



## **Super Foods**

*By Marcia Rae  
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Some foods pack so much nutrition that they are considered super foods. Berries are at the top of that list, rich in antioxidants and anthocyanins. Plus they are just plain yummy.

Blueberries are the highest in antioxidants, important in protecting against cancer, urinary tract infection, and cataracts. They protect against brain damage from strokes and heart disease. Cranberries are best known for preventing urinary tract infections, but are also effective against breast cancer and ulcers. Eating cranberries can help decrease bad, LDL, cholesterol, thus preventing heart disease. Strawberries are high in antioxidants and vitamin C. They help prevent heart disease and are a good source of a number of vitamins and minerals. Raspberries fight cancer and supply a multitude of vitamins and minerals.

Having trouble getting healthy foods into the kids? Mix up some berries with a high quality (lots of active acidophilus bacteria and no high fructose corn sugar) yogurt for a filling and energizing after school snack.

This is a particularly good time to stock up on berries and the process is super easy for this super food. Strawberries, raspberries, Marion berries, and commercial blackberries are all available at the Farmers Market. Just rinse them and spread on a cookie sheet. Put the sheet into the freezer. When frozen, use a wide spatula and scoop them into a 1 gallon freezer bag. Then you can pour them out and eat them by the handfuls, still frozen or used in recipes, on cereal or stirred into yogurt, on top of ice cream or in a smoothy.

Same thing with blueberries, only easier. I like to freeze them and then wash them when I take them out of the freezer. That way they get thawed and unfrozen all at the same time. Blueberries are great in Sunday morning pancakes, or as extra interest in a salad. Mix with other fruits in the winter for a taste treat.

We are fortunate to have at least three blueberry growers nearby – Springbank Farm and Berkey's Blueberries in Lebanon, and Bear Fruit Berries, near Harrisburg. You can get them and all the berries at the Brownsville Farmers Market, at the farm picked or u-pick, or on-line at [WillametteLocalFoods.com](http://WillametteLocalFoods.com). Stock up now so that you don't have to buy fruit from South America for those chilly, fruitless winter days.

These super foods and other super foods such as broccoli, deep green leafy vegetables, and pastured eggs are available each Saturday at the Brownsville Farmers Market. None of them contain high fructose corn syrup or trans fats.

Munch on This – Have you had your super food today?

PS – See you at the Farmers Market this Saturday, 9 a.m. to noon, for real local super foods. Music is Tom Janssen and friends.

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