



Celiac Digest

A publication of the Southern Arizona Celiac Support Group (SACS)

May 2015

Top 30 Worst Pesticide Foods

Paying attention to consuming non-GMO foods will move you significantly further from the worst foods in the American diet, and closer to robust health.

But, unfortunately, even non-GMO foods are often sprayed with pesticides and herbicides. In fact, some 65% of thousands of produce samples analyzed by the U.S. Department of Agriculture test positive for pesticide residues. And these synthetic chemicals have been shown to have a wide variety of negative effects on health, from increasing cancer risk to disturbing endocrine balance to compromising nerve function.

And these poisons are everywhere. For example, what's one of the worst foods

you can buy at the grocery store?

Would it surprise you to learn it's one of the most eaten and widely available fruit ever? The apple!

Of the 48 types of produce tested recently by a leading environmental organization, apples bore the most residual pesticide. If you don't buy organic versions, there is a 99% chance that your apple is contaminated with toxins that have been linked to a variety of serious health conditions. Here's a list of fresh foods that are in your grocery store. The ones that are listed first have the highest chance of contamination. As you get further down the list, the chance is less. We have listed the top 30.

- Apples
- Snap Peas – imported
- Tangerines
- Strawberries
- Potatoes
- Carrots
- Grapes
- Hot peppers
- Blueberries -imported
- Celery
- Blueberries – domestic
- Green Beans
- Peaches
- Kale/Collard greens
- Winter Squash
- Spinach
- Lettuce
- Summer Squash
- Sweet Bell Peppers
- Plums
- Raspberries
- Nectarines – imported
- Cherries
- Broccoli
- Cucumbers
- Nectarines –domestic

Continued on pg. 4



Upcoming Events pg. 2



Events: In town and Beyond pg. 4



Pesticide Article Cont. pg. 6

Upcoming Events

Lunch Brunch

2nd Friday at Noon

- May 8th - **Zinburger**
6390 E. Grant Rd.
298-2020
- June 12th - **El Saguarito**
1763 E Prince
297-1264
- July 10th - **Pita Jungle**
5340 E Broadway
207-6873
- Aug. 14th - **Trattoria Pina**
5541 N. Swan
577-6992
- Sept. 11th - **Opa's Greek Restaurant**
2990 N. Campbell
327-2841
- Oct. 9th - **Applebees**
4625 E Grant Rd.
319-0544
- Nov. 13th - **Gourmet Girls**
5845 N. Oracle
408-9000

December - no lunch brunch planned.

General Meeting and Bake Sale!

May 9th 10:00 – noon

Pima Community College
4905 E. Broadway, Building C
Tucson, Az.

General Meeting featuring a panel discussion by our Medical Advisory Board, Pima Community College Campus District Office Campus, [4905 E. Broadway, Building C.](#)

Come prepared to learn what's new from our own MAB Board.

Bake Sale items will be available for purchase. The money is used to help keep SACS going. Thank you for helping out this way.

Dining Out

4th Tuesday at 6:00 pm

- May 26th - **Zivaz**
4590 E Broadway
525-1234
- June 23rd - **Old Pueblo Grill**
60 N. Alvernon
326-6000
- July 28th - **El Charro**
7725 N. Oracle
229-1922
- Aug. 25th - **Mama Louisa's**
2041 S. Craycroft
790-4702
- Sept. 22nd - **Contigo Cocina Latina**
1745 E. River Road
299-1730
- Oct. 27th - **Lotus Garden**
5475 E Speedway
298-3351

Please RSVP to Kathe Kubish 520-270-3528 or email: kathekubish@gmail.com. Place Dining Out in the Subject heading.

Round Table Schedule

Come join us at Round Table where we sit around, eat, discuss, vent and laugh. You do not have to be a member to join us. Everyone usually brings an ingredient-labeled GF treat. (But it's not a requirement.) Just come and see what SACS is all about.

When: Every Fourth Wednesday of the month at 1:00 pm

Where: Ward Six City Hall: 3202 E 1st Street

Contact Virginia Morgan at 520-888-5905 email: vmorgan777@cox.net

Eating Out with SACS

Out and About – 2nd Installment

So! – we've been getting around... Since the last column, we have lunched at Got2B Gluten Free, Chopstix, the Egg Connection and Gourmet Girls. We have dined at Feast, Jonathan's Cork, and Lotus Garden. We have been east, north, and central...to new venues and old favorites. The new schedule of lunches and dinners is out, and included in this newsletter issue. Selections were made based on input from – everyone! We will again be combining north, central and east venues, with an eye to demographics, prices, and past attendance. There are some new entries as well as some old favorites. (Yes, Lotus Garden is back on the list...) First, a brief description of our Lunch Bunch events.

Got2B, January 9, was so much fun; Our group took over every square foot of space, every table and every chair they had. (It isn't a very big place!) Rebecca and Kami's east-side GF kitchen and bakery has become a regular go-to place for central and east-siders since opening just last May – they have now gone retail as well, providing Natural Grocers with their breads and other GF treats.

