



## Good Afternoon, Suppers Community!

Suppers can celebrate a successful summer, launching grant-based programs, establishing a temporary venue, and offering innovative workshops. As we gear up for autumn, we reflect on a season of abundance.



*Herbal Medicine Workshop  
with Tish Streeten*



*Overall pockets full of flavor.*



*Chef Allie teaches knife skills.  
“Bear claw” to save your thumb!*



*Our pepper tasting at the  
Trenton Farmers Market.*

# UPDATES

## Fall Workshop Schedule

Suppers is gearing up for an exciting fall season with many diverse workshops on the calendar -- think Breakfast Challenges, Flavor Balancing, Cook Aheads, Detox Cleaning, and more! Watch for emails regarding the times, locations, and how to register.

## Migration of Dor's Mother Garden

Dor's garden is halfway done migrating to Hopewell where it will continue to inspire and flourish on Dunwald Farm. Carolyn Peucker, Lauren Bender, Adrian Hyde, and Roger Martindell masterminded the project. All of Dor's children were on hand, and many helpers were present including a visit from Priscilla Algava's family. Perennials were divided, herbs dug up that Dor had started from seed in April, and even a detached portion of the fig tree was loaded into Adrian's truck. Over the next few weeks, deer protection, irrigation and planting will be completed in Hopewell.



## Wondering how to stay up-to-date on Dor's Health?

Click on the Purple Apron link on the Suppers website homepage for the most recent news and updates.



# RESOURCES

Looking for a quick way to boost the nutrition of your meal?

Harvest that last bunch of cilantro, parsley, or sage, and head for the kitchen! Or grab some from your local farmers market. Those luscious green leafies of summer won't be around forever, so indulge while they're in abundance!

### **Five Reasons to Care about the Garnish**

*According to Internal Medicine Physician, Dr. Julie Pantelick:*

1. Herbs Strengthen the Immune System
2. Herbs have Anti-inflammatory Properties
3. Herbs Reduce Blood Sugar and Cholesterol Levels
4. Herbs Prevent Alzheimer's Disease
5. Herbs Prevent Cancer

[Full Handout on the Health Benefits of Herbs](#)

[Tips for Cooking With Herbs](#)

[Herbal Fact Sheet](#)

# MEETING HIGHLIGHT



## **Sarah's Brain Health Lunch**

Sarah became a major health advocate when both her boys developed Lyme disease and were struggling in school. Her own stress levels – and weight – increased, and Sarah quickly realized she needed support. The typical teen fare and the various medications prescribed by doctors had helped to complicate an already complex situation. Suppers not only gave her support but also provided her with the tools she needed to introduce healthier food options for herself and her family. She found a path for a healthier life.

Sarah's Brain Health lunch meetings dive into practical applications of the latest diet and lifestyle recommendations to preserve cognitive function while sampling different eating styles that promote brain health. Join Sarah and the Brain Health lunch in Suppers-style *How You Feel is Data!*<sup>TM</sup> experiments too. Meetings are on the first Wednesday of the month at the newly coined "Suppers Kitchen" (the old Blawenburg Café), Skillman, NJ. If

you'd like to contact Sarah, you can email her at [Sarah@thesuppersprograms.org](mailto:Sarah@thesuppersprograms.org).

[Click Here to Find More Information or to Register](#)

# DOCTOR'S NOTE



Hello! My name is Adi Benito. I am a member of the Suppers Programs' Board of Trustees and an integrative endocrinologist practicing in Princeton, NJ.

In this newsletter, apples and herbs lead the way to better health. Apples contain pectin, a natural prebiotic, and herbs contain natural anti-inflammatory substances, called polyphenols. Some herbs are currently being tested for their role as prebiotics as well. We know that diets with the highest intake of polyphenols lower inflammation, lower the risk of type 2 diabetes, and help improve fatty liver. Polyphenols are rapidly eliminated from our body, which means that you must consume these plant products daily to maintain high levels in the blood. Four portions per day is the desired goal as this amount makes a difference in health! So, find ways to use your herbs (see "Cooking with herbs" for tips on how to add them to your dishes).

In addition to polyphenols, as you can see under the "Health benefits of herbs", herbs are a rich source of minerals and vitamins, and have other medicinal properties. This newsletter gives you lots of good information on common herbs. Finding what herbs work for you is like most of what we do at Suppers: an experiment. Enjoy!

# upcoming events

**Mark your calendar for these upcoming workshops!**

## FREE Kraut-Making Workshop

Leaders: Rachel DeBoer & Carolyn Peucker

Date: Friday, Sept 27

Time: 10:00am - 12:00pm

Location: Trenton Farmers Market

## Herbal Medicine Workshop

Leaders: Tish Streeten & Rachel DeBoer

Date: Sunday, Oct 6

Time: 4:00pm - 6:00pm

Location: Suppers Kitchen

## FREE "Making the Harvest" Last Workshop

Leaders: Rachel DeBoer & Dr. Julie Pantelick

Date: Friday, Oct 11

Time: 10:00am - 12:00pm

Location: Trenton Farmers Market

## Ayurvedic Principles & Spice Blending

Leaders: Heidi

Date: Sunday, Oct 13

Time: 5:00pm - 7:00pm

Location: Bridgewater, NJ



*Serving up some Real Suppers Food at Trenton Farmers Market Workshops.*

# new on the website

[Dor's Simple Beans](#)

[Unstuffed Peppers with Lentils](#)

## featured recipes

With the crispness of autumn around the corner, apples are ripe and ready to share their abundance. You've probably heard of apple slices, sauce, or crisp, but looking for a little more apple creativity this September?

### Apple Fig Salsa

**5 apples, dice and toss with lime juice**

**10 figs, chopped**

**2 limes juiced**

**2 tablespoons olive oil**

**1 teaspoon cardamom**

**1/2 teaspoon sea salt**

Toss all together and serve with roasted chicken, chickpea curry, or on a charcuterie board.

### Apple Parsnip Soup with Coriander

**1 1/2 pound tart apples, peeled and sliced**

**1 1/2 pound parsnips, peeled and sliced**

**1 large onion, chopped**

**1 1/2 teaspoon coriander seeds, toasted and ground**

**4 cups vegetable broth**

**parsley chopped**

**coconut oil to coat the pan**

[Full Recipe Here](#)



## **An Apple a Day...**

More than just a tasty snack, apples are a great source of PREbiotic fiber. Most have heard of PRObiotics, but "prebiotics" may be unfamiliar. Prebiotics are indigestible plant fibers that feed the happy, healthy microorganisms in our guts. Think yummy plant stuff in onions, leeks, celery, sweet potatoes, and of course -- APPLES! Check out more information on Prebiotics and Probiotics below.

**From Mayo Clinic:**

[Prebiotics vs. Probiotics](#)

**From Functional Medicine Neurologist, Dr. Perlmutter:**

[Prebiotics and Probiotic Food List](#)

*This newsletter will continue to serve as a platform to support and empower, including new resources, updates, recipes, and upcoming events. What else would you like to see in future newsletters? Let us know in an email!*

*follow us*

