



SCDA

Fall Harvest Newsletter

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Southern Colorado Dietetics Association

http://eatrightcolorado.org/district_southern.cfm

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Locally Grown

By Julie Reiss

Slurp. Crunch. Yum! Nothing seems sweeter and more satisfying than munching on the bounty of locally grown fruits and vegetables. Some farms pick the food within hours of selling them which can make them some of the freshest items around. Locally grown food can also concentrate on great taste; something food shipped thousands of miles away cannot. Foods that are shipped long distances are bred to be more shelf-stable which can decrease other favorable characteristics such as a vibrant juicy taste. Many fresh heirloom vegetables are rich in taste but cannot withstand long travel times or extended shelf lives.

One of my favorite finds this summer was a 16th century Cherokee Indian heirloom watermelon called Moon and Stars (Country Roots Farm in Pueblo). The Moon and Stars watermelon gets its name from the yellow-orange "stars" that dot the dark green flesh.

Buying food locally can help the economy, creates community, and a sustainable environment depending on the farming/raising practices. Sustainable local food choices helps to put money back into the communities we live in while protecting the land for future generations. Local farm stands and markets provide a great space for people to run into old time friends and meet new people. I've heard of a couple people finding babysitters while visiting farm stands!

While the harvest is winding down, there are a few markets that are still open. Here's a list of locally grown places to wet your appetite.

Please see *Locally Grown* on page 8

Meet Our 2008-2009 Board Members

President Elect ~ Susan Harms, RD, CDE ~

Susan works for Colorado Springs Health Partners as an Outpatient Nutrition Educator/Certified Diabetes Educator. Her goal is to create opportunities for networking and sharing our experiences with each other. She would also like to increase community awareness about who dietitians are and what we offer.



President
Susan Harms

Please see *Board Members* on page 2

Board Members from page 1



President Elect
Andrea Hutchins

President Elect ~ Andrea Hutchins, RD ~

Andrea is starting her third year as an assistant professor in the Department of Health Sciences at the University of Colorado at Colorado Springs where she teaches medical nutrition therapy and nutrition assessment courses. Her research focuses on the effects of functional foods on chronic disease risk.

Prior to coming to Colorado Springs, she was a member of the Department of Nutrition at Arizona State University and also taught with the Coordinated Program in Dietetics at the University of Minnesota.

Outside of nutrition and dietetics, she is a certified therapeutic riding instructor with the North American Riding for the Handicapped Association and is affiliated with the Pikes Peak Therapeutic Riding Center.

Her goal for the coming year is to plan interesting and pertinent programs for the SCDA membership.

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Treasurer
Molly Switzer

Treasurer ~ Molly Switzer, RD ~

Molly works PRN for Sodexo at a couple of accounts (St. Mary-Corwin in Pueblo and Memorial North in Colorado Springs). She also is an insulin pump trainer for Disetronic. Molly feels fortunate about being able to stay home most of the time with her 2 year old daughter, Amy and is married to Dave. She enjoys anything related to the outdoors including running, biking, swimming, and hiking.

Goal for SCDA: To maintain the financial books for SCDA and to continue to promote dietitians in the community.

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Secretary
Melanie Craig

Secretary ~ Melanie Craig, RD ~

Melanie's bio isn't available at this time.



Membership Chair
Julie Stegall

Membership Chair ~ Julie Stegall, MBA, RD ~

For the last ten years, Julie has been employed by Abbott Nutrition. Prior to working at Abbott she worked as a clinical dietitian for three years in Denver and Colorado Springs. She has been active in SCDA and CDA for the past ten years, serving as President-Elect and President for SCDA and on the nominating committee for CDA. She is married to Eric and has two children Hailee (5 years) and Ethan (3 months).

Her goal for the upcoming year is to increase membership, not only on paper but at meetings as well.

Board Members from page 2

Newsletter Co-Chair
Melissa Stillman

Newsletter Co-Chair ~ Melissa Stillman, RD ~

Melissa is a Clinical Dietitian at Memorial Hospital, having previously worked at Parkview Hospital in Pueblo. Her goal for this year is for SCDA to become more visible in the community as the experts in nutrition that provides reliable evidence based educational information.

Website/Newsletter Co-Chair ~ Julie Reiss, RD ~

Julie is currently employed by Sodexo as the Lead Clinical Dietitian at St. Mary-Corwin Medical Center in Pueblo. She enjoys teaching classes, counseling patients, mentoring staff members, and developing creative projects for functions within the hospital and for the surrounding community.

Julie is in the process of completing the Competent Communicator level in Toastmasters, a public speaking group. She relishes spending time outside gliding in her kayak, playing the didgeridoo at the Riverwalk, or digging in the dirt at a local Community Support Agriculture farm (CSA).

