

BENDING WITH THE BREEZE

Integrative Strategies for Wellness Across the Seasons

INTEGRATIVE MEDICINE AT HENNEPIN HEALTHCARE

The Person-Centered and Culturally-Inspired Division of Integrative Health at Hennepin Healthcare is grounded in a multi-disciplinary team dedicated to partnering with patients, community, and each other to nurture healing, uncover root causes of illness, and offer whole-person, customized care to cultivate well-being for everyone.



"PUTTING UP" FALL FOODS

Integrative Internal Medicine Physician, Farmer, and Food-Lover Dr. Kate Shafto teaches us how to make our fall harvest last throughout the winter

As summer wanes and signs of fall arrive, my attention turns to how I can honor the bounty of summer's harvest and preserve it for the winter months ahead.

I did not grow up with this tradition, though I vaguely recall an awareness that some people in rural Tennessee, where I was born, spent time canning, preserving and **"putting up" food for the winter**. I have chosen to learn these skills in recent years as a way to align my family's lifestyle with our values of **respect for the earth, reducing food waste** (and packaging and food costs), **having more connection to our food** and **eating as locally as possible** for as much of the year as possible.

These skills did not happen overnight and are not a way of life to which everyone can or needs to aspire. However, I find **comfort and joy in these mostly simple ways of connecting to the food that sustains us** and recovering **traditional wisdom** from the generations of humans before us. I also see these practices as a way to recover some autonomy, sovereignty and control over the food we consume, amidst a global food system which has intentionally removed the eater from any connection with the producer of our food. This shift away from a more personal and known source of food has had disastrous and far-reaching consequences for our health and the health of the planet. (For more on this topic, the work of Wendell Berry is an essential study and has informed my understanding of the food system in which we now live and eat).

By preserving or storing food that is locally available right now at farmer's markets, we take advantage of the nourishment of this food, support local growers, reduce food waste, improve our health, reduce the environmental impact of food transport, and reclaim connection with more traditional food ways.

These are some of the most simple and basic ways one could **"put up"** some of Summer's bounty for the winter months to come...

1. Freeze greens. Greens provide critical vitamins and minerals, and when cooked gently (in a sauté, soup, or stew), the fat or oil and the cooking process improves vitamin absorption and ease of digestion. Blanching and freezing is a way to briefly cook the greens, lock in nutrients, and save them for use in soups/stews or stir-fry/bowls throughout the winter. This works well with deep green leafy vegetables like collard greens, kale, Swiss chard, mustard greens, and beet greens. See next page for the recipe.

2. Make pesto. Pesto freezes well and can be made from herbs as well as carrot tops, beet greens, and other greens. Nuts/seeds, garlic and olive oil are the other main ingredients.

3. Dry herbs. Herbs like basil, mint, thyme, oregano, catnip, and tulsī (holy basil), all dry well. You could purchase herbs from a farmers market, grocery or grow them in a pot. To dry: Gather like herbs in a bunch, wrap with a rubber band, put upside down in a paper bag and hang to dry. Poke 5-10 holes in the paper bag to allow for air circulation. Once dry (often about 1 week), remove the dried leaves from the stems and store in a jar.

4. Freeze herbs. Chopped chives freeze well and can go in a bag and take up very little space in the freezer. Putting chopped herbs in ice cube trays with olive oil is also a way to preserve them for a future sauté, stew or stir-fry. Herbs that do well in this method would be the softer stemmed ones like chives, cilantro or basil and lemon balm (leaves only).

5. Pickle things. Quick pickling is a simple, time-honored way to preserve food with vinegar. Pickling can be done with cucumbers, green beans, onions, and firm vegetables. There are many recipes for quick pickling online and they can be easily adjusted to tastes/preference and quantity.

6. Store storage crops. Onions, potatoes, cabbage, carrots and beets, apples, garlic... these are all storage crops, and can be purchased from farmers markets when they are abundant (like now!) and stored in a cool place throughout the winter, potentially without refrigeration in some cases. Ask a farmer what they recommend for specific storage conditions.

Blanching and Freezing Greens

Supplies:

Bags for freezing, tongs or slotted spoon (or a pasta utensil), cooling rack, saucepan, cutting board and knife.

Prep:

Set up a station near your stovetop including: cutting board, large bowl for chopped, raw greens, a cooling rack with a towel underneath to drain and dry blanched greens.

Process:

1. Bring a saucepan of water to boil on the stovetop
2. Meanwhile, rinse the fresh greens if desired, shake off excess water.
3. Remove the leaves from the stems (for collards and kale).
4. Chop the leaves (and stems for the other greens)
5. Once the water is boiling, put a handful of chopped greens into the boiling water and let sit for 20-30 seconds, or until they turn a brighter shade of green.
6. Remove and spread out on the cooling rack to drip dry and cool.
7. Put in bags for freezing.
8. Label with type of greens and date.



