

RAINBOWS

(recipe included)

Newsletter

Winter Volume 4 Issue 1

Stephanie Johnson and Sarah Talbot

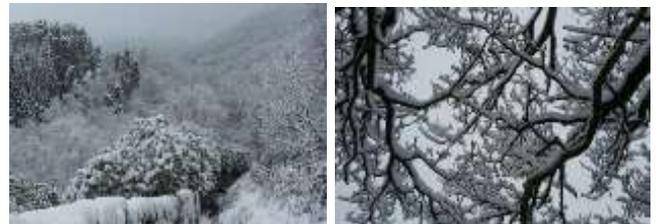
As we start to put this newsletter together there is heavy snow on the roads and Kathryn waits in vain for a bus to bring her to Whaley Bridge to open her FREE drop in clinic.



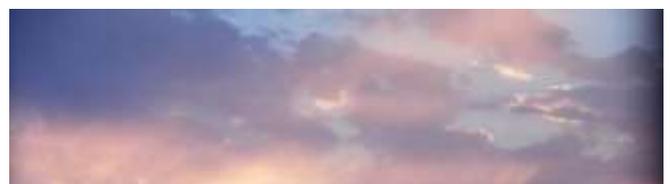
We talk, and the subject turns to RAINBOWS. Although many rainbow analogies have become a bit of a cliché, the fact that rainbows appear very beautiful cannot be denied, and this beauty can stop you in your tracks, if only for a moment. Let us linger longer on the beauty and meaning of colour.



As well as guiding us when making choices, such as how we look and dress, colour can affect our emotions. It can make us smile 😊, or, have the opposite affect and make us feel rather low 😞.



When the sun shines, winter has its own glory; however, the winter months can appear somewhat monotone, and this is perhaps when, finding colour to brighten things up, is an important strategy to lift the mood.



This includes our choice of food.

Put a rainbow in your diet



If you have ever picked up one of Kathryn's 7-a-day, 30-a-week veg/fruit challenge sheets you may have read how the colour of the veg and fruit you choose may indicate the array of nutrients you could benefit from and, furthermore, that by choosing a variety of fruit and veg by type and colour each day, may enhance the value of those nutrients.



The colours in your shopping basket may bring you a welcome cheer, but it may also be that these colourful daily fruit and vegetables are providing nutrients that, biochemically, help to lift your mood, and, therefore, would continue to help you smile after you have eaten them too.

Kathryn suggests this rainbow vegetable dish to brighten up these duller days. It is a beautiful 'all-in-one' veg dish suitable to have as part of a main meal. Although the preparation and cooking time is fairly lengthy, the dish can be cooked in advance from step 1 to step 5, and then, in time for your meal, continue with stage 6 by baking for 15-20 minutes to re-heat and crisp the vegetables to your liking.

If there is some of the dish left over, it can be used the next day for making soup, or it is also delicious as part of a salad.

You will need to

grate:

- 1 carrot
- ¼ small swede
- 1 small sweet potato
- 1 beetroot



You will also need:

- 1 finely sliced onion
- 2 handfuls of shredded cabbage and/or kale
- Ground black pepper and sea salt for seasoning
- Optional ground coriander seed for seasoning
- Olive oil





This vegetable dish is delicious as it is, although other spices can work well with it too, such as ginger or garam masala.

Nutritional Therapy considers an individual's food, nutrient and lifestyle needs to offer personalised nutrition programmes. Further information is available online:

www.bant.org.uk/about-nutritional-therapy/

You can learn more by calling in at Riverside Wellbeing between 9-12 on the last Wednesday of the month for an informal free 15-minute consultation with Kathryn. You don't need to make an appointment, and there is no obligation to book a Nutritional Therapy programme.

You can also pick up one of Kathryn's 7-a-day Challenge sheets from Riverside any time we are open.



forkprovoking® Kathryn Rogers Registered Nutritional Therapist

Method

- 1 Drizzle a large oven-proof dish with olive oil, place all the grated vegetables and the sliced onion into the dish, season well and drizzle with olive oil.
- 2 Cover the dish with a lid or baking paper and bake the vegetables for 20 minutes in the oven at 170°C.
- 3 Remove the dish from the oven and incorporate the cabbage/kale into the vegetables by turning them gently.
- 4 Season the dish a second time and add a fresh drizzle of olive oil before covering and returning to the oven.
- 5 Bake for 20 minutes or until the vegetables are tender.
- 6 Remove the dish from the oven, and, for a third time, season and drizzle with olive oil before baking for 10 minutes without the cover to crisp the vegetables ready for serving.



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Thank you for reading.

Article provided by Kathryn Rogers – also
available on our website.

Meal cooked and photographed ... and
presumably eaten (!) by Kathryn on a
“snow day”.



“It takes sunshine and rain to make a
rainbow. There would be no rainbows
without sunshine and rain.”
(Roy T. Bennett: The Light in the Heart)



“When rainbows meet food, all sorts of colors
& flavors are possible.”
(Anthony T. Hincks)