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ISSUE

49

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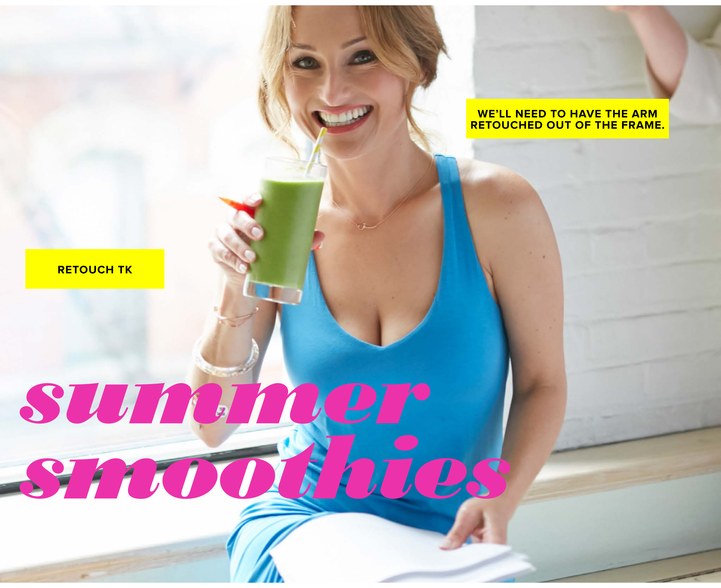
this week...

I grew up eating some pretty colorful food: red tomatoes, yellow squash blossoms, orange peppers, green herbs and leafy vegetables, gorgeous purple eggplants. You name the color, there was a fresh-food ingredient to match it. Turns out that the multihued food of my traditional Italian diet wasn't just a feast for the eyes and mouth. The various pigments in the fresh, vibrant food gave—and continues to give—my body all the nutrients it needs. "Eat the rainbow" is a nutritional rule of thumb that helps us eat a diverse group of foods and nutrients throughout the day. Lucky me, I've been doing it all along.

And lucky us, we're in the season when it's easiest to get the biggest bang for your dietary buck, eating up all the fresh, colorful produce that abounds during the summer months. This week, we're painting with a broad stroke in our Colors of Summer Issue. We'll use up the bumper crop with fresh, refreshing drinks for warm-weather juices and smoothies. We'll get smart, delicious recipes for cooking up seasonal, veggie-based meals. And we'll learn about jackfruit, a piece of Asian produce that's the next big thing in meatless meals. Color me excited—this issue is one of the most summery, beautiful, healthy, and delicious yet!

xo



summer smoothies

COOK

Power up—fast—with powerful-produce ingredients by giving some of my favorite juice and smoothie recipes a whirl.

Sometimes, it's when I've been really busy traveling, filming, book-touring, or just being a wife and mom at home; other times, I just don't feel like myself—whether it's due to inflammation, bloating, or general sluggishness. Either way, I turn to juices and smoothies. They help me detox and get back on track, filling me with the essential nutrients from fresh fruits and vegetables that are good for my body.

ORANGE IS THE NEW HEALTHY JUICE

There's no denying that juices and smoothies are delicious. They hit the sweet, cold, and (sometimes) slushy notes that help quench a craving. But they also have the good-for-you, whole-food ingredients that leave processed treats in the dust (I'm talking to you, Frappuccino and Slurpee). And then there's the color factor. Deep, bright fruit and vegetable pigments not only give these drinks their tempting looks, but also a giant nutritional boost. In summer, you get a bumper crop of vitamins and minerals when you blitz up peak-of-season berries (free-radical-fighting vitamin C), fresh greens (meatless iron), or sunny peaches or oranges (heart-healthy beta-carotene). And a juice or smoothie is the ultimate quick delivery device for getting these nutritional goodies into your system.

The timing's up to you. I like a juice in the morning, to get a delicious, healthy start to the day. But they're also restorative and energizing after a workout, or as a mid-afternoon pick-me-up. Bonus: The ingredients' water and fiber help fill you up and may help you ward off the temptation of other, less virtuous snacks.