FALL OFFERINGS

Classes

Gentle Yoga for Cancer Care - Every Tues 2-3pm (in-person or zoom); open to any current or former patient of Hennepin's Cancer Center; contact integrativehealth@hcmcd.org for details

Mindfulness Based Stress Reduction (MBSR) - Info sessions on Tues 9/20 or Tues Oct 18 from 6-8pm; full course will run Tues 10/25-12/13 with full day retreat on Sat 12/3; contact mindfulness@hcmcd.org for details (zoom)

Group Medical Visits

Staying Healthy: Recovering and Regaining Health from COVID-19 - Wed 10am-12pm, 9/28-11/9 (zoom)

Easing Pain Holistically: Headaches - Fri 1-3pm, 9/9-10/28 (in-person)
Easing Pain Holistically: Muscle and Joint Pain - Thurs 2-4pm 9/20-11/10 (in-person)

Rest and Renewal Lifestyle - Wed 10am-12pm, 11/16-12/14 (in person or via zoom)

Life Beyond Cancer - Thurs 10am-12pm, 9/29-11/16 (zoom)

Community Events

Walk with a Doc - Community walks for everyone on **9/10, 10/8, and 11/12** from **10-11am** at the **Mpls Sculpture Garden Park** (meet at the Cowles Pavilion) OR if the weather is bad, at the **Mpls Institute of Art** (main lobby)

Mid-day Mindfulness Practice Breaks - Thursdays 12-12:30 (zoom)

For More Info on all Fall Offerings, Go To:

www.hennepinhealthcare.org/specialty/integrative-health/



PROVIDER SPOTLIGHT

Get to know Ben Backus DC and Jessica Brown LAc

Ben Backus, Doctor of Chiropractic, and **Jessica Brown**, Licensed Acupuncturist, reflect on their upcoming 10 year work anniversaries at Hennepin Healthcare Systems.

Backus and Brown's both graduated in their respective professional training programs from Northwestern Health Science University in 2009, but they had never met until they were both hired by Hennepin Health with start dates within 2 weeks of each other in January of 2013.

According to Dr. Rick Printon, D.C. and acting Integrative Health Division Chief, "Ben and Jess were **hired as a team** to establish Acupuncture and Chiropractic Care in Hennepin's Community Clinics, starting with the Whittier and Brooklyn Center clinics."

"At the start, sometimes we didn't even have dedicated space or treatment rooms," stated Ben, "We would push the standard medical exam tables to the side and I would help Jess set up and break down a massage table before and after each shift." Introducing and building the practices at multiple sites meant shuttling between different clinics across the metro in the same day over their lunch break. They were the first providers to offer Integrative Health services at the **Be Well Clinic**, built to serve the high numbers of Hennepin County Government employees that worked downtown. Though this clinic was eventually closed after Covid-19 when a large segment of that group transitioned to remote work, what had started with just a couple of days per week had grown to the second highest volume clinic for Integrative Health, with services offered all five days of the work week covered by 5 different providers.

With the expansion into Hennepin's Community Clinic locations, the Integrative Health division has grown exponentially in the past 10 years in all service areas: Acupuncture, Chiropractic, and Integrative Physical Therapy. After Backus and Brown, a pair of providers (one Chiropractor and one Acupuncturist) were able to be hired approximately every year for the subsequent 5-6 years to cover growing demand. The division that once included just 2 full-time Acupuncturists and 2 Chiropractors at one location has expanded to now 8 Acupuncturists and 8 Chiropractors providing services at 6 of Hennepin Healthcare's locations. Ben and Jess were the start of this team-approach to bringing integrative care throughout our community.

Ben and Jessica both expressed gratitude as they look ahead to the next 10 years. According to Brown, "We share a great deal of affection for this place; the patients, the staff, the mission, and our Integrative Health team. For our respective professions, being in this type of setting is a true gift."

This sentiment was echoed by Backus, "It's been a privilege to be a part of the growth of the division and we're excited to see how it continues to thrive."

Sonnet 73

by William Shakespeare

That time of year thou mayst in me behold
 When yellow leaves, or none, or few, do hang
 Upon those boughs which shake against the
 cold,
 Bare ruin'd choirs, where late the sweet birds
 sang.

In me thou see'st the twilight of such day
 As after sunset fadeth in the west,
 Which by and by black night doth take away,
 Death's second self, that seals up all in rest.
 In me thou see'st the glowing of such fire
 That on the ashes of his youth doth lie,
 As the death-bed whereon it must expire,
 Consum'd with that which it was nourish'd by.
 This thou perceiv'st, which makes thy love more
 strong,
 To love that well which thou must leave ere
 long.