Chopstix, on the far northwest, also had good, tasty, reasonably priced food. Seven of us showed up – some west and northwest-siders, Gene, Tania and me. Yes, it was one of our smaller gatherings! Though it may be out of travel range for many, it's still good to know it is there. If I am in the area, I will definitely go back. Lunch on the way to or from Phoenix, perhaps?

The Egg Connection luncheon was another big success - there were easily 12-14 of us present – I forgot to count... EC features several outstanding GF breakfasts, including incredible Eggs Benedict, also, wonderful, thick French toast. The portions are generous, the servers are friendly, knowledgeable and efficient, the parking is easy, and the prices reasonable... I really love this place...

Lunch at Gourmet Girls was, as might have been predicted, awesome as well, with 14 hungry people present. Gourmet Girls was the first dedicated gluten free establishment to open in Tucson; Mary and Susan opened this restaurant/bakery on north Oracle in November, 2011, after several years of catering and farmers' market experience. They have already completed one expansion, adding additional dining and display space. "The Girls" have become a very obvious success, and are dear to the hearts of many of our members. I had the Reuben sandwich –Wow!.. (Try it, try it..)

And now a few words about our **Dining Out ventures...** The Lotus Garden dinner on March 24 was our clear winner, with 22 attendees. Darryl Wong, the familiar face of Lotus Garden, has cared for and cooked for SACS members for a very long time. We dominated the entire front dining room, filling two large tables and spilling over into several booths. As we regulars know, practically everything on the (very extensive) menu can be prepared gluten-free. Prices are good, parking is good, and the food is wonderful. We will

be visiting again next October as a group, however, most of us won't be waiting until then..

Dinner at Feast Restaurant on January 27 took second place with 11 present. Feast, of course, is a legend among both gluten-free and other diners. It is a lovely, rather upscale, but still casual venue with wonderful, out-of-the-ordinary nouvelle cuisine, attentive service, and amazing desserts. Doug Levy rotates the menu monthly, with dishes that can be prepared gluten-free prominently marked on the menu. There is always plenty to choose from, and it will probably be something you have never tried before. A GF foodie adventure!

So, there you have our last three months in a nutshell. Do check out the up-coming calendar for Dining Out/Lunch Bunch future plans through the rest of the year. We will be taking the second half of November and all of December off – for obvious reasons...

To my "regulars", I send a heartfelt thank-you. Your good company is what makes these meals so special. To the many others who join us occasionally – it is great seeing you, and please come again...and again. Until next time.....

Kathe Kubish, appointed SACS Foodie ☺



Events: In Town and Beyond

Natural Grocers has just opened its doors here in Tucson. They offer many interesting classes. Here is a list of the ones coming up for the month of May.



May 2nd:	Dairy Demo: Try samples from pasture-raised animals	12:00-2:00 pm
May 9th:	Health by Chocolate: Learn about quality chocolate	2:00-3:30 pm
May 23rd:	Probiotic Summer Beverages: Taste and get recipes	2:00-3:00 pm

Celiac Disease Foundation: National Conference in May

Date: May 2 – May 3, 2015

Where: Pasadena Convention Center, Pasadena Ca.

Get the latest information from medical and nutrition experts on celiac disease. See all the latest gluten free products and get a chance to taste and sample them. Visit www.celiac.org for more information

I highly recommend going to Gluten Free Conventions. It allows you to taste the new food products coming out and gives you a chance to learn the latest information about celiac disease. Lots of classes and free munchies! What more could you want?

Kathy Addis, President SACS



An Interview with Darryl Wong

Lotus Garden is the oldest family-run Chinese restaurant in Tucson.



This afternoon, I spent an hour with Darryl Wong, in his restaurant, the Lotus Garden on Speedway. I watched as he greeted his customers by name, chatted in Cantonese with his staff, fielded several business calls, and yet, gave me his undivided attention. Darryl has been one of SACS' "guardian angels" for the past 8 years, providing food for meetings and fairs, maintaining a gluten-free, allergy-sensitive dining room, and, more recently, helping to develop the curriculum for GF cooking and baking at Pima Community College's School of Culinary Arts.

Lotus Garden is the oldest family-run Chinese restaurant in Tucson. When they opened in 1968, Speedway was two lanes wide, practically terminating at their doorstep. East of Wilmot, Speedway was a dirt road that led to open desert. From the beginning, it was a family enterprise. His parents put in 14 to 16 hour days for many, many years. An uncle from Hong Kong came over to become the first chef, and stayed for 19 years. Darryl, the youngest of 3 kids, was 3 years old when the restaurant opened. He has spent nearly his entire life there, helping out in the kitchen when he was younger, and now as the manager and the public face of Lotus Garden. True to the times, the restaurant maintains a

presence on Facebook, Yelp, and Trip Advisor

It remains a family business - his brother works at the restaurant, and his mother, now in her 80's, still comes in to help. The Wong family is also assisted by a dedicated staff of long-time employees. Chef Huang, the genius behind the wall, has been part of the Wong extended family since 1995.

