ROGERS FOODS NEWSLETTER

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Recipes of the Month

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APRIL IS PARKINSON'S DISEASE AWARENESS MONTH - UNDERSTAND THE IMPORTANCE OF INCORPORATING HEALTHY GRAINS INTO YOUR DIET

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Hop Into Easter With Rogers Foods

🐰 Hop into April with our Easter-themed newsletter! 🐰

This month, we're celebrating the joys of spring with delicious recipes that are sure to make your Easter gatherings unforgettable!

Treat your loved ones to our delightful Lavender Shortbread Wedges and scrumptious Sugared Lavender Cupcakes. Or, for a zesty kick, don't miss our refreshing Ruby Red Grapefruit Tartlets! 🍰💖

In honour of Parkinson's Disease Awareness Month, our Registered Holistic Nutritionist, Tammy-Lynn, has included an insightful article on understanding Parkinson's Disease and the importance of a healthy diet. She highlights how incorporating whole grains can make a difference in fueling our bodies to combat disease.

Join us in spreading awareness while enjoying the delicious flavours of the season!

#AprilNewsletter #EasterRecipes #LavenderLove #ShortbreadWedges #SugaredLavenderCupcakes #GrapefruitTartlets #ParkinsonsAwareness #HealthyEating #WholeGrains #SpringVibes #Foodie #CookingWithLove #IMadeWithRogers #HealthyLiving #SpringRecipes

LAVENDER SHORTBREAD WEDGES

PREP TIME: 60 MINUTES
COOK TIME: 35 MINUTES
SERVINGS: 12

INGREDIENTS

FOR SHORTBREAD

- 3/4 cup unsalted butter (1 1/2 sticks), at room temp, plus more for greasing
- 1/3 cup granulated sugar
- 2 tsp. finely grated lemon zest

- 1 tsp. finely grated orange zest
- 1/2 tsp. pure vanilla extract
- 1 1/2 cups **ROGERS FOODS ALL PURPOSE FLOUR,** plus more for dusting
- 1/4 tsp. kosher salt

FOR GLAZE

- 1 1/4 cups confectioners' sugar
- 1 Tbsp. fresh lemon juice
- 1 Tbsp. milk, plus more as needed
- 1/2 tsp. pure vanilla extract
- Pink or red food colouring (optional)
- Dried lavender, for topping
- Orange zest, for topping

DIRECTIONS

- To make the shortbread, Heat the oven to 325°F. Butter a 9-inch round cake pan and line the bottom with parchment paper.

- In a stand mixer, beat butter on medium until smooth and creamy, 1 minute. Add granulated sugar, citrus zests and vanilla and beat, scraping down the bowl halfway through, until combined, about 2 minutes. On low, gradually add flour and salt and mix just until dough comes together.

- Press dough into a prepared pan in even layers using lightly floured hands and prick the dough with a fork several times. Bake until edges are light golden brown, 30 to 35 minutes. Let cool in pan for 30 minutes, then loosen edges with small offset spatula and very carefully (shortbread will be delicate) turn out onto wire rack lined with parchment paper. Let cool completely.

- Meanwhile, make the glaze: Sift confectioners' sugar into a medium bowl. Add lemon juice, milk, vanilla and 1 or 2 drops of food colouring, if using; whisk, adding more milk if needed, until smooth and thick but still pourable. Spread glaze on cooled shortbread, leaving a border. Sprinkle with dried lavender and orange zest. Let glaze set at least 30 minutes before slicing into 12 wedges.

