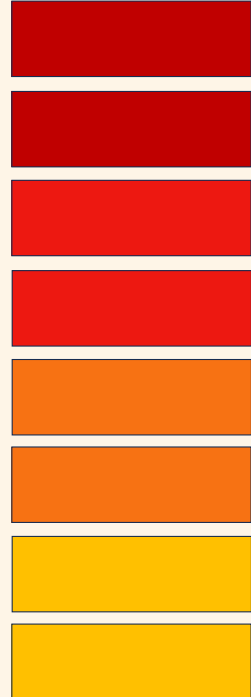


Wellness Journey: Living Your Best Life

Fun with Flavors at your Farmers' Market

Lisa Michelle Miller BS, NC
Nutrition Consultant, certified
Ocean View Nutrition – Nutrition Consulting
Kitchen on Fire – Cooking School

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Wellness Journey: Living Your Best Life

We continue our focus on making positive changes for living our best life – powered by traditional foods. We will learn about the importance of Farmers' Markets and why it's worth the trip for your health and the health of the farmers!



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Kitchen on Fire & Ocean View Nutrition

We bring people together through cooking, nutrition and a sense of community.

Public cooking classes
Corporate events
Individual consulting
Virtual & In-Person

- **BUY** seasonal, local, organic and GMO free when possible
- **COOK** using healthy cooking techniques
- **EAT** a variety of whole foods including herbs and spices
- **SHARE** and enjoy meals with friends and family
- **AWARENESS** of allergies and sensitivities



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Objectives for Today – Fun with Seasonal Flavors!

1. Learn about Phytonutrients – the rainbow of nutrition
2. How we benefit from micronutrients
3. Support our farmers and our health with seasonal produce
4. Celebrate the summer season
5. Set SMART goals to fuel your fun



Chef Olive will show you how to create sensational summer meals with the produce you find at your Farmers' Market!

Tomatoes are ripe now!

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BONUS: Attendees will be entered into a raffle for a prize!

Let's join
Chef Olive
at our local
market!



This isn't your typical Farmers' Market, but this is a community treasure, and we are excited to share it with you!

A little Farmers' Market TRIVIA to get us going!

Multiple Choice

1. How many Farmers' Markets are in the US?
2. What percentage of Americans eat enough vegetables each day?
3. Is there a difference between produce at the market vs in a large grocer?
4. What is your favorite aspect about going to a farmers' market?
5. If it was possible..., would you want join Chef Olive for a Farmers' Market tour? ☺

a. 3000+ b. 7000+ c. 10000+

a. 40+% b. 60+% c. 80+%

a. Yes b. No

a. community b. fresh produce
c. finding new things

a. Yes b. No

Phytonutrients – the rainbow of nutrition

What are **phytonutrients**, or phytochemicals?

- They are substances from plants with established nutritional functions that are not classified as either vitamins nor minerals. ‘Phyto’ means plants
- Among these are two very important categories, carotenoids and flavonoids, which are found in the fresh fruits and vegetables
- Antioxidant rich, plant alkaloids that send peaceful messages to our genes that are helpful for self-healing

How should this knowledge impact my grocery selection?

- Choose foods with a variety of colors to obtain a variety of nutrients
- Look for vibrant colors – indicating freshness and high nutrient content

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*Who knew plants
have an immune
system?*

Phytonutrients – the rainbow of nutrition



Lycopene

- Tomato and pink grapefruit reduce the risk of several types of cancer



Carotenoids

- Sweet potatoes, squash and carrots help keep eyes and skin healthy and protect against infections



Flavonoids/Vitamin C

- Citrus fruits as well as peaches, nectarines, pineapple, and papaya. They help our immune systems



Powerful antioxidants

- Berries, grapes are good for your brain and memory and provide excellent anti-aging antioxidants. Stabilize collagen. Reduce inflammation. Restore flexibility



Lutein

- Broccoli and kale are good for your bones because they are rich in vitamin K and calcium

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*Is white a color in
the world of
nutrition?*

How we benefit from micronutrients

Minerals are defined as inorganic, chemical elements: They are needed by the body for metabolic processes like growth, repair and bone health. Minerals are also cofactors for enzyme reactions, regulate hormones, help buffer our acid levels and more. There is a balance across all minerals for optimal health.

Vitamins are organic compounds produced by plants: They are required by the body in small quantities for their use in metabolic processes like respiration, growth and immune function. They help to digest macronutrients, assist with enzymes and are a co-factor along with minerals.

Phytonutrients are also compounds produced by plants: Antioxidants may be the terminology you have heard most often. They provide health benefits to the body. Examples include carotenoids, flavonoids, and isoflavones.

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Can I have too much of a good thing?

Support our farmers and your health

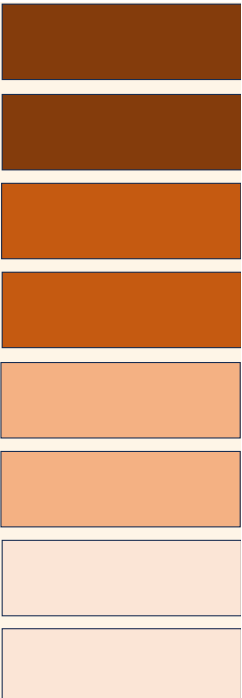
Local farmers are essential to our community

- Supporting local farmers and independent markets is essential to maintain diversity.
- Farming is an industry that is almost impossible to get into today, so once we lose local farms they will not return. We have lost local produce farmers, dairy farms, cheese makers, ranchers and even wine producers across the country.
- Small farmers were often raised in the business and know the importance of good quality foods. Their heart is in the business, and it shows.

How does this impact your health?

- Local farmers often pick produce at its peak since it will go to market that day.
- There is less transit time and less handoffs before reaching you!
- Taking every measure to ensure the best crop as their livelihood depends on it.

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Support our farmers and your health

Visit a Farmers' Market this weekend as a family outing!

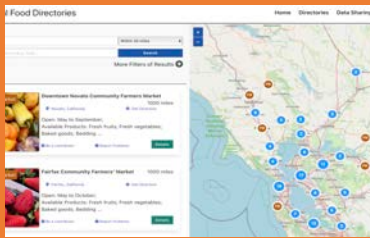
Here's a site with market listings across the US!

<https://www.usdalocalfoodportal.com>

- Navigate to your local area!
- There are additional markets not listed here, though this is a great tool to get you started.
- You will find additional information about the markets on this site as well.



Find your
local farmers'
market



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SMART Goals:

Fun with Flavors at your Farmers' Market



Invest in yourself from the inside out!

- 2 goals to help you **Live Your Best Life!**
- 2 goals to bring more Fun with Flavors into your life!

What do you want to share?

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Specific
Measurable
take Action
be Realistic
Time-oriented



About us

- Kitchen on Fire Cooking School
 - For the Home Chef in Berkeley & Oakland since 2005
 - Owned by Chef Olivier Said (founder) & Lisa Miller
 - Hands-on Cooking Classes, Events: In-Person and Virtual
 - Nutrition Education, Corporate Wellness, Individual Consulting
 - lisa@kitchenonfire.com
- Ocean View Nutrition – Consulting & Public Speaking
 - Owner & Nutrition Consultant, certified
 - Consultations, Classes & Presentations
 - lisa@oceanviewnutrition.com

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Link to today's presentation,
demo info and more
[https://www.kitchenonfire.com/
living-your-best-life](https://www.kitchenonfire.com/living-your-best-life)

