

# Foodsense Last of the summer food and wine

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THE END of summer is my favourite season: it abounds in fruit and vegetables galore, the colours and fragrances mix and match, creating cornucopia unmatched by any other time of the year. But how best to make use of this apparent abundance is the question.

Here colour comes in to help and a rainbow comes to mind. Nature created all the colours in the produce we gather in order to maximise their anti-pest control and this works for us humans too. The many phyto-nutrients present in the fresh plums, berries, pumpkins, cabbages, and beans help us guard against potential pathogens and the interplay they create allows us to stock up throughout late summer and autumn before the winter.

This boosts our immunity and allows the body to use energy effectively rather

than be drained by infections. Creating new dishes and trying new fruit and vegetables is the key to this season. We can discover new textures, combinations and flavours, and enjoying those with some of the new wines is an extra bonus. Even for those who are not wine connoisseurs, it is easy with the apps available to hand: just scan the bottle and get an instant summary.

The good rule to stick to is to have wine either before or after the food though as drinking it with the meal alters the body's acid-alkaline balance and may prevent you from getting the most of its nutrients (yes, the flavonoids present in wine, especially the red one, are famous for their anti-oxidative properties).

I always try to come up with at least one new dish with the ingredient I have never

tried before. Take squash for example: you can bake it, grill it, boil it or fry it; you can cut it into chunks or slices (depending on the shape), halve it, or cut into rings. Then, you can use it as a side vegetable with meat, fish or lentils, stuff it and serve as the main dish, stew it with other vegetables or make it into a sweet dessert with, for example, aduki beans and agar agar seaweed.

Spicy or sweet, there are many choices to be made with any one type of squash (and there are a few available from most outlets); you can never get bored with it. Add a selection of wines and the humble squash becomes a star! And that is only one vegetable to make an entry to your table... So if you feel the Indian summer is making you dizzy with its sumptuous offer, allow it to saturate your sense of taste with the best of late summer and wine without regret.

## Yoga class

### Gail Willis continues her series of simple hatha yoga moves

YOGA INSTRUCTOR Gail Willis has recruited her mother Janet Rogers to help demonstrate yoga exercises in *Choice* every month.

In each picture Janet, who is 78, illustrates the basic position for each exercise - the easiest one for the beginner. Gail illustrates the maximum position for each exercise.

You should start following Janet's position and try to increase gradually towards Gail's advanced level.

"Only build up to a level that you are comfortable with," says Gail, who is a full-time yoga instructor in Kettering. "With some exercises you will be able to do the maximum level

of stretch, but with others you will achieve only the basic move. It doesn't matter - even the easiest will be good for you and make you feel good."

#### Find out more

- To contact Gail, tel: 01536 515311, mobile: 07762 575118
- To find a yoga class where you live, ask at your local library, county council offices, tourist information centre, sports centre, a local school or anywhere that runs evening classes.

### Standing chair twist

These poses turn and extend the spine to make it more flexible. If your balance is not very good, position the stool or chair next to a wall so you can place your hand on the wall to help with balance.

Once you place a foot on the stool, lengthen your spine and stand tall with both shoulders down. Janet keeps her hands on her waist to help with balance.

The next level up is to take your arms out like Gail. Very slowly twist from your waist, back, shoulders and head. Hold for a few seconds, which you can increase over a period of time.

Only hold for as long as is comfortable. Turn out of the twist then repeat the pose with the other leg. Don't forget to breathe all of the time. Never hold your breath when in a yoga pose.



Next month: **Knee workout**