SUGARED LAVENDER CUPCAKES

PREP TIME: 2 hours
COOK TIME: 15 min
NUMBER OF SERVINGS: 24

INGREDIENTS

FOR SUGARED LAVENDER

- 1 egg white, whisked until frothy
- Sprigs edible dried lavender
- 1/2 cup superfine sugar

FOR CUPCAKES

- 1 1/2 cups **ROGERS FOODS ALL PURPOSE FLOUR**
- 1 1/2 tsp. baking powder
- 1/4 tsp. kosher salt
- 3/4 cup granulated sugar
- 2 tsp. edible dried culinary lavender, ground in a spice grinder or crushed with mortar and pestle
- 1/2 cup (1 stick) unsalted butter, at room temp
- 2 large eggs, at room temp
- 1 tsp. pure vanilla extract
- 3/4 cup whole milk, room temp or slightly warm

FOR LAVENDER BUTTERCREAM FROSTING

- 1/4 cup whole milk
- 1 Tbsp dried culinary lavender
- 1 cup (227g) unsalted butter, room temperature
- 3 1/2 cups (420g) powdered sugar
- 1 tsp pure vanilla extract
- 1/4 tsp salt, or to taste
- 2-4 drops of purple food colouring

DIRECTIONS

MAKE THE SUGARED LAVENDER

Dip a dry pastry brush very slightly in egg white and lightly brush lavender sprigs. Coat with sugar, shaking off excess. Allow to dry for 10 minutes on a parchment-lined baking sheet.

MAKE THE CUPCAKES

- Heat oven to 350°F. Line two 12-cup muffin pans with white or lavender paper liners.
- In a medium bowl, whisk together flour, baking powder and salt.
- Using an electric mixer, beat granulated sugar, lavender, and butter in a medium-high bowl until light and fluffy, about 3 minutes. Reduce mixer speed to medium and add eggs one at a time, beating until each is incorporated before adding the next egg. Beat in vanilla.
- Reduce mixer speed to low and add flour mixture in three parts, alternating with milk and beating until incorporated. Fill muffin cups just under halfway (the final height of cupcakes should be just below the tops of the cupcake liners). Bake until a toothpick inserted into the centers comes out clean, 12 to 15 minutes. Transfer to a wire rack and let cool. Repeat with the remaining batter, reusing the muffin pan.

MAKE THE FROSTING

- Add the whole milk into a small saucepan. Cook over medium heat, stirring frequently, until the milk begins to simmer. Remove from the heat and stir in the dried culinary lavender. Let the lavender steep in the milk for 15 minutes, then strain the milk through a fine mesh sieve set over a small bowl. Press all the excess milk out of the lavender buds before discarding them. Allow the lavender milk to cool completely before adding it to the buttercream.

- In the bowl of a stand mixer fitted with the paddle attachment (a hand mixer works fine, too!), cream the butter on medium-high until it's creamy and light in colour, about 5 minutes.

- With the mixer on low speed, add the powdered sugar a few cups at a time, scraping down after each addition and ensuring each cup is fully incorporated before adding the next one. Add the lavender milk, vanilla, salt, and food colouring (if using) and continue mixing on low speed until thoroughly combined and smooth, scraping down the bowl and paddle as needed.

Pipe the frosting onto cooled cupcakes and adorn with your sugared lavender!

RUBY-RED GRAPEFRUIT TARTLETS

PREP TIME: 1 hour 55 min.
COOK TIME: 35 min
NUMBER OF SERVINGS: 8

INGREDIENTS

CRUST

- 1 cup plus 2 Tbsp (2 1/4 sticks) unsalted butter, at room temperature
- 1/2 cup confectioners' sugar
- Pinch kosher salt
- 1 tsp. pure vanilla extract
- 3 cups **ROGERS FOODS ALL PURPOSE FLOUR**

FILLING

- 1 cup plus 2 Tbsp granulated sugar
- 6 Tbsp. **ROGERS FOODS ALL PURPOSE FLOUR**
- 3 Tbsp. cornstarch

- 1/2 tsp. kosher salt
- 4 large egg yolks
- 1 1/2 Tbsp. Finely grated ruby red grapefruit zest plus 1 1/2 cups juice (from 3 grapefruits)

