

real food • natural health • green planet

delicious living

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**EDITORS' TOP
beauty picks**

fresh



| HOW TO |
Grow sprouts

Sprouted seeds (alfalfa, clover, sunflower) make a nice topper to sandwiches and salads. Bean sprouts (mung, lentil, garbanzo) complement stir-fries. And ground sprouted grains (wheat berry, rye) boost nutrients in homemade veggie burgers or casseroles.

1 Place 2 tablespoons of high-germination sprouting seeds or ½ cup of legumes or grains in a clean, quart-size jar; cover with three times as much water. Cover the top with cheesecloth or a nylon mesh screen and secure it with a rubber band. Soak overnight.

2 Drain water. Uncover, and rinse seeds with lukewarm water; replace cover and strain again. To encourage drainage, let jar rest in a dark, warm (about 70 degrees) location. Seeds should be moist, not wet.

3 Rinse and drain two to three times a day. In a couple of days, seeds will sprout from bottom of jar. Turn the jar gently to avoid breaking tender sprouts (which then die and spoil the batch).

4 Harvest sprouts on day three (grains) to five (seeds). To remove shed hulls, place the sprouts in a bowl and run cool water over them. Most of the hulls will either float to the top or sink to the bottom. Drain and enjoy. Sprouts will keep in the fridge for about a week if rinsed daily.

—Pamela Emanoil Bond



Natural gifts for Father's Day

■ **Herban Cowboy Organic Cologne**

This musky, manly scent will leave dad smelling clean and won't irritate his skin with alcohol or dyes. Bonus: The biodegradable, recyclable packaging is printed with soy ink.

■ **Aubrey Organics Men's Stock North Woods Shave Cream**

Without harsh foaming agents, this forest-scented shave cream helps razors glide smoothly over skin with wheat-germ oil and soothes with coconut extract and pine-leaf oil.

■ **Wolaver's Certified Organic Ales**

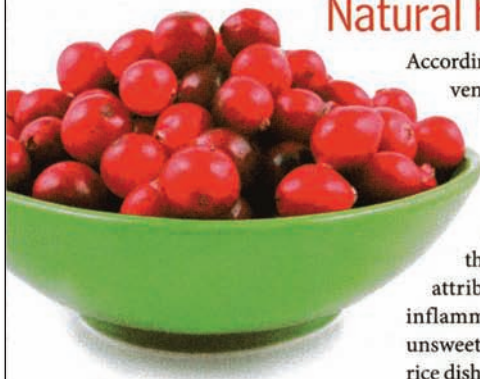
Organic certification guarantees that Wolaver's ingredients are free of synthetic pesticides, fertilizers, and genetically modified organisms. Try the India Pale Ale for a slightly spicy, hoppy taste.

■ **Frontier Natural Products Co-op Exotic Peppercorn Blend**

Colorful, organic peppercorns from Indonesia and Brazil add a punchy, slightly citrusy flavor to steak and sauces.

—Christy Mercer

Natural help for *H. pylori*



According to a new study by researchers at the University of Chile, cranberry juice, often used to prevent and treat urinary tract infections, also may be useful in combating the common stomach bacterium *Helicobacter pylori*. Found in approximately 30 percent of the U.S. population, *H. pylori* can cause gastritis (inflammation of the stomach lining), ulcers, and even stomach cancer. In the study, one group of schoolchildren who tested positive for *H. pylori* was given 200 ml of cranberry juice daily for three weeks, while another group was given a placebo. Almost 17 percent of the children in the cranberry group tested negative for *H. pylori* after the study, compared with only 1.5 percent of the children in the placebo group. The researchers attribute cranberry juice's bacteria-fighting power to polyphenols—antioxidants that reduce inflammation and prevent bacteria from colonizing the stomach lining. In addition to drinking unsweetened cranberry juice, you can add fresh or dried cranberries to muffins, cereal, salads, and rice dishes. For more ideas, visit deliciousliving.com and enter **cranberry** into the recipe search box.

—Valerie Gleaton