DOUBLE BERRY SMOOTHIE

COOL GREEN SMOOTHIE

If you're a hard-core juice fanatic, you might kit out your kitchen with an electric juicer. Fortunately for the low-tech-types out there, these recipes don't require much specialized equipment. The orange juice I've included here incorporates carrot juice, but you can pick some up at a grocery or health food store rather than extracting your own. A high-powered blender such as a Vitamix can liquefy almost anything and froth up fruits and vegetables with the addition of just ice to make smoothie-like treats that are dairy-free and delicious. A standard kitchen blender does the job perfectly well, though it will be just a bit chunkier.

A word about serving temperatures: I like my juices and smoothies served cold. I know many people recommend drinking straight juices warm or at room temperature, but I just can't do it. Chilled, however, they are delicious. ■

fresh summer recipes

FRIENDS & FAMILY

Tapping the true potential of summer produce requires improvisation. Here's how the chefs at Sacramento's Mother restaurant do it.

In Sacramento we're fortunate to have a long, hot summer with many days exceeding 100 degrees. Such temperatures may not be comfortable for human life, but a trip to any local farmers' market reveals the true payoff: market tables covered with supersaturated reds, oranges, yellows, pinks, and purples, hues beyond the tired supermarket palette to which many have become so accustomed. Such variation in color is an effort by the kingdom *Plantae* to catch our mammalian eyes. In a way, we're all being conned.

We are unwitting masters of seed dispersion. Plants make use of our desire for soft sugary flesh by creating a vehicle for their offspring in an effort to disperse them. The bright colors are intended to stand out among the brownish green humdrum of nature; plants have adapted to ensure that immature fruits are unappetizing, making them hard and bitter. Ripeness is fleeting and cooks are compelled to act quickly to make use of ripe botanical fruit. Agribusiness tries to control the ripening process with ethylene gas and cold storage, but it's common knowledge that a naturally ripened fruit at its peak cannot be beat.

PEACH AND FARRO SALAD WITH BURRATA

These gems make summer the most exciting season for cooking. Every day, farmers carry or cart in produce through our Sacramento restaurant's dining room and our cooks unpack and sort the bounty. Our arrangement with local farms is untraditional, as we typically don't order with any specificity. Farms bring what products they have when they're ripe. We need to be flexible; it's not uncommon to get, say, 200 pounds of squash on a Friday (which has happened!). In mid-July, Jimmy Nardello peppers and yellow peaches were among the delivery from Watanabe Farms in West Sacramento. The peppers, named for the man who preserved the strain from his parent's Southern Italian homeland, are sweet and delicious when fried. The organic yellow peaches vary in ripeness from firm (perfect for a pie) to firm—best for eating over the sink, or served up in a salad. ■

JIMMY NARDELLOS PEPPERS ARE A SWEET, FRYING VARIETAL.

ROASTED JIMMY NARDELLO PEPPERS WITH CHERRY TOMATO JAM

color-coded food

WELLNESS

Natural foods pack a punch, thanks to the pigments behind their distinctive hues. Frances Largeman-Roth outlines the best ingredients across the spectrum.

Reds

Since at least as far back as the Roman times, the color red has signified power and wealth. Studies show that women are more attracted to men wearing red, and we all know the impact of a good red lipstick. This bold and beautiful family of fruits and vegetables is certainly physically attractive, but it also boasts a wide range of heart-healthy nutrients. Many members of the red family contain high levels of the antioxidant vitamin C, potassium, and fiber. Vitamin C helps fight damage caused by pesky free radicals throughout the body. Potassium is essential for maintaining normal blood pressure and keeps your heart beating regularly. And soluble fiber, found in many red fruits, helps lower "bad" LDL cholesterol.

Reds abound in these foods:

- Strawberries
- Pomegranates
- Watermelon
- Radicchio
- Beets
- Tomatoes
- Radishes
- Rhubarb
- Cranberries
- Apples
- Cherries
- Raspberries

Oranges

Including sweet summer gems like apricots and peaches, as well as robust fall favorites like pumpkin and butternut squash, the orange family is as varied as yours probably is. But one thing they all have in common is a very special nutrient, beta-carotene. Who couldn't use a little dose of sunshine in their bowl?

Get your orange from one of these:

- Mangos
- Oranges
- Apricots
- Cantaloupe
- Butternut Squash
- Sweet Potatoes
- Pumpkins

Yellows

This color family is a bit tougher to categorize than the others, as it spans everything from golden beets to Meyer lemons to star fruit. But this sunny group finds common ground in its wealth of antioxidant-rich compounds, which help fight chronic diseases, including cancer and heart disease.

