



ARBOR FARMS MARKET

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Our May 2018 Newsletter for Healthy Living

Vegetables for Your Heart

Research has shown that the more vegetables you eat, the lower your risk of heart disease, with different types of vegetables protecting your heart through different mechanisms. Leafy greens, for example, have high amounts of nitrates that naturally boost your nitric oxide (NO) level. Cruciferous veggies, on the other hand, lower your risk of stroke and heart attack by promoting more supple neck arteries and preventing the buildup of arterial plaque. In fermented cabbage, it's the fiber content that helps lower blood pressure and improve blood sugar control, thereby lowering your risk of heart problems. Phytonutrients in sauerkraut also help promote easy blood flow and flexible blood vessels, and veggies rich in magnesium and quercetin also provide important heart benefits. Some of the top vegetables for maintaining healthy heart function well into old age are arugula, butter lettuces, spring greens (mesclun mix), basil, beets and beet greens, and Swiss chard.



NO is an important biological signaling molecule that supports normal endothelial function and protects your mitochondria. A potent vasodilator, it also helps relax and widen your blood vessels, which improves blood flow. A recent study published in *The American Journal of Clinical Nutrition*, which followed nearly 1,230 seniors for 15 years, found that the higher an individual's vegetable nitrate intake, the lower their risk for atherosclerotic vascular disease

(ASVD) and all-cause mortality. According to the authors, "These results support the concept that nitrate-rich vegetables may reduce the risk of age-related ASVD mortality."

Research has also shown a diet high in vegetable nitrates helps prevent and treat prehypertension and hypertension (high blood pressure), and protects against heart attacks, courtesy of their

(mm) thinner carotid arterial walls (the artery in your neck) than those who ate two servings or less. Each 0.1-mm decrease in thickness is associated with a decreased stroke and heart attack risk ranging from 10 to 18 percent, so the results were considered rather significant. Overall, each 10-gram daily serving of cruciferous vegetables was associated with a 0.8 percent reduction in ca-

"Our results show...increasing (consumption of) a variety of all vegetables is important to maintain good health."

rotid artery wall thickness. NO-boosting power. Vegetable nitrates should not be confused with the nitrates found in processed meats such as bacon, hot dogs, ham and other cured meats with preservatives. Vegetable nitrates turn into beneficial NO while the nitrates added to processed meats are primarily converted into harmful nitrosamines.

Cruciferous vegetables such as broccoli, cauliflower, Brussels sprouts and cabbage — which are widely recognized for their anticancer benefits — also have a heart-healthy influence. A recent study that examined the effects of vegetable intake on carotid artery measures, which are indicative of arterial health (narrow, hard arteries restrict blood flow and can lead to heart attack and stroke), found those who consumed the most cruciferous vegetables had thinner and therefore healthier carotid arteries than those who consumed the fewest. On average, those who ate at least three daily servings of cruciferous veggies had nearly 0.05 millimeters

rotid artery wall thickness.

This link was not found with other types of vegetables. According to researchers: "After adjusting for lifestyle, cardiovascular disease risk factors (including medication use) as well as other vegetable types and dietary factors, our results continued to show a protective association between cruciferous vegetables and carotid artery wall thickness... However, this does not discount the importance of other vegetable types, as we know increasing a variety of all vegetables is important to maintain good health. Our research suggests that recommendations to include a couple of servings of cruciferous vegetables amongst the recommended amount of vegetables may help to optimize the vascular health benefits."

The fiber and healthy bacteria found in traditionally fermented and cultured foods also benefit your heart in a number of different ways. For

Continued on page 3

What's Inside This Issue

- 2018 Organic Produce CSA
- Vegetables for Your Heart, continued
- It's Vitamin D Time!
- May Monthly Coupon

2018 Organic Produce CSA

Homer Organic Family Farms



Our Farming Practices

Our farming practices will take you back to the 1930's. Our fields are plowed and worked with horses. Our large families provide many hands to do the hoeing and many other tasks that can only be done by hand. Food that was raised in the 1930's had much better flavor and many more nutrients because farmers were not dependent on the chemicals, pesticides and GMO seeds that most farms use today. Food that has been organically grown doesn't just taste better, but it's also better for you!

