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Jamaican Banana Fritters

Ingredients

3 ripe bananas, 1 egg, 1 teaspoon of vanilla extract, 1/2 teaspoon of cinnamon, 1/4 teaspoon of nutmeg, 1/2 cup of sugar, 2 cups of all-purpose flour, 1 tablespoon baking powder & 1/4-1/2 cup milk

Directions

Peel and mash the ripe bananas.

Beat egg, sugar, vanilla, nutmeg and cinnamon.

Next, blend egg mixture with mashed bananas. Make sure it is all incorporated.

Then sift flour and baking powder into the banana/egg mixture. Mix it all together.

If the batter seems to be too thick add a little milk... I added about 1/4 cup to 1/2 cup of milk.

Add oil to a frying pan and place on medium high heat. Drop spoonfuls of the banana fritter batter into the hot oiled frying pan. Flip when you see the edges starting to get brown and golden.

Lastly, combine cinnamon and sugar together to create your cinnamon sugar. This is used to sprinkle on top of the fritters once they are finished cooking and still hot.

Sprinkle cinnamon sugar on top.

Enjoy!

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Chiropractic

The Healing Powers of Vinegar

Did you know that vinegar is considered one of the top 20 home remedies? Here is just some examples of why you should always keep vinegar on hand in your home...

For the Body:

1. Acid Reflux Disease *
2. Zap Acne *
3. Relieve Angina *
4. Beat Anxiety *
5. Tame Arthritis *
6. Perky Astringent
7. Athlete's Foot *
8. Black-n-Blue Marks
9. Soothe & Heal Burns *
10. Treat Canker Sores *
11. Smooth Chapped Skin
12. Bye-Bye Cold *
13. Clear up Congestion *
14. Constipation *
15. Take off corns
16. Stop a cough *
17. Dump Dandruff *
18. Defeat Depression *
19. Steady Dizziness *
20. Douche Smart
21. Cure an earache *
22. Embrace an energizer *
23. Smooth Hangnails *
24. Fight Fibromyalgia *
25. Fizzle out the flu *
26. Fade Freckles
27. Lose the Headaches
28. Pamper Hemorrhoids *
29. Baby Herpes *
30. Stop Hiccups
31. Stave off Impetigo *
32. Blast Impotence *
33. Swat insects & Bee Stings
34. Put insomnia to Bed *
35. Irritable bowel syndrome *
36. Soothe jelly fish stings
37. Lose the lameness *
38. Menopausal hot flashes *
39. Morning Sickness *
40. Muscle Cramps *
41. Fight off Night Sweats *
42. Poison Ivy, Oak & Sumac
43. Relieve a Rash *
44. Round up Ringworm *
45. Stamp out Shingles *
46. Relieve Sunburn
47. Stop Swimmers Ear
48. Tackle Toenail Fungus *
49. Toothache Relief

51. Wash Away Thrush *
52. Common Warts *
53. Gain Weight *
54. Aloha Varicose Veins *
55. Thick & Shiny Hair *
56. Super Hair Rinse
57. Rosy Glow on your cheeks *
58. Smooth Hands *
59. Clean Dentures
60. Personal Hygiene
61. Fragrant Sweater
62. Sparkling eyeglasses
63. Pretty Nails
64. Relieve Dry Skin *
65. Stop Cellulite
66. Beat bone loss
67. Memory Booster

For The Home:

1. Remove smoky odors
2. Freshen clothing
3. Spot remover on clothing
4. Freshen dishwasher
5. Remove deodorant stains
6. Restore carpet color
7. Remove bathroom film
8. Natural bowl cleaner
9. Unclog showerhead
10. Clean shower curtain
11. Wood paneling cleaning
12. Kill sidewalk grass
13. Melt icy roads
14. Natural weed killer
15. Cat or Dog Bath
16. Clean up pet accidents

- Indicates apple cider vinegar works best. Otherwise use any

HOW MUCH DO I USE?

Air on the side of caution. Use in moderation. Start with only 1—2 teaspoons per 8 ounces of water.



Good Potassium-Rich Fruits for Keeping Your Blood Pressure Lower

Apples / Apricots / Blueberries / Cranberries / Lemon / Mango / Orange / Peach / Plum / Pomegranate / Raspberries / Strawberries

Avoid These High Blood Pressure Culprits

Bacon / Hot Dogs / Sausage / Shellfish / Ham / Fast Food / Salted Potato Chips / Canned Food / Fried Food / Pretzels / Seasoned Salts / Salted Nuts

Can Vinegar Go Bad?

Shelf Life -

Apple Cider Vinegar, 18 months

Distilled White Vinegar, 42 months



Linda Page's Healthy Healing, A Guide to Self-Healing for Everyone... on Apple Cider Vinegar:

A Well known health tonic containing over 30 important nutrients, apple cider vinegar enhances memory, fights arthritis and promotes weight loss. It contains natural antibiotics and an anti-fungal that can fight ear infections, dandruff and athlete's foot when used externally. It helps in soothing sore throats when used in a gargle. A warm apple cider vinegar drink has remarkable detoxifying effects. Mix 1 tsp. apple cider vinegar, 1 tsp. maple syrup and warm water. Drinking this blend a half hour before each meal helps ease heartburn and chronic indigestion, soothes throat irritation, halts hiccups, and boosts mental clarity.

