

Eugene GIG Bulletin June 09

We are sorry to announce that Wendy Cohan will not be available to do a cooking demo during the June meeting. She just started a new job. However, Phoenix Rainbird has agreed to be our speaker. She recently started a new gluten-free dessert and baking business, *Tarte*, in Eugene. She will be providing tasty samples and speaking about multiple allergen alternatives and the importance of having a gluten-free dedicated facility.

Phoenix's interest in baking began on a small organic farm in northern Washington. She experimented with the available produce and eventually created main meals for the farmhands. When her son was born with severe eczema, she became involved in food politics and finding allergen-free alternatives to the foods she normally used. She also became interested in the different ways that a body can manifest intolerance to certain foods, which allowed her to recognize her daughter's gluten allergy at an early age.

After years of providing allergen-free foods for dinners, holidays and potlucks, her friends began asking to purchase her food and the idea of providing Eugene with a gluten-free bakery grew from there. So join us at the clubhouse at 1800 Lakewood Court from 6:30-8:30pm on June 11th for an informative and tasty presentation.

TAKE ACTION

May was Celiac Awareness Month for many states, but we're still trying to get the legislature to declare it as such for the entire US. To meet the needs of patients with celiac disease, Congress needs to know how many Americans have the condition. They need to know the symptoms and treatment and the concerns or problems affecting those with the condition. You can send a letter to your Representative by going to the American Celiac Disease Alliance site at [http://capwiz.com/ceeliac/issues/alert/?alertid=13234721&queueid=\[capwiz:queue_id\]](http://capwiz.com/ceeliac/issues/alert/?alertid=13234721&queueid=[capwiz:queue_id]). It only takes a minute to send the letter they have composed or you can write your own using their guidelines. As we've seen from the change in food labeling requirements, if we all take action, our voice will be heard.

FOOD DONATIONS

Bob's Red Mills recently sent us the following products which will be included in our June raffle:

- GF Cornmeal
- GF Corn Flour
- GF Corn Grits

They also sent the following recipes which will be available on the literature table:

- GF Corn Bread
- Corn Cakes
- Lemon Poppyseed Layer Cake
- Grilled Tomato with Gorgonzola
- Polenta Stuffed Peppers
- Brazilian Corn Cookies
- GF Corn Pancakes

We'd like to thank Bob's for their generous contribution. It would be a nice gesture for some of us to email or call them individually and thank them for their support.

FOODS/BEVERAGES

Gluten-Free Beer

Telegram News reports that "since 2004, more than 10 craft breweries in the U.S. have started making gluten-free beer." In 2006, Anheuser-Busch introduced Redbridge which sells in all 50 states and in 2007, the Great American Beer Festival, the premier U.S. beer event in Denver, created a separate category for gluten-free beer. Prior to then, gluten-free beer was relegated to the nondescript Specialty Beers category.

"Gluten-free beers are made without the wheat or barley used in traditional brews. Most U.S. breweries make gluten-free varieties with sorghum, a grass originally from Africa. Other brews, like Japan's Sapporo, use rice as the chief grain. Green's, from Britain, mixes sorghum, buckwheat, millet and brown rice in its beers — all acceptable grains for those on a gluten-free diet."

Not only are more companies making GF beer, but they're increasing their sales as well. "Lakefront Brewery's New Grist, the only gluten-free beer among Lakefront's 13 offerings, ranks as one of the Milwaukee brewery's top three sellers, says Lakefront manager Dan Aleksandrowicz. Last year, the brewery expanded sales of New Grist to Israel and Ontario. It may soon ship to Ireland as well." Read the full report at <http://www.telegram.com/article/20090514/NEWS/905140698/1102/RSS01&source=rss>.

If you want a nice cold beer with your summer picnic, you can find GF beers at several stores in Eugene:

Capella Market carries Redbridge, Green's Discovery, Bards, and New Grist. On Saturday, June 20th, they will be including GF beer tasting as part of their monthly gluten-free food demo. Be sure to let them know you're from GIG and that you appreciate their efforts on our behalf.

Market of Choice on 29th carries New Grist, Redbridge, Bards, and Green's Quest.

Sundance has Bards and Green's Discovery.

Heather from Capella also said that Deschutes Brewery in Bend has GF beer. They don't bottle it yet, but if they get enough demand, they will consider doing so. She said the taste and quality was very good and felt it would be one of our best choices if it gets bottled. So if you want another choice to add to your list, give the brewery a call (541-385-8606) and tell them you'd like to see it bottled and sold locally.

Tastes Like Real Food

Tastes Like Real Food is offering 25% off your next order and free shipping for orders over \$37.50. Just use coupon code JUNESPECIAL when you place your order and you'll save! **Note** that these products are manufactured in Norway and specially formulated wheat starch, also referred to as "Codex wheat starch," may be used. Codex wheat starch undergoes a thorough process in which all but a trace amount of the gluten is removed. This specially formulated wheat starch can dramatically improve taste and texture for many products, especially breads. According to their site, to be considered safe for celiacs, the total gluten content of the food cannot exceed 20 parts per million and they certify that all of their products adhere to this Codex Alimentarius standard. Be sure to read the information on their web site, www.tasteslikerealfood.com/store.html, to determine if you can safely use their products.