We want you to enjoy better health. It is important to know where our food is coming from. Everyone needs a farmer. Who or where is your farmer?

About Us

We farmers (there are now seven participating farmers in our Homer Community) have been raising produce for several years, providing fresh vegetables for Farmers Markets and several of the Ann Arbor food stores. In 2008, we decided to begin a farm share program (CSA). Being a farm share member connects you directly to the farm your food is coming from. We usually offer a couple farm visits during the summer months. A farm visit will not only acquaint you with our farming community, but also offers a glimpse of the efforts made to provide you with good, clean, wholesome food.

We, being of the Amish faith, do not have phones, computers or email, so our communication needs to be by mail, at the farmers markets or through our friends at Arbor Farms. Of course, you are always welcome to come out to our farms.

We welcome you for a farm visit!

What is a CSA Program?

By subscribing to a CSA you are investing in a share of the farmer's harvest. The CSA farm share program then provides you with fresh vegetables every week. The early harvest begins May 30th, continues throughout the summer, and ends October 13th (for a total of 20 weeks).

Not only are subscribers getting the freshest food, but they are also showing their support for the small farmer. The program works well for the farmers and members both. The farmer can plan how much to grow. The member knows they have a box of vegetables coming every week. It makes shopping quite simple. It broadens your eating habits, as you will try new things you've never had before. It can challenge the cook. A seed catalog to us is like a cookbook to you. Sometimes we like to try new items. So be our guest and enjoy the food.

What might I see in my weekly box?

Early Season: June

Asparagus
Leaf Lettuce
Swiss Chard
Sunchoke
Kale varieties
Collards
Zucchini and Summer Squash
Peas: Snap and Snow
Asian Greens

Summer Season: July/August

Lettuce Broccoli Cabbage
Radishes Beans Bell Peppers
Rhubarb Cucumbers Hot Peppers
Strawberries Zucchini Carrots
Peas Tomatoes Sweet Potatoes
Basil Potatoes Cantaloupe
Green Onions Sweet Corn Onions
Swiss Chard Summer Squash Egg Plant
Asparagus Beets Garlic

Late Season: September/October

Remaining summer crops,
Red Peppers
Hard Squash
Pumpkin
Watermelon
Spinach
Cauliflower
Late Greens
And wrapping up the garden.

Subscribe Now-May 21st. Pick-up information & enrollment forms at Service Counter.

example, probiotic-rich sauerkraut has been shown to reduce inflammation, promote gut health (which has system-wide implications), improve high blood pressure, reduce triglyceride levels and maintain healthy cholesterol levels, all

even death from all causes. The best way to maintain healthy magnesium levels is to make sure you're eating plenty of dark-green leafy vegetables. Juicing with greens is an excellent way to increase your magnesium, along with

which play an important role in preventing and reducing the progression of cardiovascular diseases, and inulin, indigestible prebiotic fiber that nourishes beneficial bacteria in your gut.

As you can see, the plant kingdom is filled with veggies that support and protect your heart health in a variety of ways. Treat yourself to a wide variety daily, being sure to include nitrate-rich

“...quercetin effectively lowered blood pressure at a dosage of about 500 mg per day.”

of which benefit your cardiovascular and heart health. Sauerkraut is easy to make at home with just a few simple ingredients.

Magnesium is profoundly important for heart health, and most people are deficient. More than 300 different enzymes rely on magnesium for proper function, and magnesium is required for a whole



host of biochemical processes. This includes but is not limited to the creation of ATP (adenosine triphosphate), the energy currency of your body, relaxation of blood vessels and healthy muscle and nerve function, including the action of your heart muscle. If you're lacking in cellular magnesium, it can lead to the deterioration of your cellular metabolic function, which in turn can snowball into more serious health problems, including cardiovascular disease, sudden cardiac death and

many other important plant-based nutrients. When it comes to leafy greens, those high in magnesium include spinach, Swiss chard, kale, beet greens and Romaine lettuce, as well as Brussels sprouts and broccoli.