Her goal for SCDA is to co-create a resourceful newsletter and website for SCDA members.



Website/Newsletter
Co-Chair
Julie Reiss

National Nutrition Month Chair ~ Mary Peet, RD ~

Mary has been an R.D. for over 30 years! During her twenty-two years of working at Memorial Health System, she has held various positions including chief clinical dietitian, managing the weight control programs, and marketing. She has been Memorial's Outpatient Nutrition Services coordinator since 1997.

Her passion is teaching about healthy nutrition and the benefits of a healthy lifestyle. Mary loves one-on-one counseling, class room teaching, speaking to groups, and working with the media. She believes one's lifestyle directly impacts health and feels that it is essential for RDs be healthy lifestyle role models. She is interested in hunger and environmental issues. Mary enjoys kayaking, cross country skiing, and back-country skiing with her husband of 35 years. She finished her last 14'er in 1994.

Mary's goal is to see more media coverage and one or two NNM 'events' in Colorado Springs and Pueblo and is open to suggestions/help with making them a reality. She would like to see SCDA become more involved with food pantries or soup kitchens too.

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NNM Chair
Mary Peet

Board Members from page 3

Nominating Chair
Beth Rawley

Nominating Chair ~ Beth Rawley, MS, RD ~

Beth Rawley is currently the Clinical Nutrition Manager at Memorial Hospital North. She previously lived in Florida and worked in acute care and outpatient oncology. She enjoys Colorado outdoor activities and most recently signed up for her 1st half marathon. When she moved to the area, she joined SCDA to look for professional networking opportunities.

Her goals for SCDA include increasing community awareness of SCDA, dietetics, and the great network of RDs in the area.

Media Chair ~ Martha Rosenau, RD ~

Media Chair
Martha Rosenau

Martha is a registered dietitian in private practice that specializes in celiac disease, gastrointestinal issues, and food allergies. Ms. Rosenau has 15 years experience working in the natural foods industry; she currently teaches gluten-free cooking classes at Whole Foods in Colorado Springs.

Additionally, Martha serves on Healthy Schools Initiatives, a committee devoted to the implementation of El Paso County's school wellness policies. As the Media Representative of the SCDA, Martha Rosenau appears monthly on television news programs as a diet and nutrition expert.

Speaker's Bureau Chair ~ Megan Moore, RD ~

Speaker's Bureau Chair
Megan Moore

Megan owns her own nutrition consulting business, *Springs Dietitian*, in Colorado Springs, and serves as a dietitian for the State WIC Program as well. Megan earned her Bachelors of Science degree in Dietetics from Texas Tech University, and completed her post-graduate work and clinical experience at Vanderbilt University Medical Center in Nashville, Tennessee.

Megan specializes in goal-specific nutrition programming, weight management therapy, diabetes education, celiac disease, food allergies, and family meal planning. Megan also enjoys public speaking and developing interactive wellness seminars for various groups.

Megan hopes that SCDA will encounter numerous speaking opportunities that will help to share valuable nutrition information throughout our community! Please let Megan know if she can help you out in any way, or if you are interested in being on our list of available public speakers. She can be contacted at megan@springsdietitian.com or 719-282-1713.

Ratatouille

Canola oil cooking spray
small eggplant, top removed
Salt
2 tsp. olive oil, divided
1 onion, thinly sliced
1 small green pepper, seeded and chopped
1 small red pepper, seeded and chopped
2 garlic cloves, minced
4 medium tomatoes, seeded and coarsely chopped
2 small zucchini, halved lengthwise and cut crosswise into ½ inch strips
Nonstick cooking spray
1/4 tsp. thyme
1/4 tsp. oregano
Freshly ground black pepper, to taste
Pinch of cayenne pepper, if desired
1 Tbsp. freshly grated Parmesan cheese (optional)

Cut eggplant into ¾ inch cubes. Place in colander, sprinkle with salt and cover with bowl. Let stand 30 minutes, then rinse salt away and dry with paper towels.

In large skillet or Dutch oven, heat 1 tsp. oil over medium high heat. Add onions and bell peppers and sauté 5 minutes. Add garlic and tomatoes and sauté 3 minutes. Remove mixture from pan and set aside.

Heat remaining oil and add zucchini to skillet. Sauté on medium-high heat, about 7 minutes. Remove zucchini and place with other vegetables.

Spray skillet with nonstick spray. Sauté eggplant on medium heat about 1 minute.

Add reserved vegetables to eggplant. Stir in thyme, oregano, black pepper and cayenne pepper, if using. Cook 5 minutes. Sprinkle with cheese, if using. Serve with hearty whole-grain bread.

