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Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

You Don't Know Beans!

By News Canada

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by: News Canada

(NC)–Looking for reasons to get your family to eat more legumes? It turns out that the skin on beans is not just an important source of fibre, it's rich in powerful nutrient compounds that may help prevent chronic diseases like cancer and heart disease. So haul out the old saucepan and start experimenting. From navy through to pinto, black and kidney, beans not only taste good, their benefits will be music to your ears!

Black Bart's Souper Black Bean Soup

This delicious soup is made in minutes and serves four. Enjoy it with thick slices of toasted wholegrain bread and you've got a nutritious, four food group meal. 1 can black or black turtle beans, drained and rinsed(19 oz/540 mL) 1 1/2 cups chicken broth(375 mL) 3/4 cup chunky salsa(180 mL) 1/2 cup corn niblets(125 mL) Dash of hot sauce (optional) Squirts of fresh lime juice (optional) 1 cup shredded Canadian Cheddar, Colby or (250 mL) Monterey Jack cheese 1/8 cup finely chopped green onions(30 mL)

Combine first 5 ingredients in saucepan and heat thoroughly. Spoon into 4 bowls. Add lime juice. Combine shredded cheese and green onions. Portion on top of each serving.

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Coffee Facts

By Graeme Ramsey

A good cup of coffee is like fine wine and good quality cigars. There are various different types of coffee beans and these determine the flavors that the blend presents for the coffee connoisseur.

Many coffee makers blend a combination of the lower cost Robusta beans with the more expensive Arabica gourmet beans. The Arabica beans have a finer aroma, a richer flavor and more body than the less expensive beans.

The quality of the coffee is dependant on the proportions of the mix of these beans. Quite often a coffee might be advertised as a blend of gourmet beans and lower grade beans when in fact there are only small traces of the gourmet beans in the blend.

The gourmet beans gain much of their flavor from the soils they are grown in, with the best beans coming from the volcanic regions where the rich soils produce the best tasting beans.

Coffee should always be made from fresh beans as the quality diminishes rapidly with age. This is quite noticeable when comparing a supermarket grade coffee with a coffee made from freshly ground beans at a coffee shop. Bear in mind that the supermarket coffees generally have a lower blend quality and in many cases the blends also have a proportion of older beans to reduce the production costs.

The only way you can be assured of quality and taste is to buy fresh gourmet quality. Once you have acquired the taste for gourmet coffee you might never want to drink commercial grade coffee again.

You can buy coffee from many different regions throughout the world and each one has it's own unique flavor.

Coffee aficionados can pick the region where the coffee bean was grown just by tasting it. The method of processing the beans also has an effect on the final flavor so you can't always assume that a coffee will be good just because it came from a particular region.

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Coffee is one of the world's most popular beverages and more suppliers are catering to the needs of an ever-growing demand.

Graeme Ramsey is a freelance writer on many different topics.

<http://www.coffee-facts.info>

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