

USDA distribution
dates for February

Table with 2 columns: Date, Time. Rows for Feb. 3-7 and Feb. 15 (By appt only) under Siletz header.

For those who work during these hours, we will open the warehouse on the first or second Saturday of each month for better efforts to meet your schedule at the Siletz warehouse. These appointments will need to be scheduled in advance. Thank you!

Table with 2 columns: Date, Time. Rows for Feb. 19-21 under Salem header.

Our Salem location will start to open up for two Wednesdays after distribution, for those who miss their original appointment, with limited fresh produce. These appointments will need to be scheduled in advance as well. Thank you!

LIKE us on Facebook at Siletz Tribal FDPIR. We would like to see more people sharing their recipes on our FB page.

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Honey-Garlic Cauliflower

- 1 cup all-purpose flour
1 head cauliflower, chopped into bite-sized pieces
2 cups panko breadcrumbs



- 3 large eggs, beaten
2 tablespoons water
Sauce:
2 teaspoons cornstarch
1/4 cup water
1/3 cup soy sauce
1/3 cup honey
2 garlic cloves, minced
Juice of 1 lime
Sriracha to taste
1/4 cup sliced scallions

Preheat oven to 400°.
In a large bowl, combine flour and cauliflower. Toss until fully coated.
Set up a dredging station: In one bowl, add panko and in another bowl, whisk eggs and add 2 table-spoons water.
Dip cauliflower in beaten eggs, then Panko until fully coated. Transfer to a parchment-lined baking sheet. Bake until golden and crispy, 20 to 25 minutes.
Sauce: In a small bowl, whisk together cornstarch and water until the cornstarch dissolves. Set aside. Combine soy sauce, honey, garlic, lime juice and sriracha in a small saucepan over medium heat. When the mixture reaches a boil, reduce heat and add the cornstarch mixture. Bring to simmer again and cook until sauce thickens, about 2 minutes.
Toss cooked cauliflower in sauce until evenly coated. Return the cauliflower to baking sheet and broil for 2 minutes. Garnish with scallions.

Stress, our nervous systems and digestion: What role does trauma play?

By Nancy Ludwig, MS, RDN, LD, Siletz Tribal Head Start Nutritionist
As part of my role as a consultant nutritionist to Siletz Tribal Head Start, I offer information for families and the community. Stress can significantly interfere with digestion even when nutritious vital food is consumed.

Despite eating a very healthy diet for many years, I have struggled with my stress response. I’ve come to realize that I spend most of my time in the hyper-alert state of: “fight, flight or freeze.” After many years of believing I was handling stress fine, I learned that my chronic state of fight, flight or freeze was harming my health by interfering with proper digestion.

The fight or flight state works well in a short-term crisis (freeze is less adaptive). When this heightened state becomes chronic, however, it does not work so well. Adults and children who have experienced trauma tend to spend more time in this hyper-vigilant (or hyper-alert) state.

Trauma isn’t always a direct experience and doesn’t always include a memory. Trauma can be a collective experience passed down through families and groups. Collective trauma is at work in the Native population and adds a burden to health.

When individuals live in a chronic state of fight, flight or freeze as though they were in crisis, they miss out on the state of “rest and digest” and this actually interferes with digestion. Digestion is at the root of health because it extracts and absorbs what we need from our food to function, to grow and to repair.

Did you know that our bodies actually have the ability to turn our

digestion on or off? Our central nervous system controls our body’s ability to digest, metabolize and assimilate food. How we respond to our environment, or our thoughts, will determine whether our central nervous system turns our digestion on or off.

Our nervous system has two primary aspects and they each have a powerful and essential function:

- The sympathetic nervous system, known as fight or flight response.
• The parasympathetic* nervous system, known as “rest and digest” response.
*The two distinct branches, however, have now been identified in our new understanding with polyvagal theory. These branches are ventral and dorsal.

More specifically, the ventral branch of the parasympathetic nervous system is associated with social engagement. It is the dorsal branch that is responsible for rest and digest functions or in the case of extreme or chronic threat, the freeze function.

Freeze is also known as shut down. Similarly, we notice this in animals when they temporarily freeze or play dead. Animals don’t seem to stay in that state for long. Humans, on the other hand, sometimes spend excessive time in the freeze state. This has serious health implications.

We can think of the sympathetic nervous system as the accelerator and the parasympathetic nervous system as the brakes. As we drive down the highway, we need both of these functions.

If the drive is smooth, sometimes we will gently accelerate and sometimes we will gently brake. The same

process applies to our physical, mental and emotional functioning. If the “drive” is smooth, our mind and body enjoy a gentle oscillation between accelerating and braking.

Our sympathetic nervous system kicks in whenever we experience any kind of real or perceived threat. If fear, real or imagined, shows up in your thoughts or environment – i.e. running late or the never-ending to-do list full of urgent deadlines – our fight or flight response may activate and shift into a stress response, even when we judge ourselves for eating all that cake! As this occurs, our sympathetic nervous system moves our energy and blood flow out to our extremities so we can fight or flee, escape the situation, or freeze in the presence of our stressor.

When energy moves away from our internal organs, our digestive tract loses activity. Digestion is hardly essential when we are fighting for our lives. When we live in a chronic state of worry or anxiety, we may move into the freeze or shutdown state. In this case, our ability to digest, assimilate and metabolize our food is hugely reduced. This does not support our health or well-being.

In order for our food to impact our body in the most positive and nourishing way, we have to focus on the deep systemic level of our nervous system. Everything is connected – nothing in our body stands apart. The state of our nervous system is an important aspect of our ability to digest our food well. This contributes to our overall state of health.

The Institute of Eating Psychology suggests three strategies to promote digestive wellness by shifting into the physiologic relaxation response. Check out this link for more informa-

tion: http://psychologyofeating.com/secret-digestive-wellness/.

The strategies include: 1. Breathe, 2. Slow down, 3. Enjoy your food. Breathe with the intention of becoming fully present and shifting our bodies into a more relaxed state. Slow down more by sitting down to eat and by being realistic about how many things we can actually get done in a day. When we enjoy our food, our pleasure receptors activate and this positive impact activates our parasympathetic nervous system.

Unfortunately, it is becoming increasingly clear to me that some of these recommendations for calming oneself don’t take neurology differences into account, such as autism.

In the next article, I plan to describe some of the sensory perception differences in autism. As a preview, I will discuss the eight major senses and how these may differ. I will also include the terms mono-tropism and poly-tropism as a foundation to inclusiveness.

It will be important to note that relaxation may look different. The nervous system needs to be balanced or regulated for digestion to work well. Finding this regulation can be challenging when autistic needs are not understood or accommodated. Understanding and meeting needs matters for health and nutrition.

Please know that Siletz Tribal Head Start offers support for nutritional consultation at no cost to Head Start families. This usually occurs over the telephone. If you have concerns about your Head Start child’s nutrition or family nutrition concerns, please contact your teacher or the director and ask to speak to the nutritionist. We want to support your children and families.