

**LOVE STARTS IN THE KITCHEN!™  
AND THE BEST DOCTOR IS THE COOK!™**

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**KIDS IN THE KITCHEN**

It's a given: the kids are hungry and meal time is still a way off. How about a healthy and delicious pineapple popsicle, or a frozen grape skewer? Both are kid pleasers (treat yourself and have one, too!). The best part is: the kids can help, and when they do that, they are much more eager to try new foods.

**PINEAPPLE POPSICLES**

Process in batches in a food processor or blender until as smooth as you like: 3 cups fresh pineapple chunks, or 1 can, 14.5 oz, chunks packed in juice, not syrup, drained, 1/3 cup 2% milk (or use soy) and a few tablespoons of natural sugar or honey if it needs sweetened – start with 3 tablespoons and go from there. Pour into molds or cups, with wooden sticks inserted if necessary. Freeze several hours. Makes 8.

**FROZEN GRAPE SKEWERS**

Use a flat head toothpick and skewer 3-4 grapes on each one. Freeze hard uncovered and then put into freezer containers. Let the kids eat these right out of the freezer.

**WHY THESE RECIPES ARE GOOD FOR YOU**

- Fresh pineapple helps keeps bones strong by providing manganese – this helps make collagen, a protein that helps build bone, skin and cartilage. Pineapple also improves digestion and even helps relieve cold symptoms with its high vitamin C content (Mom used to give us pineapple juice when we had sore throats).
- Milk contains calcium and grapes, especially if they're red, contain powerful anti-oxidants.

Honey is nature's sweetener and is sweeter than sugar so you can use less. It can relieve constipation, speed healing and prevent infections.

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**READ RITA!**

***Gifts without Ribbons, Culinary Herbs that Heal Body and Soul, The Official Snack Guide for Beleaguered Sports parents and Sports Nutrition for Dummies*** (I developed the recipes) are available at Jungle Jims.

[www.abouteating.com](http://www.abouteating.com).

**SEE RITA COOK UP SPECIAL JUNGLE JIM RECIPES! I'll be at Macy's Kenwood Store every Friday and Saturday during June. Stop and visit, have a bite to eat!**

**RITA'S HERB OF THE WEEK: ROSEMARY!**

"Rosemary for remembrance". This is the herb we most associate with remembering, love and friendship. Last Christmas, I tucked sprigs of rosemary into my holiday cards. Rosemary is a native of the Mediterranean, and is a tender perennial in our climate. It likes a sunny spot with good drainage and air circulation. Rosemary doesn't like wet feet! It's strong, piney, camphor-citrus-like flavor makes it perfect for Mediterranean pastas, stews, breads, pizzas and grains. It's full of calcium and has anti-cancer properties. Add a sprig or two to your homemade or purchased pasta sauce (pull the sprigs out before serving) for a boost of flavor and anti-oxidants.