
 <p>www.brownboxorganics.com</p>	<p>Gluten Free Grains</p>  <p>Dr. Karen Benton, Naturopathic Physician</p>	<p><i>Brown Box Organics not only offers free home or office organic produce and specialized grocery deliveries but also curbside pick up on call-ahead orders.</i></p> <p>(208) 362-5677</p>
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Gluten is a protein found in some cereal grains, mainly wheat, rye, triticale, barley, spelt, buckwheat and sometimes, oats. It is responsible for making bread “springy.” As the dough is kneaded, the gluten molecules join together forming long chains that make it elastic-like. Gluten is the major source of protein for many people who live on a wheat-based diet. However, gluten does not agree with everyone. Some digestive problems have been found to be associated with an intolerance to gluten. Fortunately there are non-gluten grains that are delicious and easy to cook.

Gluten-free grains: brown rice, coarse cornmeal (cornmeal is also a common allergen), millet, quinoa, wild rice.

Gluten-free flours: arrowroot, brown rice, garbanzo (chick pea), soybean, potato, nut and seed, legume.

Gluten-free pasta: corn, quinoa, rice, soy, amaranth.

Rice. If you think of a white, gummy, tasteless dish when you think of rice, think again! Whole brown rice has a pleasant, mild flavor -- a somewhat chewy and satisfying texture. Rice may well be one of the easiest whole grains to introduce into your new, healthier lifestyle. Rice is extremely versatile and comes in many shapes and sizes. Here is a list to help you choose wisely.

- Instant Rice:* Pre-cooked rice that has had the outer coating totally removed. It lacks protein, 75% of its original mineral content, and most of its vitamin B. (poor choice)
- Polished white rice:* Very white, milled rice with the hull, bran, germ, and endosperm removed
- Converted rice:* Rice that has been soaked and steamed before milling, to retain more of the vitamins and nutrients.
- Brown rice:* Rice that has had its outer husk removed. Much of its nutritional qualities has been retained. However, what is left of the covering may be a slight intestinal irritant.
- White rice flour:* Made from polished white rice, so it has little taste and low nutritional value
- Brown rice flour:* Faint taste and more nutritional than white rice flour.
- Rice polishings:* The bran and other materials have been removed from brown rice to make polished rice.
- Wild rice:* Actually from the GRASS family and not a true rice. It is commonly found growing wild in the Great Lakes region. It is a nutritional, tasty, and expensive food product.

Millet. The birds of North America eat a lot more millet than do we humans. Millet is among the least familiar of the grains in our country and it's time to change that as it is more than bird seed. Millet is a delicious, mild flavored yellow colored grain. Its protein, calcium, magnesium, iron, and lecithin levels are of significant value and its versatility in recipes is exceptional.

Quinoa. This interesting grain comes from the Andean Mountains and was one of the several staple foods upon which the great Inca civilization dined. Quinoa packs a punch with its unusually high protein profile and its expanding qualities. Cooked quinoa expands almost five times its original size. It is often a favorite with children and its appearance is rather unique. As a cooked grain it is almost transparent with little white "o" rings in the center. It can be substituted for just about any grain in recipes and has a light yet satisfying quality. To cook, rinse quinoa thoroughly, either by using a strainer or by running fresh water over the quinoa in a pot. Drain excess water. Use two parts water and 1 part quinoa. Place quinoa and water in a 1 1/2-quart sauce pan and bring to a boil. Reduce to a simmer, cover, and cook until all of the water is absorbed (15 minutes). You will know the quinoa is done when all the grains have turned from light beige to transparent with little white rings. Note most varieties of quinoa have a naturally bitter coating which helps prevent insect and bird damage.

This coating is usually removed before it is shipped but a small amount of bitter residue may occasionally remain. This is removed simply by rinsing the quinoa before cooking.

Corn. Over 9,000 years ago, wild corn was swaying in the wind of sunny southern Mexico. Today, corn is everywhere! From corn-on-the-cob to cornstarch to corn flakes, North Americans consume a large amount of this plant. For now, let's concentrate on the dried version, particularly cornmeal. Cornmeal has a host of interesting possibilities. However, it is of paramount importance you find *fresh* cornmeal that contains *germ.*, and preferably not genetically modified. Better yet, buy the whole dried corn kernels and grind your own. It is sweet and fluffy and much more satisfying. A sturdy blender can possibly do the job, but a home flour mill is ideal (if you don't have one, find a health food enthusiast that does).

References: The Health Coach: Personalized Education Program. New Health Perspectives Inc., Copyright 1991.

Special occasions and holidays can be a time for enjoying a few sweet treats as part of your healthy diet, or giving a few good choices as gifts. Here are two of our favorites:

Pumpkin Dumpkins

Reprinted from the Idaho Statesman.com/Christmascookies

1 bag Namaste spice cake mix
1 15-ounce can pumpkin
1 bag (plus) semi-sweet chocolate chips (be somewhat generous on these)

Dump all ingredients into a bowl and stir until smooth. Drop by teaspoons or tablespoons (depending upon size preference) on an ungreased cookie sheet. Bake at 350° for 10-12 minutes. Recipe compliments of Joyce Fehrer of Nampa, ID. Makes 3 dozen smaller cookies.

Nutritional analysis: per cookie: 110 calories, 2 g fat, 1 g saturated fat, 0 g cholesterol, 121 mg sodium, 23 g carbohydrates, 1 g fiber, 8 g sugar, 1 g protein.

Lemon Poppyseed Bread

1 package Namaste Muffin mix	½ cup lemon juice (if using fresh, add 1 T of lemon zest)
½ tsp baking soda	1/3 cup water
1/3 – ½ cup sugar, honey or agave syrup to taste	1/3 cup oil
2 medium large eggs	1 T. poppyseeds

Preheat oven to 350° and spray a loaf pan with non-stick vegetable spray. Mix baking soda, muffin mix and sugar in mixing bowl. (If you are using honey or agave instead, add that along with eggs) Combine eggs, oil, lemon juice, water (and honey or syrup) in another small bowl. Add wet ingredients to dry until just blended. Stir in the poppyseeds. Bake for 50-60 minutes or until toothpick inserted comes out clean. Run knife around edge of pan when finished baking. Cook in pan 10-15 minutes then take out and cool on cooking rack.

Nutritional analysis: (Makes approximately 12 slices) per slice: 235 calories, 8 g fat, 1 g saturated fat, 0 g trans fat, 35 mg cholesterol, 286 mg sodium, 42 g carbohydrate, 1 g fiber, 19 g sugar, 2 g protein.

See more recipes at <http://www.namastefoods.com>