Source: The Healing Powers of Vinegar By: Cal Orey

Pantry, Counter, Fridge? Where To Store Produce For Maximum Shelf Life

No matter how [good a deal you got](#) on those [in-season blueberries, tomatoes or basil](#), it's money wasted if some of that produce goes bad before it makes it to the table.

It's an all too common budget dent. Americans throw out roughly 14% of what they buy, according to the U.S. Department of Agriculture. Worse, that figure is *before* factoring in the leftover food you scrape from your plate.

Knowing how long fresh fruits and vegetables last and where to store them for maximum shelf life leads to better deals. You can make smarter decisions about how much to buy of a particular food, and use more (if not all) of it before it goes bad. (That's not to say you can't keep peppers on the counter or oranges in the fridge, of course – just that if you opt to keep something in less than ideal storage conditions, you might need to eat it a few days sooner.)

The solution: Our handy storage guide below, compiled from chefs' experience, as well as research by the Massachusetts Department of Agricultural Resources, MealsMatter.org, Self magazine and the Food Marketing Institute. (Got your own tips to extend the shelf life of fruits and veggies? Post them in the comments.)

Apples—Store on the counter. Move any uneaten apples to the refrigerator after seven days. In the fridge or out, don't store near most other uncovered fruits or vegetables — the ethylene gases produced by apples can ruin them (making carrots bitter, for example). The exception: if you want to ripen plums, pears and other fruits quickly, put an apple nearby for a day or so.

Artichoke—Refrigerate whole for up to two weeks.

Asparagus—Store upright in the refrigerator in a plastic bag with either an inch of water or with a damp towel wrapped around the base, just like you would have flowers in a vase. They'll last three to four days that way.

Avocados—Ripen on the counter. Can be stored in the refrigerator for three to four days once ripe.

Bananas—Store on the counter. Refrigerate only when ripe — they'll last for another two days or so.

Beets—Remove green tops an inch or two above the crown. Refrigerate beets in a plastic bag to prevent moisture loss, which leads to wilting. (They'll last seven to 10 days.) Refrigerate greens separately, also in a plastic bag.

Berries—Grower Driscoll's recommends refrigerating berries, unwashed and in their original container. Blueberries and strawberries should keep for five to seven days; more fragile raspberries and blackberries up to two days.

Broccoli—Refrigerate in a sealed plastic bag. It'll keep for three to five days.

Carrots—Refrigerate in a sealed plastic bag for up to three weeks.

Cauliflower—Refrigerate, stem side down, in a sealed plastic bag. It'll last three to five days.

Celery—Refrigerate one to two weeks in a sealed bag. Keep in the front of the refrigerator, where it's less apt to freeze.

Citrus fruits—Store oranges, lemons, limes, and grapefruit on the counter. They can last up to two weeks.

Corn—Refrigerate ears still in the husk. They'll last up to two days.

Cucumbers—Refrigerate, either in the crisper or in a plastic bag elsewhere in the fridge. They'll last four to five days.

Garlic—Store in the pantry, or any similar location away from heat and light. It'll last up to four months.

Green beans—Refrigerate in a plastic bag for three to four days.

Green onions—Refrigerate for up to two weeks.

Herbs—Fresh herbs can last seven to 10 days in the refrigerator. “When I use fresh herbs and store them in my refrigerator at home, I keep them in air-tight containers with a damp paper towel on the top and bottom,” says Raymond Southern, the executive chef at The Back Bay Hotel in Boston. “This keeps them fresh.”

Leafy greens—Refrigerate unwashed. Full heads will last five to seven days that way, instead of three to four days for a thoroughly drained one. Avoid storing in the same drawer as apples, pears or bananas, which release ethylene gases that act as a natural ripening agent.

Mushrooms—Take out of the package and store in a paper bag in the refrigerator, or place on a tray and cover with a wet paper towel. They'll last two to three days.

Onions—Stored in the pantry, away from light and heat, they'll last three to four weeks.

Peaches—Ripen on the counter in a paper bag punched with holes, away from sunlight. Keep peaches (as well as plums and nectarines) on the counter until ripe, and then refrigerate. They'll last another three to four days.

Pears—Store on the counter, ideally, in a bowl with bananas and apples, and then refrigerate after ripening. They'll last another three to four days.

Peas—Refrigerated in a plastic bag perforated with holes, they'll last three to five days.

Peppers—Refrigerated, they'll last four to five days.

Potatoes—Store them in the pantry away from sunlight and heat, and they'll last two to three months.

Radishes—Refrigerate. They'll last 10 to 14 days.

Summer squash—Refrigerate in a perforated plastic bag. They'll last four to five days.

Tomatoes—Spread them out on the counter out of direct sunlight for even ripening. After ripening, store stem side down in the refrigerator and they'll last two to three days.

Tropical fruit—Mangoes, papayas, pineapples and kiwifruit should be ripened on the counter. Kat Bretcher of Cottonwood, Ariz., ripens mangos in a paper bag in a cool place, and then refrigerates them for another two to five days.

Watermelon—Kept at room temperature on the counter, it'll last up to two weeks, Bretcher says.

Winter squashes—Store on the counter for up to two weeks.

Frugal Foodie is a journalist based in New York City who spends her days writing about [personal finance](#) and obsessing about what she'll have for dinner. Chat with her on Twitter through [@MintFoodie](#). / <http://www.mint.com/blog/saving/storing-produce-07072010>