I can, it makes me feel a strong connection to the produce we sell. When I bag the carrots at the cash register at Glo I know they have been grown at Spring Creek Organics in Dunnstown, just outside Ballarat. They send them straight to Footscray Rd where I pick them up in the wee hours of a Monday or Thursday morning. I love this simple process; it is one of my favourite things about working with organics and at the markets each week. From farm to plate, literally.

World Water Day 2010



U N World Water Day is 22nd March. With an overall focus this year on water quality as well as quantity a little closer to home we have all the benefits of one and not the other! Despite the impressive storm and massive

downpour last month Victorian water storages are only at 35% (or 643.9 billion litres). Current statistics show that on average Melbournians are using 170 litres of water per person, per day rather than our Target 155. I firmly believe we can't be reminded enough! Come on Melbourne!

Did you know the average human brain contains around 78% water?

Did you know that the earth is covered by 80% water?

Coincidence???