Nourish

Intuitive Eating

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Summary:**

In this course, participants learned about intuitive eating and the benefits of taking a “for the most part” approach and renaming “junk” food to “play” food and connecting with food through activities such as gardening and journaling. Last, the group participated in an Interoceptive Awareness activity.

*“I enjoy cooking with wine. Sometimes I even put it in the food…”* – Julia Child

# NOTES:

|  |
| --- |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |

# Growing Microgreens

## Plant a Microgreen Garden and Enjoy Your Own Microgreens, Year Round

Microgreens are young seedlings. Research reported in the Journal of Agriculture and Food Chemistry (Oct 2018) found some microgreens contain up to 40 times more nutrients than the fully grown plant. Radish and broccoli microgreens are easy to grow and quick to harvest. They also have unique flavors.

Materials:

* **Small paper cups** (without wax), **or peat strip seedling trays** for placing seeds. (1 cup/per person or 2 cells from the peat strip/per person).
* **Bag of seed soil** (If you cannot find seed soil, shake **potting soil** through a sieve) and a **bucket/container** to place the ready soil in.
* Several **tablespoons or small garden hand trowels** to use to move soil into the cups/seed trays.
* **A packet of Radish or Broccoli seeds for every 3 – 4 participants**
	+ These seeds sprout quickly - in just a few days. The radish greens have a distinct flavor, so they are nice for mindful tasting.
	+ If plants will be left in a common area, **a spray bottle** for misting them twice a day is helpful.
* **Paper towels** to cover the seedling.

Instructions:

* Fill a container with an inch or two of seed soil. (If you cannot find seed soil, shake potting soil through a sieve). Gently press the loose soil down with your fingers to firm it up a bit.
* Place plenty of seeds on top of the soil, about 1/8-1/4 inch apart.
	+ Note: When growing a bed of microgreens, you can place many more seeds in the container than when you are growing plants to the full size. You will harvest the microgreens when they are just a couple of inches tall.
* Cover the seeds with 1/8 inch of seed soil.
* Use a mister to spray water or use your fingers or a dropper to drip water on top of the soil so the seeds become moist.
* Cover the container with a damp paper towel and place out of direct sunlight. Keep the soil slightly damp and the container covered until you begin to see the seedlings break through the soil – within 3-10 days. Remove paper towel.
* Water lightly once or twice a day, keeping the seed soil damp as the greens grow. Be careful not to over water.
* Place in an area where the seedlings will get sunlight for at least 4 hours a day. Avoid too much strong sun in the beginning as seedling can dry easily.
* Harvest when the plant is about 2-3 inches in height and the baby leaves have just developed. Cut just above the soil line. Enjoy!

If you like this activity, consider trying different seeds (not nightshade plants) and planting larger containers of microgreens for regular garnish or snacking.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Day/Date** | **Food** **(What I ate)** | **Drink****(What I drank)** | **I Physically Feel…****(Circle One)** | **I Am…****(Circle One)** | **I Mentally****Feel…****(Circle One)** | **Rate food/drink: 1=worst 5=best** |
|  |  |  | GoodBad Neutral Other\_\_\_\_\_\_\_\_\_\_\_\_ | HungrySatisfied Overly Full | GoodBad Neutral Other\_\_\_\_\_\_\_\_\_\_\_\_ | 1 2 3 4 5  |
|  |  |  | GoodBad Neutral Other\_\_\_\_\_\_\_\_\_\_\_\_ | HungrySatisfied Overly Full | GoodBad Neutral Other\_\_\_\_\_\_\_\_\_\_\_\_ | 1 2 3 4 5 |
|  |  |  | GoodBad Neutral Other\_\_\_\_\_\_\_\_\_\_\_\_ | HungrySatisfied Overly Full | GoodBad Neutral Other\_\_\_\_\_\_\_\_\_\_\_\_ | 1 2 3 4 5 |
|  |  |  | GoodBad Neutral Other\_\_\_\_\_\_\_\_\_\_\_\_ | HungrySatisfied Overly Full | GoodBad Neutral Other\_\_\_\_\_\_\_\_\_\_\_\_ | 1 2 3 4 5 |
|  |  |  | GoodBad Neutral Other\_\_\_\_\_\_\_\_\_\_\_\_ | HungrySatisfied Overly Full | GoodBad Neutral Other\_\_\_\_\_\_\_\_\_\_\_\_ | 1 2 3 4 5 |
|  |  |  | GoodBad Neutral Other\_\_\_\_\_\_\_\_\_\_\_\_ | HungrySatisfied Overly Full | GoodBad Neutral Other\_\_\_\_\_\_\_\_\_\_\_\_ | 1 2 3 4 5 |
|  |  |  | GoodBad Neutral Other\_\_\_\_\_\_\_\_\_\_\_\_ | HungrySatisfied Overly Full | GoodBad Neutral Other\_\_\_\_\_\_\_\_\_\_\_\_ | 1 2 3 4 5 |
| **Day/Date** | **Food** **(What I ate)** | **Drink****(What I drank)** | **I Physically Feel…****(Circle One)** | **I Am…****(Circle One)** | **I Mentally****Feel…****(Circle One)** | **Rate food/drink: 1=worst 5=best** |
|  |  |  | GoodBad Neutral Other\_\_\_\_\_\_\_\_\_\_\_\_ | HungrySatisfied Overly Full | GoodBad Neutral Other\_\_\_\_\_\_\_\_\_\_\_\_ | 1 2 3 4 5 |
|  |  |  | GoodBad Neutral Other\_\_\_\_\_\_\_\_\_\_\_\_ | HungrySatisfied Overly Full | GoodBad Neutral Other\_\_\_\_\_\_\_\_\_\_\_\_ | 1 2 3 4 5 |
|  |  |  | GoodBad Neutral Other\_\_\_\_\_\_\_\_\_\_\_\_ | HungrySatisfied Overly Full | GoodBad Neutral Other\_\_\_\_\_\_\_\_\_\_\_\_ | 1 2 3 4 5 |
|  |  |  | GoodBad Neutral Other\_\_\_\_\_\_\_\_\_\_\_\_ | HungrySatisfied Overly Full | GoodBad Neutral Other\_\_\_\_\_\_\_\_\_\_\_\_ | 1 2 3 4 5 |
|  |  |  | GoodBad Neutral Other\_\_\_\_\_\_\_\_\_\_\_\_ | HungrySatisfied Overly Full | GoodBad Neutral Other\_\_\_\_\_\_\_\_\_\_\_\_ | 1 2 3 4 5 |

FOOD NOTES:

|  |
| --- |
|  |
|  |
|  |

# Kaizen to Your Goal!

**1) Goal I want to accomplish**: (*Ex: I want to be aware how the foods I eat impact my energy.)*

|  |
| --- |
|  |
|  |

**2) One step I can take toward that goal:** (*Ex: I can record what I eat.)*

|  |
| --- |
|  |
|  |

**3) Ways I can break this step** **into smaller actions:** *List as many actions you can think of:*

|  |
| --- |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |