


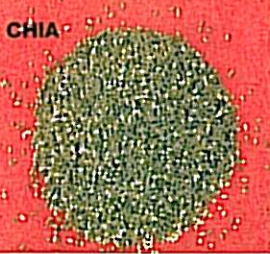

## Grow Your Own MUSHROOMS

Now you can get fresh-from-the-garden flavor year-round, courtesy of a cardboard box. Each kit from Mushroom Adventures contains a box to grow the mushrooms in, plus easy instructions for cultivating different varieties—from white buttons to blue oysters—and yields up to four pounds of mushrooms in three months. And because they flourish in temperatures of 60 to 74 degrees and don't require sunlight, winter's the perfect time to grow these selenium- and vitamin D-rich fungi indoors. (\$31 to \$42, [mushroomadventures.com](http://mushroomadventures.com))



## Beyond Flax: Wonder Seeds

Sure, you're familiar with flax and its health-boosting properties (loads of fiber, protein, and omega-3s), but what about some of those other seeds you keep hearing about? Here's the scoop on three super-healthy ones from Amy Shapiro, a registered dietitian and founder of Real Nutrition NYC, a nutrition and weight management counseling firm.

SEED	WHY THEY'RE GREAT	HOW TO EAT 'EM
<b>HEMP</b> 	Talk about a vegetarian's dream: A two-tablespoon serving has 5 grams of complete protein (with all eight amino acids the body needs) and 880 milligrams of fish-free omega-3s.	Hemp's nutty taste works well in salads, yogurt, and oatmeal. Or, spread hemp seed butter (found in natural foods stores) and jam onto whole grain toast for a twist on PB&J.
<b>CHIA</b> 	Another complete protein that's loaded with omega-3s (4 grams protein and 5,000 milligrams omega-3s per two tablespoons), chia seeds are also high in fiber (6 grams).	Combine the seeds with water to form a thick gel to use in place of oil or butter in baked goods. Mix 1 tablespoon chia seeds with ¼ cup water, and let sit for 30 minutes.
<b>AMARANTH</b> 	They're rich in calcium, iron, magnesium, and folate, plus high in fiber. Amaranth seeds also have high levels of the cholesterol-lowering compounds phytosterols.	These nut-flavored seeds can be prepared like whole grains: Cook 1 cup amaranth in 2½ cups water for 20 minutes, then serve like rice. Or, pop them like popcorn kernels.

## 3 ideas to curb food waste

Instead of tossing food that's slightly past its prime, why not...

- ...Revive limp greens in an ice water bath.
- ...Pulverize stale bread, crackers, or chips for easy bread crumbs.
- ...Puree overripe fruit to add sweetness and moisture to baked goods.

**14**  
percentage of groceries the average American family throws out per year



### OPEN WIDE!

New organic baby food we love:

- **ELLA'S KITCHEN** Screw-top lids (above) make storing leftovers easy. (\$1.80 for 3.5 ounces, [ellaskitchen.com](http://ellaskitchen.com))
- **SPROUT** Send empty containers (for free!) to TerraCycle, which will give them a second life. (\$1.19 for 2.5 ounces, [sproutbabyfood.com](http://sproutbabyfood.com))
- **NURTURME** Dehydrated powders made from fresh produce make for yummy (and lighter to tote around!) fare. (\$9.50 for 8-count pouches, [nurturme.com](http://nurturme.com))