Serves 4. Per serving: 110 calories, 3 g fat (0 g saturated fat), 20 g carbohydrate, 4 g protein, 7 g dietary fiber, 310 mg sodium



Classic Ratatouille is a fresh and filling end-of-summer meal.

The American Institute for Cancer Research (AICR) is the cancer charity that fosters research on diet and cancer prevention and educates the public about the results. To see more AICR recipes visit our [Recipe Corner](#).

October Meeting

Topic: **ADA Delegate Update**

Date: Tuesday, Oct 14th

Time: 6 – 8:30 p.m.

Location: [Penrose St. Francis Cancer Center](#), Conference rooms B-C

Speaker: Alana Cline, PhD RD and Traci Thompson, RD

[RSVP](#) for this meeting by Oct 7th.

Alana will be presenting information from the ADA including an update about Colorado Licensure, nutrition informatics, and nutritional genomics.

November Meeting

Topic: **Health and Nutritional Aspects of Coconut and Coconut Oil**

Date: Monday, November 17th

Time: 6 – 8:30 p.m.

Location: [Penrose St. Francis Cancer Center](#), Conference rooms B-C

Speaker: Bruce Fife, N.D.



Learn about the health benefits of coconut products and discuss the myths surrounding coconut products. Dr. Fife was featured in the "Cuckoo for Coconuts" article in the June 16, 2008 Colorado Springs Gazette.

He is also the author of numerous books, including *The Coconut Oil Miracle* (formerly titled *The Healing Miracles of Coconut Oil*), *The Palm Oil Miracle*, *Coconut Lover's Cookbook*, and *Eat Fat, Look Thin* as well as the *Healthy Ways Newsletter*. Check out Dr. Fife's Coconut Research Center at: (<http://www.coconutresearchcenter.org/index.htm>)

[RSVP](#) for this meeting by November 10th.

Enter to Win a Free ADA Membership

SCDA members who attend 7 out of the 8 monthly meetings will be eligible to enter the drawing for a free ADA membership (excludes DPGs) for the following year. Thanks to Molly Switzer for submitting this bright idea.



Bright Ideas Wanted

Do you have Bright Ideas that you would like to share with SCDA?

We are looking for new opportunities to promote nutrition and develop fundraising avenues. In the past, Springs Spree was our biggest fundraiser for our association but that option is no longer available for us. Our funds help support many things including: helping to cover the Fall kick off meal, bringing in reputable speakers, providing a scholarship for one SCDA member to attend Spring CDA meeting (includes accommodations), and contributing towards the Penrose internship scholarship fund (as able).

Let us know of any thoughts, ideas, or contacts you may have now and throughout the year. Our hope is to be visible in the community and promote the health of our organization so we can continue to be a place of learning and networking in the communities we work and live in.

SCDA Membership

Do you know of someone who wants to join SCDA? Download a copy of our membership form at: http://eatrightcolorado.org/district_southern.cfm

Resources

Molly Kellogg's Counseling Tips

Have you ever heard, "You're a dietitian! I've always wanted to ask someone about..." Do you wonder if that person wants an answer to that question, or if it's a cover for another burning question?

Molly Kellogg sends out free monthly counseling tips that can help build skills for answering questions. These tips can also help build confidence for addressing the questions beneath the surface and client focused interactions. This can help people realize (and change) what is keeping them from making the lifestyle choices they desire.

Check out some of her past tips at: <http://www.mollykellogg.com/TipsList.html>

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Farmer's Markets

(<http://www.ag.state.co.us/mkt/mkt.html>)

Canon City

- Wed: Veteran's Park
7 a.m. - 1 p.m., June 4- Oct 1

Colorado Springs

- Mon/Thurs: Memorial Park, (Union Blvd. & Pikes Peak Ave.)
7 a.m. - 1 p.m., June 19 - Oct. 2
- Wed: America the Beautiful Park (Cimino Dr.) 3 p.m. - 7 p.m.,
June 11 - Oct. 8
- Sat: 24th St. & W. Colorado Ave.
7:30 a.m. - 1:30 p.m., June 7- Oct. 25
- Sat: 4515 Barnes Rd.
7 a.m. - 1 p.m., June 28 - Sept. 27
- Sat: 7350 Pine Creek Rd. (the Margarita at Pine Creek)
9 a.m. - 1 p.m., June 14 - Oct. 11
- Briargate Parkway and Chapel Hills Drive (Salsa Brave's parking lot)
9 a.m. - 12 p.m., July 12- Sept. 13

Manitou Springs

- Wed: Soda Springs Park
4 p.m. - 6 p.m., June 11 - Aug. 27

Pueblo

- Tues/ Fri 4th St. and Midtown
7 a.m. - 1:30 p.m., July 8 - Oct.
- Riverwalk's Gateway Park
Thurs 8 a.m. - 4 p.m., July 10 - Sept. 18