Some of the best yellows to add to your menus:

- Star Fruit
- Figs
- Lemons
- Bell Peppers

Greens

There's a reason why there are more recipes in this chapter than any other in the book—green is Mother Nature's favorite color. She uses it to paint everything from leafy herbs to creamy avocados and refreshing cucumber. Most members of the green family are super slimming, with less than 50 calories per cup, so make friends with them and load your plate high. They also offer up mega amounts of antioxidants for longevity-boosting benefits. And many greens are a fabulous meat-free source of iron, as well as the B-vitamin folate, which is essential for a healthy pregnancy.

All these greens will do you good:

- Asparagus
- Mustard Greens
- Fennel
- Kale
- Watercress
- Brussels Sprouts
- Broccoli
- Avocados
- Spinach
- Herbs
- Sugar Snap Peas
- Zucchini
- Edamame
- Cucumbers
- Arugula
- Lime

Blues, Indigos & Violets

The deep, jewel-toned colors in this family are reason alone to enjoy them. On top of that, they deliver high amounts of anthocyanins, a type of antioxidant that fights inflammation and may help reduce the risk of heart disease and cancer. And certain members of this gorgeous crew may also help keep your memory sharp and boost your brainpower. I say bring on the blues!

Some favorite "blue" foods:

- Blueberries
- Eggplant
- Blue Potatoes / Potatoes
- Red Onions / Onions
- Red Cabbage / Cabbage
- Plums
- Grapes

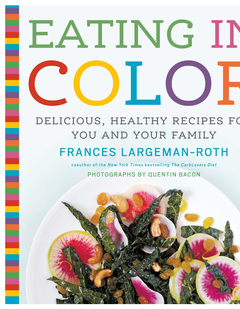
Blacks & Tans

While perhaps not colorful in the traditional sense, the foods that fall into this family have just as much to boast about as their flashier counterparts. Rich in fiber and antioxidants, these whole grains, legumes, fruits, fungi, and seeds add big flavor and texture to meals and reduce your risk of diabetes and heart disease. And let's not forget that chocolate falls into this group!

Try these black and tan foods:

- Oats
- Chia Seeds
- Hemp Seeds
- Barley
- Black Rice
- Black Beans
- Mushrooms
- Freekeh
- Flaxseed
- Olives
- Quinoa
- Sesame Seeds
- Coconut
- Chocolate

(Excerpt from *Eating in Color* by Frances Largeman-Roth reproduced with permission; published by Stewart, Tabori & Chang) ■



soothing stones

STYLE

Fashion, jewelry, candle, and fragrance designer Sage Machado harnesses the allure of colorful gems.

Among LA-based fashionistas, Sage Machado, the clothing and jewelry designer behind The Sage Lifestyle, is a pretty big deal. Her signature haute-hippie creations are worn by some of the biggest names around, including celebs such as Julia Roberts and Madonna.

Last year, Sage closed her celebrated Beverly Boulevard shop to focus on her fragrance line and also her "healing jewelry"—pieces that she says channel the curative powers of colorful jewels. Even if you're a little skeptical about the ability of a rock to affect your mind and outlook, there's no denying her pieces have a beautiful, boho-chic appeal, and a bit of color that can refresh your summer look. I asked Sage to tell us a bit about her latest collection and the energy of these beautiful, vibrant accessories.

SAGE MACHADO MAKES COLORFUL PIECES OUT OF BRIGHT STONES SHE SAYS HAVE CURATIVE POWERS.

Gemstones have always played a huge part in my designs. I've been inspired by the different gemstones found in nature, and their ability to bring us into harmony. Working one-on-one with my clients, I match color with the gems' energy to create symbolic pieces that are not only beautiful but also become totems—helping someone cope with a breakup or to inspire new, positive thoughts—and can make a difference in their lives.

While I was working on my most recent collection, I had many requests for the healing jewels that I usually only do for my bespoke clients, so I introduced this group of necklaces, rings, and earrings, which radiate their own energy based on the stones' vitality.

