



## Welcome

The goal of the Thoughtful House Health and Nutrition Newsletter is to provide readers with information that relates to pediatric nutrition in general and to the nutritional needs of children with developmental disorders in particular. To this end, we aim to provide original articles about diet and nutrition, current research, treatment and interventions, meeting announcements and educational programs along with recipes, interviews, book reviews and whatever else might be relevant to our goal. We hope to inspire readers into action and join us in "Fighting for recovery of children with developmental disorders..." – from the Thoughtful House Center for Children mission statement.

## Sustaining Your Health

Wikipedia defines sustainability as the capacity to endure. Meaning that in order to maintain needs over the long term, we must not compromise the ability of our children and future generations to meet their needs. In terms of diet, sustainability is consuming foods that not only nourish our bodies in a healthful way, but that also support the sustainability of our food production.

Currently, most of humanity is living unsustainably, consuming our natural resources without ensuring further production of clean water, air, and soil. Sustainable agriculture is essential to encouraging present and future availability of clean, healthy foods for our bodies. Foods may travel up to 2400 miles from their origination before they reach the consumer. Transport of fresh foods over states, countries, and overseas, unnecessarily utilizes already depleted resources such as oil, and contributes to air pollution and solid waste. In supporting local organic production of fruits and vegetables and pastured meat and poultry, energy usage is reduced, soil fertility is greater, soil erosion is reduced, and fewer waste products are produced.

Supporting local organic production of foods, especially from local farmers in your own area, will not only help encourage a sustainable food system, and support your local economy, but can also improve your diet and health. "Fresh" vegetables purchased at the store may have lost a great deal of their nutrient content by the time they get to your refrigerator. Some fruits and vegetables may be weeks old before they even arrive at your local grocer. Over time, the vitamin and mineral content of these foods is greatly reduced. You can reduce the travel time of the foods you consume and therefore, increase the nutrient density in your diet by purchasing local produce at farmer's markets and directly from local farmers through community supported agriculture groups (CSA's).

*(continued on pg. 2)*

## Volume 2 April 2010

Sustaining Your Health– pg. 1  
Upcoming Events – pg. 1  
Blackberry and Peach Salad Recipe – pg. 2

## Upcoming Events

\*April is Autism Awareness Month!\*

### April 24th

Katy Autism Awareness Day at Grace Christian Church, 2001 Greenbusch Road, Katy, TX. Join for a resource fair, food, music, and fun!  
10am-2pm.

### May 4th

Thoughtful House Community Meeting:  
Potty Training for Special Needs Children, presented by C.A.R.D.  
Community Meetings are held at our offices at 3001 Bee Caves Rd, Suite 120, Austin, TX 78746. Please RSVP to nisey.w@thoughtfulhouse.org or call 512-732-8400x231.  
6pm-7:30pm

### May 9th

Mother's Day

### May 15th

Thoughtful House Outreach to the Rio Grande Valley in McAllen, TX. Please contact nisey.w@thoughtfulhouse.org for more information.

### May 22nd

Sensory Friendly Film, Presented by AMC and the Autism Society:

### *Shrek Forever After*

10am Local Time

<http://www.autism-society.org>



### Nutrition Clinic Team

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(continued from pg. 1)

Through these memberships, you can purchase a share of local organic crops to take home fresh from the farm. Memberships can be as low as \$25 per week for ½ bushel or so of usually a dozen or more varieties of organic vegetables and fruits. Many do not even require that you contribute your time energy to the farms. However, some CSA's do require minimal labor contributions. Often, the fresh produce is available to pick up at several drop or pick up sites within your area. Some local farms will even deliver to your doorstep or place of work. To locate a group in your area and to obtain details on memberships, visit [www.localharvest.org](http://www.localharvest.org).

You can further encourage sustainability and increase the nutrient density of the foods you provide your family by growing your own foods. Recently, it was announced that Michelle Obama's White House Garden produced over 55 different kinds of fruits and vegetables, totaling over 1000 pounds of food! Imagine how much money and time you could save just growing a few foods in your own backyard.

Small potted tomato plants or box herb gardens can easily be accomplished even if you do not have a backyard or porch. Herbs and other small plants can even be grown on your kitchen windowsill. Involving children in this process not only provides a fun family activity, but can help encourage intake. Knowing where our foods come from and how they are grown increases a child's comfort level with foods, making them more likely to accept them. Seeds of Change offers over 1200 varieties of organic fruits, vegetables, and herbs, including heirloom and native varieties. Their website ([www.seedsofchange.com](http://www.seedsofchange.com)) also provides information on urban gardening, seed saving, and tips for successful planting.



## Blackberry and Peach Field Green Salad with Candied Almonds

### Ingredients:

#### Blackberry vinaigrette:

- 1 3/4 cup frozen or fresh blackberries
- 1/2 cup olive oil
- 1/4 cup balsamic vinegar
- 2 cloves garlic, crushed and chopped
- 1/2 teaspoon sea salt
- 1/8 teaspoon (pinch) ground black pepper

#### Candied Almonds:

- ¼ cup water
- ¼ cup agave nectar or honey
- ¼ tsp salt
- 1 cup almonds

#### Salad:

- 4 cups petite field greens
- 2 cups peaches, cut into thin slices
- 4 chilled salad plates

### To make the blackberry vinaigrette:

Place the blackberries in a small saucepan over medium heat and bring them to a simmer, stirring occasionally. Once the berries come to a simmer, remove the saucepan from the heat immediately. Puree the berries in a food processor or blender and then press the mixture through a fine to medium-mesh sieve to remove the seeds. Whisk the remaining ingredients into the seedless blackberry puree.

*\*The information contained in this Newsletter was prepared from medical and scientific sources which are believed to be accurate and reliable. The information herein should not be used to treat or prevent any medical condition unless it is with the full knowledge, compliance and agreement of your personal physician or licensed healthcare professional.\**

### To make candied almonds:

Bring 1/4 cup water and ¼ cup honey or agave to a boil for 2 minutes. Add the almonds and continue cooking the mixture over medium-high heat until the nuts are coated in a thick syrup. Spread the candied almonds on a lightly greased baking sheet to cool.

Arrange 1 cup field greens on each chilled salad plate. Divide the sliced peaches and candied almonds among each salad. Drizzle the salads with the blackberry vinaigrette and serve immediately.

This field greens with peaches and blackberry dressing recipe makes 4 servings.