



by Michael Guilfoil, *The Spokesman-Review*

Organic farmer MaryJane Butters long ago embraced Thoreau's dictum to "simplify, simplify." As a Forest Service ranger in the 1970s, she spent two summers roaming Utah's Uinta Mountains with her home on her back. Later, she maintained the most remote wilderness ranger station in the Lower 48. Today, Butters and her family live eight miles outside Moscow, Idaho, on their farm, headquarters of her mail-order dry-foods business. But even e-commerce hasn't tempered Butters' enthusiasm for simplicity.

MaryJane's

Snow White and the Seven Smoothies

Smoothies are a great way to boost your nutritional intake and still feel like you're getting away with something. Liquids make more nutrients available than solid food, and are absorbed faster, too. They're also easier to digest and frequently more appetizing than solid food when you're rushed, sick, pregnant, or just plain bored. So grab your blender and let's get started.

Drop in that banana, if you like, then add some frozen fruit; flavor-wise, it's hard to go wrong. Berries, stone fruits, grapes, citrus, and tropical fruit all contribute a tart, punchy kick that's as intense and colorful as candy. Now for the veggies. Yep, that's right—I said VEGGIES. Smoothies are a great way to use the fresh or frozen vegetables you have on hand. It may sound scary, but don't run screaming from the blender just yet. Greens may have a big impact on the color of your drink, but they usually contribute a fairly delicate flavor, especially alongside all that sweet fruit. So toss in frozen vegetables like peas, broccoli pieces, or spinach by the handful. Their natural sweetness will make the vitamin boost completely painless. You can also blend in your vitamin supplement; a scoop of wheat germ; a handful of nuts; a smear of nut butter; a chunk of fresh ginger; drizzles of honey or maple syrup; or spoonfuls of milled flaxseed, wheat germ, or ground cinnamon.

Now pour in a little juice, water, or yogurt to help it all liquefy and let 'er rip. Blend everything until smooth, and then taste a bit to see if you need to tweak the flavors or consistency. There are no hard and fast ratios or recipes. Just experiment with what you have and what you know you like. Then get busy dreaming up your favorite adventurous combinations.

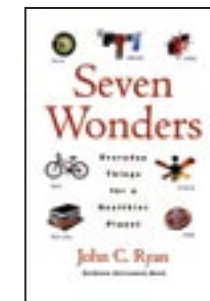
Still feeling less than confident? Allow me to share a few of my favorite non-recipes ...

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SimpleSolutions[&]

for everyday ORGANIC™



In December 1999, a newspaper reporter from Washington called. He was writing a review of the book *Seven Wonders: Everyday Things for a Healthier Planet* by John C. Ryan. Michael Guilfoil of *The Spokesman-Review* newspaper asked me if I had my own "seven wonders." The story that ensued was headlined

"Simple Solutions." Here, then, is the continuation of that story. Each issue of *MaryJanesFarm* will feature in detail new solutions, and will give you all the information you need to make them your own.

Solutions from previous issues are available in the magazine section of my website: www.maryjanesfarm.org/SimpleSolutions



Did you know?

I'm sure you know that old trick about freezing bananas that have seen better days. You hold onto them until the banana-bread bug bites you bad, and then you embark on a marathon baking session. Well, I'm a devotee of this method—it's as if the freezer performs some magic to transform fruit that looks too ripe to even touch into an exotic delicacy.

But you know, bread isn't all those bananas are good for—why not try a smoothie? A frozen banana makes an excellent any-smoothie base because it produces a rich, creamy texture that's just like ice cream.

LIKE ice cream, but better.

seven wonders

1. Happy's Up Before the Sun Smoothie:

Frozen strawberries, frozen pineapple juice concentrate, fresh carrots, orange juice, and a squeeze of lemon.

2. Dopey's Mid-Morning Smoothie

Frozen banana, frozen peach, fresh ginger, fresh kale, and apple juice.

3. Sleepy's Mid-Afternoon Pick-Me-Up Smoothie:

Frozen banana, peanut butter, frozen peas, honey, and plain yogurt.

4. Doc's Feelin' a Little Tart Smoothie:

Frozen blueberries, frozen broccoli (go easy), and cranberry juice.

5. Bashful's Orange You Pretty Smoothie:

Frozen carrots, fresh ginger (go easy), and orange juice.

6. Grumpy's Case of the Blues Smoothie:

Frozen blueberries, frozen peas, plain yogurt, and maple syrup.

7. Sneazy's Antioxidant Punch Smoothie:

Frozen strawberries, fresh spinach, almonds, and pomegranate juice.

For more smoothie ideas, pick up a copy of *Smoothies* by Mary Corpening Barber, Sara Corpening, and Lori Lyn Narlock.