TOPPING

- 2 large egg whites
- 1/4 cup granulated sugar
- 1/4 tsp. cream of tartar
- 1/4 tsp. pure vanilla extract
- Chopped ruby red grapefruit for serving

DIRECTIONS

- **Make the crust:** Using an electric mixer, beat butter, confectioners' sugar and salt in a large bowl until light and fluffy, about 3 minutes; beat in vanilla. Reduce speed, add flour**,** and mix until it is just combined.
- Divide dough in half and roll each half between 2 pieces of parchment to 1/8 inch thick. Cut each piece in half and fit into the bottom and up sides of two 4-inch tart pans with removable bottoms. Poke bottoms with a fork and refrigerate until firm, 15 to 20 minutes. Repeat, rerolling scraps of dough if necessary and fitting into four more tart pans for a total of 8.
- Heat the oven to 400°F. Place tart pans on two rimmed baking sheets**.** Bake the tart shells until they turn light golden around the edges for 8 to 10 minutes. Let cool. Lower the oven temperature to 325°F.

- **Make the filling:** In a large bowl, whisk together sugar, flour, cornstarch and salt. Add egg yolks, grapefruit zest, and juice and whisk to combine. Divide among tart shells and bake until set, rotating positions of sheets on racks halfway through, 20 to 25 minutes. Let cool to room temperature, then refrigerate until chilled, at least 3 hours or overnight.
- When ready to serve, make the topping: In a large metal or glass bowl, whisk together egg whites, sugar, and cream of tartar. Set the bowl over a saucepan of simmering water (without touching the water) and cook, whisking constantly, until the sugar has dissolved and the egg whites are very warm to the touch, 2 to 3 minutes. Remove from heat and, using an electric mixer, beat **at** low speed, gradually increasing speed to high until stiff, glossy peaks form, about 6 minutes. Beat in vanilla.
- Top tarts with chopped grapefruit and spoon or pipe on meringue (there will be leftover meringue). If desired, lightly torch to brown meringue.

WELLNESS CORNER

with Rogers Foods Registered Holistic Nutritionist Tammy-Lynn McNabb, RHNP

APRIL IS PARKINSON'S DISEASE AWARENESS MONTH.

Parkinson's Disease and the Role of a Healthy Diet: The Importance of Grains

Parkinson's disease (PD) is a progressive neurodegenerative disorder that primarily affects motor function and can significantly impact an individual's quality of life. While the cause of Parkinson's disease is not fully understood, it is believed to arise from a combination of genetic, environmental, and lifestyle factors. Like many other chronic health conditions, managing Parkinson's disease often requires a multifaceted approach, including medical treatment, physical therapy, and dietary changes. Among various dietary recommendations, grains—especially whole grains—have been increasingly recognized for their potential role in supporting brain health and managing neurodegenerative diseases like Parkinson's.

In this report, we will explore Parkinson's Disease, its symptoms, causes, and treatments and then delve into the importance of a healthy diet in managing the condition, with a particular focus on the role of grains. We will examine the connection between grain consumption and neuroprotection and the nutritional components of grains that may benefit individuals living with Parkinson's disease.

What is Parkinson's Disease?

Parkinson's Disease is a progressive neurological disorder that affects movement. It occurs when neurons in the brain begin to degenerate. These neurons are responsible for producing dopamine, a neurotransmitter that plays a vital role in transmitting signals to the part of the brain that controls movement and coordination. As dopamine levels decrease, individuals experience symptoms such as tremors, rigidity, bradykinesia (slowness of movement), and postural instability. Alongside motor symptoms, non-motor symptoms like cognitive decline, depression, and sleep disturbances are also common.

The disease is usually diagnosed in individuals over 60 years old, although early-onset Parkinson's Disease can affect younger people. While the exact cause of PD remains unclear, several theories exist regarding its origins:

1. **Genetic Factors**: Research has identified several genes linked to Parkinson's disease, though these account for a small percentage of cases. Mutations in genes such as *LRRK2*, *PARK7*, and *SNCA* are associated with familial forms of Parkinson's disease.

