



May 2021



Welcome to the May edition of our INMED South Africa newsletter, which also coincides with Mother's Day this month. We want to wish all the women who have played a vital role in our lives a belated happy Mother's Day—including the many women working on our national projects. We could not achieve success without the women in our lives!

Our focus this month is on the value and importance of eating healthily—and literally viewing food as lifestyle medicine for all. We asked our INMED South Africa Health in Action Programme Manager and licensed dietician Dr Sandra Pretorius to share her thoughts. Sandra has been busy this last month at our INMED Aquaponics® Social Enterprise (INMED ASE) hub, preparing some amazing meals that are highly nutritious.

We hope you enjoy the latest news and the excellent work of our INMED South Africa team.

*Unathi Sihlahla  
Director, INMED South Africa*



## Healthy Food: A Lifestyle Medicine for All

The adage, "You are what you eat," is as valid today as when it was coined centuries ago. Our diet plays a lead role in the health of our bodies, minds and spirits. But did you know that the food you eat has medicinal effects on your body?

"Lifestyle medicine" is something we teach in our Health in Action programme. It is an evidence-based practice of guiding people to adopt and maintain healthy behaviors, such as eating healthier, exercising more, managing stress, sleeping enough and other behaviours that can prevent lifestyle diseases, such as diabese, hypertension and obesity.

"Seeing your food as medicine to maintain good health as well as prevent and treat disease helps you make better decisions about what (and how) to eat in order to make the best decisions for your own wellbeing," says Dr Sandra Pretorius, Health in Action Programme Manager for INMED South Africa. "Food acts as medicine, and at the heart of it all is choosing functional foods."

### What is Functional Food?

Pretorius says the "functional" designation applies to foods that go beyond providing basic nutrition, because of the nutrients they contain. For example, oatmeal is considered a functional food because its soluble fibre can help to lower cholesterol—a benefit that goes beyond the sheer nutritional value of this food. Another example is food that is fortified in a way to add to its health benefits, such as orange juice that has been calcium-fortified for better bone health. "Functional foods play a key role in thinking of food as medicine," Pretorius says.

Here are some of her tips for incorporating functional foods into your diet:

- Eat a diet high in fresh fruits and vegetables, beans and legumes, including healthy fats from fish, nuts, and olives. These foods can reduce inflammation of your vital organs, which can be triggered by excess sugar, trans fats and processed meats. Reducing inflammation can lower the risk of many chronic diseases, such as diabetes, heart disease, strokes and cancer.
- Eat green leafy vegetables, especially spinach, kale, collard greens, rape and romaine lettuce, at least six times a week. Research shows that eating a diet rich in fresh vegetables is important for reducing cognitive decline.
- Reduce the consumption of red meat and include more fish in your diet (2-3 times per week), which can improve mental acuity.
- Limit pastries and fried foods, and eat dairy products in moderation.

"Eating well does not mean losing any of the joy of eating," notes Pretorius. "You can have flavour, nutrition and a beautiful plate presentation." All of the fresh vegetables, herbs and microgreens being grown at the INMED Aquaponics® Social Enterprise in Vanderbillpark are incredibly flavorful, visually appealing and brimming with nutrition. "Healthy eating can, indeed, be a treat for the palate and on the plate," she says. "We regeneratively farm fresh vegetables, **microgreens** and herbs—with each of these being a deliciously functional food."

A nutritious diet is one of the most important factors in living a long, healthy life and may aid in the prevention and treatment of many diseases; however, Pretorius cautions, "it is important to keep in mind that you should not rely on food to replace conventional medicine when needed."

Special thanks to the. Mondelēz International Foundation for sponsoring the INMED Health in Action programme.

## Microgreens – the Trendy New Buzzfood



*INMED ASE is growing a variety of microgreens – in high demand among restaurants and upscale grocers*



Our INMED ASE team is delighted with the progress we are making with microgreens—tiny, delicate plants that are jam-packed with vitamins, antioxidants and enzymes.

This trendy buzzfood is sneaking its way into smoothies, soups, sandwiches and salads. Also known as “vegetable confetti,” microgreens are actually the seedlings of vegetables and herbs. As they begin to grow, they are sprouts, but once the sprout grows, this new baby plant is considered a microgreen. Our teams had lots of fun this past week experimenting with recipes and we must agree—they look delicious! Below are three delicious dishes created by Health in Action Programme Manager Dr Sandra Pretorius, who also is an accomplished cook. Bon appetit!

Follow what we're growing at the INMED ASE hub farm on [Instagram](#) and [Facebook](#). The INMED ASE was made possible with seed funding from the [Sustainable Futures](#) programme of Mondelēz International.

### 3 Ways to Eat Microgreens



**Rainbow Salad with Orange Vinaigrette**

Toss together:

2 cups baby leaf salad  
1 thinly sliced purple radish  
3 rainbow carrots (shaved into ribbons, then shocked in an ice bath to set curl)  
½ cup thinly sliced cucumber  
½ cup sliced strawberries  
½ cup baby tomatoes  
2 shallots (cut into rings)  
1 small purple onion (cut into thin rings)

Mix the following and drizzle over salad:

1/2 cup orange juice  
1/2 cup extra virgin olive oil  
1 tablespoon red wine vinegar  
1 tablespoon dried oregano  
1 tablespoon honey  
Salt and pepper, to taste



**Green Goodness Gracious Smoothie**

Packed with fresh, nutrient-dense superfoods, smoothies are a quick and delicious way to boost your energy in the morning or during a mid-afternoon slump.

In a blender, mix together:

½ cup grapefruit juice  
½ cup aloe vera juice  
½ an apple  
1/3 cup of plain yoghurt  
3 bunches of microgreens (we love beetroot, pea shoots and baby kale)  
Optional: 1 teaspoon spirulina powder

This smoothie will provide you with over 100% of your daily recommended intake of vitamin A and C, over half of your calcium intake and 2



**Pasta with Veggies & Pea Shoots**

Ingredients:

250 g cooked pasta, any sort  
1 shallot (thinly sliced)  
2 cloves of garlic (crushed)  
2 tablespoons olive oil  
1 cup fresh peas  
3 cups pea shoots  
3 tablespoons parmesan cheese (freshly grated)

Directions:

1. Heat a pan over medium heat.  
2. Add olive oil, shallot and garlic and stir-fry lightly.  
3. Add peas and cook for a few minutes until heated through.  
4. Add pea shoots and cook for one more minute before tossing with pasta.

Garnish with microgreens or edible flowers. Enjoy!

grams of fibre. It's a powerhouse of nutrients!

Garnish with freshly grated Parmesan and chopped fresh herbs, such as basil, and microgreens for crunch.



## She's an Inspiration

Our hearts were touched when we saw this photo of Mary, an INMED Aquaponics® farmer in Kroonstadt, Free State. She was featured in a cover story in [Rolling Inspiration Magazine](#) for the work she and her fellow cooperative members are doing to advance INMED Aquaponics® as a viable solution for food security, inclusion and sustainable incomes for people with disabilities. She is thrilled with her newfound fame! **CLICK HERE** to read the article. [Textk](#)

Want to read more? Click on the links below for more articles about INMED South Africa's impactful work.

[Aquaponics Educates, Feeds And Empowers These South African Kids!](#)—Good Things Guy

[Aquaponics Social Enterprise launched as critical need for food production grows](#)—Saturday Star News

[Hydroponics and Fish Farming Set to Give Farmers a Boost](#)—Cape Times

[SA's first aquaponics social enterprise to promote climate-smart food production](#)—Food Focus

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