Gorge Delights

One of our members discovered a new snack called "Just Fruit Bars" made by Gorge Delights (<http://www.gorgedelights.com/index.cfm>). She checked with the company and they are gluten-free. She said the Apple Raspberry has the taste and texture of natural red licorice. They can be bought at Fred Meyers, Capella and Market of Choice.

Gary West

Gary West, a local company in Jacksonville, is offering a "Dads & Grads" special on their meat products. You may remember the samples of jerky they sent to our group. Go to www.garywest.com and click on the "Dads & Grads" banner at the top. If you purchase any of the four products listed, they will send them your best wishes and pay for ground shipping. Enter this code at the time of purchase: GROUND.

OTHER PRODUCTS

Enzymedica (www.enzymedica.com) manufactures a variety of enzymes products. They have worked closely with many organizations and are aware of the beneficial properties of enzymes for gluten intolerance, celiac, and other digestive issues. They recently sent me an email about their product called GlutenEase. It is useable for both gluten intolerance and celiac. Those with intolerance may use it when they know they will be ingesting small amounts of gluten (taking one cap with a small amount of gluten) while those with celiac will only use it to ease any symptoms of cross contamination (such as preventatively taking one prior to eating out or taking one after an unfortunate cross contamination event to break down the problematic components of gluten that will wreak havoc if left undigested in the GI tract). Many of their formulas are vegan (many vegan AND kosher).

RESEARCH

Three years ago, a group of Dutch researchers led by Frits Koning of the Leiden University Medical Center, published a study in the *American Journal of Physiology* on an enzyme that showed promise as a treatment for celiac. The enzyme, prolyl endoprotease (PEP), could break down gluten in the stomach before it reached the intestine where it causes damage.

In Episode 20 of *Life Lines* (http://lifelines.libsyn.com/index.php?post_id=451570), Dr. Koning gave an update on his research on PEP. Currently, 14 celiac patients are being tested. It's a blind test in which some patients receive the enzyme and others don't. The study should be finished toward the end of the year. He also talked about genetics and environmental factors. According to Dr. Koning, 13 genes have found to have an influence on celiac. However, many of these have only a minor impact and are not very predictive. One gene, HLA-DQ2, is strongly linked to celiac disease. About one-quarter of the population carry this gene, but most won't get celiac. He thinks there may be environmental factors that can trigger celiac in those with the gene, such as an intestinal virus or

general inflammation. People without this gene will not get celiac. Obviously, the causes of celiac disease are very complex. However, this research is an exciting step toward finding a treatment.

SIGN-IN SHEET

Just a reminder that once you have filled out the sign-in sheet at the door, you don't have to sign in each time you come to a meeting. We use that sheet to add new members to our Bulletin mailing list.

ONLINE RESOURCES

At **Gluten Free Works** (www.glutenfreeworks.com/) you will find information about celiac disease and gluten sensitivity symptoms, diagnosis, diet, products and lifestyle issues. The Gluten Free Gazette contains articles on celiac disease, information on nutrient deficiencies, medical research, recipes, fitness and food tips and more. You can also buy the *Complete Guide to Recognizing, Diagnosing & Managing Celiac Disease* written by the co-founder and president, Cleo J. Libonati, RN, BSN.

Prometheus© Therapeutic and Diagnostics offers Prometheus© Celiac Plus which is a blood test that can give your doctor information about your blood components and genetic makeup. This test can determine if you carry the DQ2 and DQ8. You must have one or both genes to get celiac. If neither gene is present, you will not get celiac disease. This test will let family members of celiacs know if they might get the disease so they can be watched and tested periodically. For more information visit their web site www.celiacplus.com/.

RECIPES

GLUTEN-FREE BEER BATTER FISH

Adapted From COOKS.COM

- 2 lbs fish fillet (any white fish, but cod is more authentic)
- 1 cup rice flour
- 2 tsp baking powder
- 1 tsp salt
- ¼ tsp paprika
- ¼ tsp garlic powder
- ½ tsp dill weed
- ¾ cup Bard's Tale GF beer
- 2 eggs

Preheat oven to 250°F. Gently wash the fish in cold water, make sure to pat the fillets dry with plenty of paper towels. For large fillets, you may want to cut the fish into smaller pieces.

Mix dry ingredients in a large bowl. Mix beer and eggs separately then stir into dry ingredients, mix until smooth. Place fish fillets in batter mixture; coat well, and let stand for 10-15 minutes.

Heat oil to 350°F; gently place small batches of fish in oil to avoid dropping the oil temperature. Fry until golden brown, about 5 to 8 minutes, turning the fillets regularly to prevent scorching the batter. Remove fish to paper towels to drain excess oil. Keep warm in oven until all the fish are cooked.

For a more authentic fish, use cod and skip all the seasoning except the salt. However, spices give the batter a little more flavor than the beer alone would. This batter works well with all kinds of fish and shrimp. If you want to eliminate the beer, try using milk.

(My Suggestions: I think this would work for onion rings as well, but I'd leave out the dill weed. I would also add ¼ tsp onion powder for even more flavor.)

UPCOMING SPEAKERS

July 9th Kenneth Welker, MD

Aug 13th Patricia Kortekaas, Physical Therapist

Sept. 10th TBA

Oct. 8th Mary Findley She will talk about what she learned when writing her new book, *Green Cleaning*, regarding labeling issues and toxic chemicals in cleaners and even hair shampoo.

For more information call Diane 343-0459 or email at dianecon@comcast.net

Medical information contained in this newsletter should only be used with the advice of your physician or health care professional.