2. **Environmental Factors:** Exposure to certain toxins, such as pesticides or herbicides, has been linked to an increased risk of developing Parkinson's disease. Similarly, prolonged exposure to heavy metals or other environmental pollutants may contribute to disease development.

3. **Oxidative Stress:** The accumulation of free radicals and the resulting oxidative damage to cells is thought to play a role in the degeneration of dopaminergic neurons. This concept suggests that oxidative stress could be a potential target for therapeutic interventions, including dietary strategies.

Symptoms of Parkinson's Disease

Parkinson's disease manifests in both motor and non-motor symptoms, which can vary widely between individuals. The motor symptoms are often the most noticeable and include:

- **Tremors**: Involuntary shaking or trembling, usually beginning in the hands, fingers, or jaw.
- **Rigidity**: Stiffness in muscles, often leading to discomfort and limited range of motion.
- **Bradykinesia**: Slowness of movement, making daily activities like walking, dressing, or eating more difficult.
- **Postural Instability**: Balance problems leading to an increased risk of falls.

Non-motor symptoms can be equally debilitating and include:

- **Cognitive Impairment:** Memory problems, difficulty concentrating, and in severe cases, dementia.
- **Mood Disorders:** Depression, anxiety, and irritability are common in individuals with Parkinson's disease.
- **Sleep Disturbances:** Insomnia, frequent waking, and restless leg syndrome are prevalent in PD patients.
- **Autonomic Dysfunction:** This can manifest as issues with blood pressure regulation, gastrointestinal problems, and urinary difficulties.

Treatment of Parkinson's Disease

While there is no cure for Parkinson's disease, several treatment options are available to manage symptoms. The primary treatment for PD is the use of medications that aim to replenish dopamine levels or mimic dopamine's effects. The most commonly prescribed medications include:

Levodopa: The gold-standard treatment for Parkinson's is levodopa, which is converted into dopamine in the brain. It can significantly reduce motor symptoms but may become less effective over time and lead to side effects like involuntary movements (dyskinesias).
- Dopamine Agonists: These drugs mimic dopamine and can be used alone or in combination with levodopa.
- MAO-B Inhibitors: These medications inhibit the breakdown of dopamine, thus increasing dopamine levels in the brain.
- COMT Inhibitors: These drugs prevent the breakdown of levodopa, allowing it to remain active longer.

In addition to medication, non-pharmacological therapies like physical, occupational, and speech therapy are critical in helping patients maintain mobility, independence, and communication abilities.

The Role of Diet in Managing Parkinson's Disease

Diet plays a crucial role in managing Parkinson's disease. While a balanced diet cannot cure Parkinson's disease, it can help mitigate symptoms, improve quality of life, and support overall brain health. A diet rich in antioxidants, anti-inflammatory foods, and essential nutrients can support brain function and combat oxidative stress, which is thought to contribute to neuronal damage in PD.

Several dietary approaches have been suggested for individuals with Parkinson's disease:

1. Antioxidant-Rich Foods: Fruits and vegetables rich in antioxidants, such as berries, leafy greens, and nuts, may help protect the brain from oxidative stress.
2. Omega-3 Fatty Acids: In fatty fish like salmon, sardines, and flaxseeds, omega-3 fatty acids have anti-inflammatory properties and may help improve brain function.
3. High-Fibre Foods: Parkinson's patients often experience constipation, so a high-fibre diet, including whole grains, can help maintain healthy digestion.

4. Protein Management: Some PD medications, especially levodopa, can interact with protein, reducing their effectiveness. Thus, spreading protein intake throughout the day is often recommended.

Focusing on Grains: A Key Component of a Healthy Diet

Whole grains play a crucial role among the various dietary components that support brain health. They are rich in essential nutrients, including fiber, vitamins, minerals, and antioxidants, all of which contribute to overall health and well-being. Research suggests that a diet high in whole grains may have neuroprotective effects, making them an essential food group for individuals with Parkinson's disease.

