

# POWER OF GREEN

Articles and recipes by Elysa Markowitz

## GROWING YOUR OWN GARDEN – INSIDE

**W**hat warms my heart is the sight of fresh greens growing in my garden. Not many climates support a garden year-round. It's too cold or too hot.

**However, there is one garden that can be cultivated year- round indoors: a garden of sprouts.**

Most folks know about sprouts. Alfalfa, clover, and mixed bean sprouts are most commonly found in supermarkets in small plastic containers. However, if you want buckwheat, sunflower, or broccoli, a trip to the health food store is in order. The stores rarely germinate grains, beans, nuts, or seeds. This is better

done at home: the start of your indoor sprout garden.

**When I first started exploring sprouting, it was with glass bowls covered with towels.**

Almonds and pumpkin seeds were my favorites to soak in water overnight, rinse and enjoy the change that happens. Germination is simply the alchemy of water and air doing its magic to produce a seed that is rich in nutrients and ready for blending into smoothies or sauces.

Then, I became more sophisticated –



FRESHLIFE SPROUTER

glass jars with screens in the lids starting with simple screens from hardware stores then graduating to orange, green, and yellow plastic with different sized openings for drainage and air circulation. Baskets and trays were next for growing larger gardens. Now, the more exotic sprouts were available in my garden - fennel, flax, and sunflower.

Remembering to water them consistently made the difference between

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## MY PERSONAL BLENDER ON THE GO

**W**hat is your favorite kitchen appliance? For me it is my blender.

For years, I have used large industrial strength blenders, often blending much more than I needed just for that meal and saving the rest for later. Then, I started using Tribest's Personal Blender (PB 100), a small three pound, 200-watt, two cup blender. Now, I can take my blender anywhere I go – the office, a hotel room, to friends, or even in the car or RV when I travel.

**Making smoothies is a snap**

This weekend I had to furnish food for a pot luck luncheon. I gathered up my personal blender, some cashews,



TRIBEST'S PERSONAL BLENDER (PB 100)

oranges, a small bowl and a plate, and headed out the door. Once at the party, I blended the cashews with the fresh oranges, sliced the remaining oranges and created a dip and "chip" platter that was ready in less than 5 minutes.

**The guests were impressed and they enjoyed the food.**

Occasionally our lives get so busy that we don't make time to prepare fancy foods for ourselves. The Tribest Personal Blender allows me to make simple dishes – sauces, pates, porridges, salsa, and more – quickly and efficiently and with less than a two minute clean up. Now, I like that!

For more information, please call Tribest at 888 254-7336 or visit [www.personalblender.com](http://www.personalblender.com)

## A NEW BRIGHT STAR ON THE HORIZON . . . THE GREEN STAR– GS 3000

**T**ribest has introduced a new version of the juicer that has become America's favorite juicer and food processor: the Green Star – GS 3000. The Green Star – GS 3000 includes all the accessories included in the original deluxe Green Power "gold" model: two screens for juicing, two blanks (one open, one closed), the bread stick maker (also makes mochi), and the pasta maker. All this for the suggested retail price of \$500.

It has the same low-speed, Twin Gear™ impeller that makes this the most unique appliance on the market to process food – whether for juicing or processing whole foods. The twin gear has a 2600 gauss magnetic

field, surrounded by bio-ceramic materials in the far infra-red spectrum which enhances the shelf life of any food put through the machine.

The following illustrates how fresh the juice stays – for days. I was doing a liver cleanse, drinking only apple juice for two days. The apples had just fallen off our trees in the organic orchard where we lived near Truth or Consequences, New Mexico. Their warm fresh juice stayed golden (not turning dark brown as most apple juices do from most juicers) for two days, stored in glass jars in the refrigerator. I only had to juice once during my cleanse. I could relax and count my blessings while I sipped, rested, and cleansed on this fresh organic gift from our garden.