1 Cape Amethyst
"Amethyst shifts energies to a higher frequency, emanating stability, peaceful strength, and calm, ushering light and loving to one's environment. It is a powerful protective stone with a healing effect on physical, emotional, and psychological challenges."

SLIDESHOW CONTINUES

With these pieces, the wearer can keep the stones' energies close to them all day as a personal symbol to help them stay grounded. I hope these pieces help my fans find some serenity, and bit of sparkling support.

Sage's "healing" necklaces range from $165 to $300. Find them and more of her creations at www.thesagelifestyle.com. ■

SLIDESHOW CONTINUED

2 Black Obsidian
"As a black gemstone, black obsidian symbolizes self-control and resilience. The absence of light, black can help block negativity."

3 Blue Agate
"With love and courage as its source, blue agate encourages self-awareness, spiritual growth, and intellectual balance."

4 Labradorite
"Labradorite is said to carry positive galactic energies, stimulating mental acuity, heals stress, and strengthens faith and trust in the self."

5 Ruby
"Ruby carries the light spectrum said to bring enlightenment, encouraging passion, providing a shield during controversy, and bringing a positive state of mind."

6 Agate
"With love and courage as its source, agate facilitates power, assists in speaking one's truth, and enhances self-awareness, spiritual growth, and intellectual balance."

all about jackfruit

FEEL GOOD FOOD

Move over, tofu, tempeh, and seitan. There's a new meatless-meal staple that's making our mouths water.

Unless you've spent time scouring Indian rain forests or haunting the aisles of Asian markets, you may not have heard of jackfruit. This large, tropical superfruit is causing excitement in vegetarian (and in less-meatatarian) circles, mostly because of its consistency and flavor once it's been cooked. If coaxed with the right flavors, especially barbecue and Asian sauces, jackfruit mimics the taste and consistency of pulled pork or carne asada. And unlike tofu and other meat alternatives, jackfruit doesn't have unpronounceable additives; it's all natural.

I first discovered jackfruit at the Southern California food truck Seabirds (you may have seen them on my buddy Tyler Florence's show **The Great Food Truck Race**) but it's their new restaurant, **Seabirds Kitchen**, in Costa Mesa, that has me hooked. With an entirely vegan menu, it's a natural stop for vegetarians and health-conscious eaters, but, surprisingly, it's the carnivores and local foodies who frequent this spot the most. The main draw: their BBQ jackfruit sliders and asada jackfruit tacos.

BARBECUE JACKFRUIT

For founder and head chef Stephanie Morgan, it was important to create new flavors out of whole foods, and jackfruit is just that: a meat alternative that people have no preexisting judgments about, and one that they wind up loving.

You can find jackfruit in just about any Asian market, but the key is to buy canned, green unripe jackfruit in water, not in brine, and without preservatives. (Ripe jackfruit has a different taste altogether, much like chewing gum, and is far too sweet for cooking, Stephanie warns.) To prepare, cook it a bit, then douse in your favorite sauce before cooking a little longer. Since jackfruit takes on the flavor of whatever it's cooked with, you can use just about any sauce, but those with a hint of sugar are best for a crispy, golden brown finish.

FOOD TRUCK NO MORE, SEABIRD KITCHEN IS NOW PERMANENTLY PARKED AT THE LAB IN COSTA MESA, CA.

Here Stephanie shares the recipe for the barbecue jackfruit she uses in her beloved BBQ Jack Sliders, but you can easily adjust the recipe to make tacos, burrito bowls, even Asian lettuce wraps and "crab" cakes by switching up the sauces and toppings. Suddenly, "meatless Mondays" take on a whole new, delicious meaning.

For more about Seabirds Kitchen, visit ***seabirdskitchen.com****.* ■

G's *hotlist*

These new and classic tunes paint sound pictures using all the hues of the rainbow. Download 'em for some colorful listening.

Brown Eyed Girl | Van Morrison — BUY

Mellow Yellow | Donovan — BUY

Baby Blue | Dave Matthews Band — BUY

Baby's in Black | The Beatles — BUY

Turn Blue | The Black Keys — BUY

Paint it Black | Rolling Stones — BUY

Purple Rain | Prince — BUY

Tangled Up in Blue | Bob Dylan — BUY

Blue | Joni Mitchell — BUY

Nights in White Satin | The Moody Blues — BUY