Last but not least there's onions. Packed with quercetin, onions help combat inflammation and boost immune function. As a supplement, quercetin has been used to ameliorate obesity, type-2 diabetes and circulatory dysfunction. A 2016 meta-analysis of randomized controlled trials found quercetin effectively lowered blood pressure at a dosage of about 500 mg per day. Other studies have shown it helps reduce your risk of atherosclerosis. Onions also provide sulphur-containing phytochemicals that help normalize your cholesterol and triglyceride levels, and have anticlotting properties that help lower your risk of stroke, coronary artery disease and peripheral vascular diseases; polyphenols,

Michigan Grass-fed Beef:

Humanely-raised on Michigan family farms!



Porterhouse & T-Bone Steaks only \$13.99/lb

leafy greens, cruciferous vegetables, onions and some homemade sauerkraut.

Reference: *American Journal of Clinical Nutrition* May 31, 2017; 106(1):207-16. *Hypertension* 2008 March; 51(3):784-90. *Medical News Today* April 5, 2018. *WebMD, How Fiber Protects Your Heart. The World's Healthiest Foods, Magnesium. Medicinenet.com* August 30, 2013. *Journal of the American Heart Association* 2016; 5:e002713

It's Vitamin D Time!!!

Vitamin D, once primarily known for its role in bone health, has traversed into the mainstream as one of the most important vitamins for overall health and disease prevention. From your heart to your gut and, as accumulating research shows, to your brain, making sure you're getting enough vitamin D is one of the simplest ways to make a difference in your health. Worldwide, an estimated 47 million people are living with dementia, and this is expected to increase to 75 million by 2030. Dementia, of which Alzheimer's disease is the most common form, refers to memory loss and other changes in cognitive abilities that make performing everyday activities difficult.

Research suggests, however, that you can lower your risk of this debilitating disease by optimizing your vitamin D levels. In a six-year study that followed more than 1,600 people, vita-

min D deficiency was found to have a substantially increased risk of dementia, including Alzheimer disease. In fact, people who were severely deficient in vitamin D had a 122 percent increased risk of developing dementia, whereas those who were moderately deficient were at a 53 percent greater risk. For Alzheimer's disease specifically, being severely vitamin D deficient was linked to a 122 percent increased risk compared to a 69 percent increase for those who were moderately deficient.

In 2017, Austrian researchers conducted a meta-analysis of five studies and further revealed that people with a serious vitamin D deficiency have a higher risk of dementia than those with sufficient vitamin D. "The results of this systematic review show that low vitamin D levels contribute to the development of dementia," the researchers noted.

Another study, this one pub-

lished in *JAMA Neurology*, also linked vitamin D status with rates of cognitive decline, finding, "Low VitD [vitamin D] status had an accelerated decline in cognitive function domains in ethnically diverse older adults, including African American and Hispanic individuals who exhibited a high prevalence of VitD insufficiency or deficiency." In addition, higher intake of dietary vitamin D was associated with a lower risk of developing Alzheimer's disease among older women. Researchers are now looking into uncovering the optimal timing and duration during which optimizing vitamin D clearly helps protect against dementia, but a sensible solution is to monitor your levels and keep your levels optimized throughout your life.

Reference: World Health Organization April, 2017. *Science Daily* August 6, 2014. *BioMedCentral Geriatrics* 2017; 17:16. *JAMA Neurology* 2015 Nov; 72(11):1295-303. *Journal of Gerontology, Series A, Bio Sci Med Sci* 2012 Nov; 67(11):1205-11.



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Limit one coupon per visit. No cash value.
Valid through 5/31/2018

2018 Organic Produce CSA Homer Organic Family Farms

**Duration: 20 weeks/
May 30 - October 13**

Cost: \$400

Share Size: 1/2 Bushel box
(2-person size, about 9-10 lbs
will vary w/ seasonal contents)

Subscriber Information

Name(s) _____ Phone # _____
Address _____ Phone # _____
City/Zip _____ E-mail _____

Choose your Pickup Time: (circle one)

Wednesdays @ 7:30AM or **Thursdays @ 2:30PM** or **Saturdays @ 7:30AM**

Picking up your box within one hour of designated time will yield the freshest produce. All pickups will take place in a designated area in front of Arbor Farms, outside the store and under our canopy to protect from the elements as much as possible. **You will be able to park, pick up your box, and be on your way in as little as 60 seconds!** Please note that boxes not picked up within 36 hours will be donated to Food Gatherers.

Choose your Payment Schedule:

\$400 paid in full

\$200 now, remaining \$200 by May 28th