1. Nutritional Composition of Whole Grains

Whole grains are grains that have been minimally processed and retain all three parts of the grain kernel: the bran, germ, and endosperm. Unlike refined grains, which are stripped of the bran and germ, whole grains offer a higher concentration of essential nutrients. The key nutritional components of whole grains include:

- Dietary Fibre: Whole grains are an excellent source of fibre, which is crucial for maintaining digestive health and preventing constipation—a common issue for individuals with Parkinson's disease.

ROGERS ANCIENT GRAIN BLEND PORRIDGE OATS

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ROGERS HEALTHY GRAIN BLEND PORRIDGE OATS

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- B Vitamins: Whole grains, such as oats, quinoa, and brown rice, are rich in B vitamins like folate, thiamine, and niacin. These vitamins play a vital role in brain function and may help protect against neurodegenerative diseases.
- Minerals: Whole grains provide essential minerals like magnesium, iron, and zinc, which support healthy brain function and may help reduce inflammation in the body.
- Antioxidants: Some whole grains, such as oats, barley, and brown rice, contain antioxidants that help combat oxidative stress in the brain.

2. Grains and Brain Health

Several studies have suggested that whole grains may help promote brain health and reduce the risk of neurodegenerative diseases. The following mechanisms illustrate how grains may protect against Parkinson's disease:

- Reducing Inflammation: Chronic inflammation contributes to neurodegeneration in Parkinson's disease. The fibre, antioxidants, and polyphenols in whole grains may help reduce inflammation, particularly in the brain.
- Supporting Gut Health: There is growing evidence of a link between gut health and neurodegenerative diseases, including Parkinson's disease. The fibre in whole grains acts as a prebiotic, supporting the growth of beneficial gut bacteria, which can support brain health through the gut-brain axis.
- Blood Sugar Regulation: Whole grains have a low glycemic index, meaning they release sugar into the bloodstream more slowly than refined grains. This can help prevent insulin spikes and may reduce the risk of developing diabetes, which is often comorbid with Parkinson's disease.

3. Grain-Rich Foods for Parkinson's Disease

Some whole grains are particularly beneficial for individuals with Parkinson's disease. Foods like oats, quinoa, brown rice, and barley provide a wealth of nutrients that support brain health and overall well-being. For instance, oats are rich in soluble fibre, which can help manage cholesterol levels and improve cardiovascular health—essential considerations for individuals with Parkinson's disease, who are at a higher risk for heart disease.

Quinoa is a complete protein, meaning it contains all nine essential amino acids, making it an excellent choice for individuals who may struggle with protein absorption due to Parkinson's medication. Brown rice and barley are also excellent sources of fibre and can help maintain digestive health, an important consideration for individuals with Parkinson's disease who experience constipation.

OAT BRAN

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WHEAT BRAN

Bran & Germ, Retail Products

WHEAT GERM

Bran & Germ, Retail Products

Parkinson's disease is a challenging condition that affects millions of people worldwide. While there is no cure, advances in medical treatment, physical therapy, and dietary strategies offer hope for improving the quality of life for those living with Parkinson's. A healthy diet, particularly one that includes whole grains, can play a crucial role in managing the symptoms of Parkinson's disease. Whole grains provide essential nutrients, fibre, and antioxidants that support brain health, reduce inflammation, and improve digestion. By incorporating a variety of whole grains into their diet, individuals with Parkinson's disease can help optimize their health and potentially slow the progression of the disease.

In addition to whole grains, a balanced diet rich in antioxidants, omega-3 fatty acids, and other brain-boosting foods is crucial for Parkinson's patients. With the right combination of medical care, lifestyle changes, and dietary interventions, individuals with Parkinson's disease can lead healthier, more fulfilling lives.

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