

# Debbie Esplin - The Daily Basil Blog



## Food Kitchen Home

### *Healthy Eating Healthy Living*

Greetings!

Meet the Brassica family. They are not a rock group and they don't own a restaurant. They are:

cabbage, kale, bok choy, broccoli, cauliflower, brussels sprouts, kohlrabi, turnip, and rutabaga, among others.

These vegetables are considered some of the most healthy vegetables to have in your diet. Let's find out why.



## Now You Know



These vegetables from the Brassica family are low in calories, low in fat, high in vitamins, minerals, fiber, and phytochemicals.

The vegetables in the Brassica family reduce oxidative stress and inflammation and have cancer-inhibiting properties.

The fiber, in these vegetables, including insoluble fiber, is very good for digestion and gut health. All members of the Brassica family below are rich in these important nutrients.

### Cabbages

Cabbage, red and green, are very high in vitamins K, C, B6, folate, manganese, calcium, magnesium, and powerful

antioxidants.

Red cabbage contains anthocyanins, which give it the red colour. However, eating vegetables with anthocyanins is linked to a lower risk of heart attack.

These vegetables are rich in potassium, which is important for regulating blood pressure.



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### Broccoli



Along with having the same high vitamin levels as the cabbages, broccoli is also rich in phosphorus and selenium. Selenium is an important trace mineral that helps protect the body from free radical damage and infection.

Broccoli also has compounds that reduce inflammation and antioxidants. Eating broccoli is linked to an improvement in blood sugar management and heart

health.

Eating broccoli helps with digestion and gut health.

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### Cauliflower

Along with being rich in all the vitamins and minerals of the Brassica family, cauliflower is also a source of Pantothenic acid, vitamin B5.

The B vitamins are necessary for the body to convert carbohydrates into fuel. They also help the body use fats and proteins, and the B vitamins play a vital role in our health. As well, cauliflower is rich in choline, an essential nutrient that many people are low in ([Healthline](#)). Choline is necessary for healthy cell membranes, supporting metabolism, and synthesizing DNA.



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### Brussels Sprouts



Brussels sprouts are very rich in vitamin K. A vitamin that plays an important role in bone health and blood clotting.

Brussels sprouts are also very high in antioxidants.

Brussels sprouts are also one of the best sources of alpha-linolenic acid (ALA) omega-3 fatty acids. The ALA in plants, compared to fish, is less available to the body, so you need to eat more plant sources of ALA to get an adequate supply.

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### Kale

Kale is considered to be one of the most nutrient-dense

and healthy foods on the planet ([Healthline](#)). One cup of raw kale gives you more than your daily allowance for vitamins C, K, and A. It is also a source of copper, an important trace mineral that helps maintain a healthy metabolism, a healthy immune system, and strong bones.

Kale is very high in antioxidants. Eating kale may help reduce cholesterol. Kale contains bile acid sequestrants that bind bile acids and cholesterol in the bloodstream.

Like all of the vegetables featured on this page, kale is high in cancer-fighting substances like sulforaphane.



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### The Best Ways To Cook These Vegetables



Contrary to what many people may think, eating raw vegetables is healthy, but cooking vegetables can also be healthy. Some of the nutrients in vegetables are more available for digestion after cooking. But how you cook your vegetables makes a big difference in the final nutrient amounts.

Any kind of cooking with water will involve some loss of water-soluble vitamins like C, and B vitamins. Between, boiling, and steaming, there is less nutrient loss with steaming.

If you must boil your vegetables, then put the vegetables into the water once it is at a full boil and use as little water as possible. Keep the water that was used to cook the vegetables for soups and sauces.

Other methods like sauteing, stir-frying, and roasting are also good at preserving most of the nutrients in the vegetables. Even though they involve high heat, they do not involve water so the nutrient loss is less.

When you broil or roast, it is important to not over brown the foods. Dark-brown charring causes the creation of acrylamides, which are potentially cancer-causing.

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### These Vegetables Have A Strong Flavour That I Don't Like

Some people say that the vegetables in the Brassica family have a strong flavour, or are very fibrous. Either they don't like the taste or the texture.

Most of these vegetables do not taste their best when they are boiled. Broccoli, cauliflower and brussels sprouts all taste better when steamed instead of boiled in my opinion.

Roasting and sauteing all of these vegetables makes them delicious. Plus putting them raw into salads is also scrumptious. Most of these vegetables also make great soups. And chopping them raw into a salad is also a delicious option.

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## Coming Soon!

