



# Quinoa

Is it a grain?

**No** it is actually a **seed**.

Though it is a SEED of the Chenopodium or Goosefoot plant and NOT a grain some people say they do not tolerate it well. So be cautious in the beginning and *listen* to your body.

Quinoa is a grain-like crop grown primarily for its edible seeds. It is not a member of the true grass family. As a chenopod, quinoa is closely related to species such as **beets**, **spinach** and **tumbleweeds**.

Quinoa grains contain essential amino acids like lysine and good quantities of calcium, phosphorus, and iron. The Incas held the crop as sacred. Quinoa does best in sandy, well-drained soils with a low nutrient content, moderate salinity, and a soil pH of 6 to 8.5. The seedbed must be well prepared and drained to avoid water logging. Quinoa seeds are broadcast over land and raked into the soil. The seeds are harvested by hand.



Quinoa has a light, fluffy texture when cooked, and it's mild, slightly nutty flavor can be used in a variety of salad and side dishes. For breakfast follow our directions for Steel-Cut Oats on page **51 Volume 5** Add honey and berries along with Skim Milk for sweetness.

Quinoa leaves can actually be eaten as a fresh green leafy vegetable.

**Teatime . . . Anytime !**

Well it's really not tea but delicious and oh so good for your health. Another tip I've posted is to peel and freeze your **FRESH** ginger root. Being the old skinflint that I am; I can't bear to toss the nubbins left after I've grated the fresh ginger into whatever recipe I'm preparing. I re-wrap it and toss it back into the freezer to use in soup etc. By the way I got tired of losing all those small lumps in the freezer so I put them in a small plastic tub and set it in the door tray.

Back to the "tea" I simply squirt a splash of **FRESH** lemon juice into a cup, toss in the small lump of ginger root fill with water and nuke for a minute and a half. Fish out the ginger and enjoy.

Also try a chunk of **FRESH** frozen pineapple, or orange slices or Clementine's or fresh pear or apple slices — they too are all delightful.