Darryl's introduction to the world of gluten-free cooking began about 8 years ago. A request from a U of A friend, dancer Colleen Beaman, for gluten-free hot and sour soup at the Lotus Garden, led to a conversation about gluten intolerance. Darryl's girlfriend (now wife) had been having digestive problems, and he had been wondering if gluten was the problem. Colleen later took Darryl to a gluten-free food fair being held at U of A Mall,. She introduced him to some chefs there, and the die was cast. He started looking at the ingredients in his own kitchen, consulting with chef Huang, working on ways that traditional Szechuan and Cantonese food could be prepared gluten-free and still taste as good as the original. We believe that he has succeeded admirably!

I asked about the challenges involved with cooking gluten-free

in a non-dedicated kitchen. Cross-contamination is always a concern and so is the training and organization of staff. Since around 80% of the meals prepared at Lotus Garden are "special order" of some kind (they also accommodate vegetarians, diabetics, and several types of food allergies besides wheat), it is crucial that meals be prepared and served correctly. He pointed out that there are liability issues involved if someone gets sick from the restaurant food, but points out that the risks have been minimal compared to the amount of food served. This may be a reason that many restaurants simply do not wish to deal with gluten-free meals. Darryl estimated that 10% of the clientele is gluten free, but also said the true number could be higher because staff handles the requests. Menu items marked with a diamond can be modified to accommodate the sensitivities mentioned above. It is worth noting that Lotus Garden does not add a surcharge for gluten-free preparation. As we have learned, this is a common practice at many restaurants.

The Dining Out group will be visiting the Lotus Garden again on October 27, but many of us will not be waiting until then. Thank you, Darryl, for cooking for us, for teaching us, and most of all, for caring about us. We'll be seeing you!

Top 30 Worst Pesticide Foods to Avoid - Continued...

- Snap peas - domestic
- Cherry Tomatoes
- Pears
- Green Onions

So, what do we do? If you can have a garden space, then by all means, start growing your own. Not only do you reap the benefits of fresh healthy produce, you also get the enjoyment that comes from “working the land”. Many companies have organic seeds available and you can also buy heirloom seeds. What is available in the markets is a fraction of the varieties that are available.

If that is not an option right now. Then.... Buy organic! Organic foods have been shown to have 31% less pesticide residue, than the “conventionally grown” fruits

and vegetables. They also seem to have more of a special nutrient type known as a polyphenols, which appear to lower cancer risks.

But if you can't find — or can't afford — organic produce, we have an option. Here are 15 kinds of fruits and vegetables that, when grown conventionally, tend to have a light pesticide load. In many cases, that's because the food is typically peeled before it is eaten, and the poisons coating the peel get thrown away. So if you have to buy conventionally grown produce, buy these!

- Avocado
- Sweet corn
- Pineapple
- Cabbage
- Sweet Peas – Frozen
- Onions
- Asparagus



- Mangoes
- Papayas
- Kiwi
- Eggplant
- Grapefruit
- Cantaloupe
- Cauliflower
- Sweet Potatoes.

Read labels, look for non-GMO foods, grow your own if you can and be sure to buy organic as often as possible.

Kathy Addis, President SACS





Membership renewal

- Enclosed is my \$15 tax-deductible contribution for an annual membership
- Enclosed is my \$65 tax-deductible contribution for a 5-year membership.
- Enclosed is my donation of \$_____

Mail to: *Southern Arizona Celiac Support Group*
P.O. Box 13521
Tucson, AZ 85732

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Telephone: _____ Email: _____

Southern Arizona Celiac Support Group CSA/ USA, Inc., Chapter 15 is recognized 501(c)(3) non-profit organization. All proceeds are tax deductible to the extent allowed by law.

.....

Renew your membership today!

Our Membership year is from July 1st to June 30th. Now is the time to renew your membership for 2015. Newsletters will NOT be sent to non-members after this publication.

Membership entitles you to Newsletters, General Meetings with guest speakers, Round Table, special events, and the dining out lunches and dinners.

Please tear off the above membership renewal forum, fill it in, enclose your payment, and mail or bring it to one of our many events.

You can also renew online through our website and pay with your credit card or PayPal account.



*Southern Arizona Celiac Support Group
Chapter 15, CSA/ USA
P.O. Box 13521
Tucson, AZ 85732*



Sharing advice for a better gluten-free life



**General Meeting
& Bake Sale**

May 9th 10:00am - noon

Pima Community College
4905 E. Broadway, Building C
Tucson, Az.

General Meeting featuring a panel discussion by our
Medical Advisory Board, Pima Community College
Campus District Office Campus.

Bring a Friend!

BAKE SALE

Board Members

Kathy Addis, President
addis911@msn.com

Toni Saccani, Vice President
tsaccani@msn.com

Hetty Pardee, Treasurer
shpardee@msn.com

Kathe Kubish, Secretary
kathekubish@gmail.com

Gene Spesard, Board Member
genespesard@gmail.com

Bruce Friedman, Board Member
bruce1684@gmail.com

To get in touch with any of our
board members via email, please
reference SACS in the subject line.
That way we can service you faster.
Thank you.