### Roasted Kale

The recipe for roasted kale is coming soon. It makes a great snack like potato chips or popcorn but is much more healthy.

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## Celebrating St-Patrick's Day

The recipe to make Guinness Beef Stew is coming out on March 17. Join me for the recipe and the tasting.

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## Did You Miss These?

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### Taste Testing 4 Kinds of Quebec Goat Cheese | 6 Reasons To Eat Goat Cheese

This is a taste test 4 kinds of Quebec goat cheese. What are they? What do they taste like? Are all of the four kinds of goat cheese the same in terms of taste? Plus we will look at 6 reasons why you should eat goat's cheese. We also look at the nutrition of goat's cheese and what wines and beers will go best with these cheeses. Check it out, [Taste Testing 4 Kinds of Quebec Goat Cheese](#).

### Foods of Quebec



### Confusing Research



### How To Know If Nutrition Information Is Reliable

In this discussion with Geoff Brown, we will look at how to know if nutrition information is reliable. Nutrition information can be confusing and discerning if nutrition information is reliable or not can be difficult.

How is nutrition research is carried out, how information is reported, and some of the challenges facing consumers trying to find reliable sources for nutrition information. We will also look at ways to make nutrition information less confusing.

[How To Know If Nutrition Research Is Reliable](#)

### Eco-Friendly Product Unboxing Winter Box 2021

Taking a look at some eco-friendly and vegan products from I Live Eco.

I Live Eco is a Canadian company that sells eco-friendly products including eco-friendly subscriptions with four boxes per year, one for each season. The products are interesting and great.

[Eco-Friendly Product Unboxing](#)

### Canadian Subscription Box

eco  
friendly  
&  
vegan



### Recipe To Make Easy Saute Cabbage | Vegetarian, Vegan Versions

Here is the to make easy saute cabbage with vegetarian and vegan versions. Saute cabbage is easy to make,

## Easy Saute Cabbage



delicious, healthy and you can make a vegan or vegetarian version depending on your preference. This recipe is made with red and green cabbage, but you can also prepare the recipe only with green cabbage if you prefer.

Check out the video [here...](#)

Or get your recipe card [here...](#)

## Gluten-Free Eating For Beginners | Do's And Don'ts

A discussion on gluten-free eating for beginners. What is gluten? What does gluten-free mean? What foods have gluten? What foods can you eat that are gluten-free? Are gluten-free bakery products nutritious? How to have a healthy gluten-free diet.

Here are information and tips so that you can eat gluten-free in a healthy way.

Check out the video here: [Gluten-Free Eating For Beginners](#)



**What to Eat?** without gluten

## 4 Vegetable Coleslaw



## How To Make Easy Healthy 4 Vegetable Coleslaw Salad Vegetarian / Vegan

How to make easy, healthy 4 vegetable coleslaw salad with a vegetarian creamy or vegan oil dressing. This recipe is gluten-free, as well. Making coleslaw salad is easy, fast, healthy, and delicious. Plus it can keep in the fridge for several days and only gets better. What salad do you know where you can make a big batch and eat it for several meals?

Check out the video: [How To Make Easy 4-Vegetable Coleslaw.](#)

Get the recipe card [here](#).

## The Food Recall Report | February 2021 for USA & Canada | Rappels au Canada février 2021

The food recall report reviews the recalls that have happened in the USA and in Canada in February 2021 and provides information on the risk and the cause whenever possible. What food recalls are happening in the USA? What food recalls are happening in Canada. Join me live for the January 2021 report.

Plus I look at Listeria and why have there been several Listeria recalls this year, and why is it dangerous.

Check out the video [here...](#)



# How To Subscribe To This Email Update!

Have you subscribed to this email update with tips and information for easy recipes and to have a healthy life?

Plus there is information about food, in this email, that you won't find in either my videos or blog posts. Your twice a month, you have a new way to learn more about food.

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Do you have a question about food?

Meal planning?

Cooking?

Do you have a video topic that you want me to cover?

Let me know.

Reply to this email with your input and I will see how to answer you.

## Kitchen Equipment

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Do you need kitchen equipment or tools? I have grouped what I consider to be the essential tools and appliances for your kitchen into kits. Check out these:

[Baking Essentials](#)

[Eco-Friendly Food Storage](#)

[Soup & Stew Essentials](#)

[Top Kitchen Appliances](#)

[Essential Flavours](#)

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# A Laugh For You

**A Pun For You**  
Many a good word is spoken ingest.

Have a good day.



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