Woodland Park

- Fri: Corner of Center and Henrietta
7 a.m. - 1 p.m., June 13 - Sept. 26

Community Supported Agriculture (CSA)

Country Roots Farm has a Colorado Springs drop off point. 29342 Everett Road (Pueblo). 719.948.2206
www.countryrootsfarm.com

Grant Farm has drop off points in Colorado Springs. 1020 WCR 72 (Wellington). 970.586.7654 970
<http://www.grantfarms.com/>

Javernick Family Farms 545 S. Lincoln Ave (Canon City). 719. 371.3241
<http://www.javernickfamilyfarms.com/>

Lettuce Patch Gardens

1319 Cheyenne Blvd (Colorado Springs).
<http://www.lettucepatchgardens.com/>

Venetucci Farm

5210 S. US 85-87 (Colorado Springs)
719.389.1251
<http://www.venetuccifarm.org>

A CSA is a way for farmers and buyers to share the cost of growing food. CSA members receive weekly baskets of produce for a set price. Some farms ask that members work a certain number of hours during the growing season. Check with your local CSA to see if they have a farm stand where you can purchase food separately if becoming a CSA member isn't a good option for you.



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Other Local Resources

- Locating locally grown/raised food “Colorado Proud” <http://www.ag.state.co.us/FoodAgDirectory/>
- Restaurant guide for places using local food. <http://www.peaktoplains.com/>
- Larga Vista Ranch (dairy, pork, and beef) www.largavistaranch.com
- Isle Farms (pork and beef) <http://islefarms.com/>
- Ambrosia Food Co-op. Members receive wholesale pricing on organic food and household supplies. Located at 112 Colorado Ave in Pueblo. 719-545-7117.
- Local Harvest has information on farms, eggs, gifts, etc. <http://www.localharvest.org/>
- Desert Canyon Farm sells organic plants to the public every weekend in May. (1270 Field Ave, Canon City). 719-275-0651.
- Can't get to Canon City for the organic plant sale? Check out Hillside Nursery's selection of organic plants. 1006 S. Institute (Colorado Springs).
- Looking for tips on planting your own garden or preserving food (i.e. pickling, dehydrating, hot water canning, and pressurized canning)? Call your local extension office for details; 636-8920 (Colorado Springs) or 583.4993 (Pueblo).
<http://www.coopext.colostate.edu/elpaso/nutrition/default.htm>



Curious about the Food Chained speakers mention at last month's SCDA Meeting?

Check out Colorado College's podcasts.

Presenters include:

- **Joel Salatin.** Dancing with Dinner: The Dynamics of Healthy Food Chains
- **Vandana Shiva.** Stolen Harvest: The Hijacking of the Global Food Supply.
- **Michael Pollan.** The Omnivore's Dilemma: Searching for the Perfect Meal in a Fast-Food World

http://www.ColoradoCollege.edu/news_events/multimedia/

Around Town

UCCS now offers a Master of Science in Health Promotion

Program Description

The Master of Sciences degree in Health Promotion is designed to prepare students for advanced study and practice in Health Promotion related areas.

Graduates are prepared to take leadership roles in designing, implementing, and evaluating health promotion programs in various public and private/worksite agencies at local, state and national levels.

For more information visit:

<http://www.uccs.edu/~bethel/MShlthPromo.htm>

Students eat like kings, queens as lesson in good table manners

Students from High Plains Elementary School enjoyed a special meal that was a fitting end to Sodexo's pilot program called Fine Dining.

The Students learned the basics of good table manners including not putting their elbows on the table, how to cut food, holding their utensils, and how to have pleasant conversations during meal time.

For more information on the program, contact Monica Kjosén at 719-234-1460 or e-mail her at monica.kjosén@sodexo.com.

To access Teresa J. Farney's article as it appeared in the Gazette, please visit:

http://findarticles.com/p/articles/mi_qn4191/is_20071010/ai_n21079107

We Want Your Input

Do you have a bright idea, great tip, resource, website, meeting topic, speakers, or upcoming nutrition related event that you would like to share?

Looking for a place to publish your article? Share your ideas with us by the 15th of each month. We may edit submissions for clarity.

Do you know of an upcoming nutrition related event that you'd like to advertise for free? We can post it in the calendar section of CDA's website or on our webpage. Contact Julie Reiss (JulieReiss@Centura.org) for website related posting criteria.

Contact Julie Stegall (julie.stegall@abbott.com) for more information about sending out emails to SCDA regarding upcoming nutrition related events or jobs openings.

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