



SUMMERLICIOUS VITAMIN C

BY SIMONA STEPANCIC

I love my colourful salad made of Romaine lettuce, tomatoes, cucumbers, garlic red peppers and slices of avocado on top. These juicy vegetables are packed with vitamin C which is essential for our health.

Vitamin C, also known as ascorbic acid, is the most popular of all vitamins. It is a water soluble non toxic nutrient, and a powerful antioxidant that is easily excreted from the body when not needed. Almost all mammals can make their own vitamin C in their own cells. Humans, birds, and gorillas, however, cannot make vitamin C in their bodies, and therefore it must be obtained from their diet.

In 1700's vitamin C was referred to as the "antiscorbutic factor", as it helped prevent a disease called scurvy. This disease was discovered by the British navy when sailors became very ill on the sea, experiencing bleeding gums, tooth loss, bruising of the skin and fatigue. They discovered that scurvy can be cured by eating oranges and lemons.

Ascorbic acid, which is a constituent of the citrus juice, was first identified in early 1930 by Szent-Gyorgyi. He confirmed that ascorbic acid, the active ingredient, was extremely powerful in preventing scurvy. Ascorbic acid became Vitamin C.



BENEFITS OF VITAMIN C

Immune strengtheners; essential for the formation of collagen and connective tissue; supports adrenal insufficiency; enhances iron absorption; prevents free radical damage; required for the synthesis of neurotransmitters; helps protect the body against environmental pollutants; aging; radiation and heavy metal toxicity; prevents infections cataracts, cancer and cardiovascular diseases; promotes healthy cell development; healing of wounds; prevents bruising and blood clotting; strengthens the walls of capillaries needed for healthy gums.

WHERE TO FIND VITAMIN C

Broccoli, red peppers, kale, cauliflower, strawberries, lemons, brussel sprouts, oranges, asparagus, spinach, grapefruit, papaya, cabbage, kiwi fruit, zucchini, limes, pineapples, chard, tomatoes, raspberries, celery, fennel, parsley, rose hips, dandelion greens, avocados, beet greens, and radishes.

DEFICIENCY OF VITAMIN C

Tendency to bruise easily; poor healing of wounds; bleeding gums and loose teeth; water retention; lack of energy; bronchial infection; poor digestion; scurvy; weak immune function; respiratory infections and haemorrhages under the skin.

WHAT INCREASES YOUR NEED FOR VITAMIN C?

Infections; trauma; strenuous exercise; smoking, exposure to toxins; birth control pills; corticosteroids; sulpha drugs and NSAID's

Note: Exposure to air, water, and heat, prolonged storage, overcooking and processing destroy vitamin C.

continued on page 58

SUMMERLICIOUS VITAMIN C

RECIPES

RED APPLE SALAD

INGREDIENTS:

3 red delicious apples, cubed
1 pink grapefruit, sliced
1 red bell pepper, chopped
1 tbsp. Agave nectar
½ lemon, freshly squeezed
1 shallot, finely chopped
Pecans, chopped
1 tbsp. Olive, pecan or almond oil
Some water
Pinch of cinnamon

PREPARATION:

1. In a salad bowl combine all ingredients.



DANDELION SALAD WITH AVOCADO AND HEMP SEEDS

INGREDIENTS:

1 bunch dandelion
½ avocado, cubed
½ lemon, freshly squeezed
1 tbsp. extra virgin olive oil
2 tbsp. hemp hearts
2-3 garlic cloves, minced

PREPARATION:

Mix all ingredients together in a bowl.

RICE PAPER WRAPS

INGREDIENTS:

4 rice papers
½ cup radish sprouts
2-3 red radishes, chopped
3 to 4 cherry tomatoes, sliced
¼ English cucumber
¼ red onion, finely chopped
1 tbsp. sun dried tomato pate
½ garlic clove, finely sliced
Bragg to taste
Arugula leaves, 2 x

PREPARATION:

1. Pour some water in a bowl.
2. Soak each rice paper for 10 seconds until soft.
3. Remove rice paper and place it on a plate.
4. Spread sun dried tomato pate on a rice paper.
5. Add the remaining ingredients, sprinkle with Bragg and wrap it up.

SUN DRIED TOMATO PATE

INGREDIENTS:

½ cup sun dried tomatoes, soaked
4 scallions, chopped
1 cup parsley
1 cup sunflower seeds (soaked over night)
4 garlic cloves
2 tbsp extra virgin olive oil to desired consistency
Pinch of sage, oregano and marjoram
½ cup basil, fresh

PREPARATION:

1. Soak sun-dried tomatoes for 3 hours.
2. In a food processor mix sunflower seeds and sun-dried tomatoes.
3. Add scallions, parsley, garlic, olive oil and herbs.



AVOCADO-PAPAYA PUDDING

INGREDIENTS:

½ avocado
½ papaya, peeled and cubed
Agave nectar (optional)

PREPARATION:

In a blender combine all ingredients to a smooth consistency.
Pour into glass and refrigerate for a couple of hours.