GREEN STAR GS 3000

For more information,  
please call 888 254-7336  
or visit [www.greenstarjuicer.com](http://www.greenstarjuicer.com)

### Bright Beet-Apple Surprise Juice

Ingredients: 2 apples  
1/4 beet  
1/2 lemon (with rind)

Serves 2

1. Juice ingredients together.
2. Serve in a fancy glass.
3. For a special taste tingle, run the lemon around the rim of the glass. The first thing your tongue tastes is the tang of the lemon, followed by the nectar of the juice. (Recipe from *Living with Green Power: A Gourmet Collection of Living Food Recipes*, by Elysa Markowitz. Reprinted with permission)

sprouts or slime. The process would take one to four days. If I only needed a germinated nut, seed, bean, or grain, soaking them overnight and rinsing would do. When a longer tail was desired, more time and more rinsing was required – up to five days for a full green patch of indoor, soil-free gardens. The hotter the day, the more frequent the rinsing.

**I looked for another system, a less labor-intensive way to grow my indoor garden. I found it with a Freshlife Sprouter.**

One summer, I lost an entire garden

by spending the day out of my house. Summers in the desert are harsh and hot. I looked for another system, a less labor intensive way to grow my indoor garden. I found it with the Freshlife Automatic Sprouter. It is a series of stacking barrels, water in the bottom barrel, a tube up the middle and a sprinkler on top of the unit (you can have more than one sprouting barrel on top).

My watering dilemma was solved; it was done automatically by the sprinkling unit on top. I change the water once a day. My days of covering jars with towels were over. As the sprouts grow up – they push the top

tray (building their little sprout muscles) letting in more light through the side of the barrel. What a simple and workable system!

**I could mix and match the kinds of sprouts I wanted, having the same kind in one barrel and another kind on the next level.**

Or, I could have a spring variety in one or both upper barrels.

Sometimes technology can make our lives simpler and easier to manage. My sprout garden tends itself, and I get to enjoy the harvest with much less effort and much more joy.

For more information,  
please call 888 254-7336  
or visit [www.freshlifesprouter.com](http://www.freshlifesprouter.com)

## RECIPES FOR A HEALTHIER YOU

All recipes are from *Warming Up to Living Foods*, by Elysa Markowitz and are reprinted with her permission.



### A Grate Salad

Ingredients: 1 carrot, grated  
1 beet, grated  
1/2 yam, grated  
Lemon juice (for dressing)  
Celtic Sea Salt to taste  
1 cup sprouts chopped

(Pick one of more of: alfalfa, clover, sunflower, or buck-wheat sprouts)

Serves 2

1. Toss the grated ingredients (carrot, beet, yam) in a bowl.
2. Dress with lemon or lime juice, or use the Better Beet Dressing, toss the sprouts in last - seasoning with Celtic Sea Salt to taste.

### Better Beet Dressing

Ingredients: 1 cup soaked, rinsed sunflower seeds  
1 beet, scrubbed, sliced  
1/2 - 3/4 cup of fresh lemon juice  
1 - 3 Tbs. soaked chia seeds (optional)  
1 tbs. Miso (red is best, or brown rice, season to taste, using more or less for your preference.)  
1 - 3 Tbs. sunflower oil  
1/4 - 1/3 cup water (optional)

Yields: 1 1/2 - 2 cups

1. Soak the sunflower seeds overnight (or 6 - 8 hours), rinse.
2. In a blender, process all the dressing ingredients, adjusting the amounts of lemon juice, miso, and oil to taste. Thin with the water to a desired consistency.
3. Toss with salad and enjoy.  
(Recipe modified from *Warming Up to Living Foods*, by Elysa Markowitz.)

### Digest'aid' Diva's Drink (a blended whole foods meal)

Ingredients: 3 tablespoons soaked flax seeds (soak 1/2 hour)  
1/2 Cup soaked organic raisins (soak 1/2 hour)  
1/4 pineapple, skinned and diced  
1/2 papaya, skinned, seeded, and diced  
1 - 2 bananas, skinned, sliced  
1 cup hot drinking water

(Hot is optional, warm or room temperature is fine as well.)

Serves 2 - 4 (depending on size of portions)

1. Blend ingredients together, using the soaking water from the raisins and flax seeds. Add the cut-up fruit gradually, pouring in the hot water to warm the "meal."
2. Some of the fruit can be left out and diced smaller to make this a chunky drink / meal.
3. If serving warm, pour the drink into a warmed mug, or serve at room temperature in a fancy glass or bowl. When this is made with less liquid it takes on a thick sauce or soup consistency.

**FRESH VEGETABLE AND FRUIT JUICES by Norman Walker**

**N**orman Walker is the “Godfather of Juicing.” His story is legend.

In his forties, he came down with a malady that his doctor did not know how to cure. There was no known medicine for his mysterious malady. What a blessing in disguise that turned out to be. Norman went home and pondered on how animals behave when they get sick - they fast and rest. He drank water for a few days, rested, and then feeling better, decided to drink some carrot juice. In those days the carrots had 30% less sugar. He found a way to pulverize the carrots and squeezed their juice out of a bag by pressing it.

He noticed that the juices fermented very quickly and he had to drink them promptly after juicing, so, he longed to find a way to stabilize them. Walker invented the Norwalk Juicer - the “Rolls Royce” of juicers in its day. While it juiced perfectly, it did not prolong the shelf life of the juices.

*Fresh Vegetables and Fruit Juices* is the primer of juicing. Walker discusses the need for enzymes and the many roles they play in our body. He emphasizes our need for water and how plants convert water and minerals from the earth to provide us life sustaining vitamins and minerals.

His intuitive understanding of how each juice helps heal various conditions in the body is brilliant.

Walker says, “Our creator gave us food both as nourishment and as medicine. It is only natural, therefore, to use our food with both these goals in view.

“It is foolish to say that juices are a con-

centrated food. Nothing could be farther from the truth. A concentrated food is a product, which has been dehydrated, from which its water content has been dissipated. Juices on the other hand are very liquid food, mostly organic water of the finest quality the nourishing atoms and molecules in comparatively microscopic volume. It is the microscopic volume for which the cells and tissues of the body are starved.”

Walker’s intuitive understanding of how each juice helped to heal various conditions in the body is brilliant. He felt that at least one pint a day was necessary for health. And, in times of stress or illness, two to eight pints daily would be needed. He noticed that the more juice a person drank, the quicker the results. He alphabetically lists the various

benefits of the different types of juice – from Alfalfa through Watercress juice.

One of his more memorable statements, Walker says, “Besides benefit to blood and heart conditions, chlorophyll is most useful in the relief of respiratory troubles and discomfort, particularly in the sinuses and in the lungs. Mucus is the underlying cause of sinus infection and pains, as it is of bronchial and asthmatic conditions, including hay fever.

“Greens – a major source of chlorophyll – is often missing in our daily diet. Juicing greens gives us a magnificent source for cleaning the blood and ridding the body of the mucus that causes problems in our sinuses and lungs, to mention the most commonly inflamed.”

In the back of the book, one can look up various ailments and find the appropriate juices for each condition. For example, under “headaches,” he states, “Any one of more than 200 manifestations that indicate the body is overloaded with waste matter. It is nature’s warning that the body needs a thorough cleansing, thus re-establishing the equilibrium of the blood and releasing its excessive pressure in the regions of the head.” Then, he recommends a number of “remedies.” His juice of preference being water and lemon juice, as well as raw potassium broth made of carrot, celery, parsley, and spinach.

All in all, it is a wealth of information and a compendium of remedies that have stood the test of time. Walker lived to the ripe age of 108, according to legend, and his book is a perfect resource for any juice library.



Be sure to save this first edition of the Power of Green newsletter. More recipes, new product information and special offers will be coming to you in the near future.

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