National Celiac Association Tennessee

GrainWise & GlutenFree

November 2022

NCA Tennessee (NCAT) -- serving those living gluten-free in Middle Tennessee

Our Next Meeting -- Saturday, Nov. 12th 12:00–2:00

The Return of our Annual Holiday Potluck In Person!

We are so pleased that we can once again meet in person at Westminster Presbyterian's Goodpasture Hall for our holiday potluck. It is always a fun event! Families are invited to attend together.

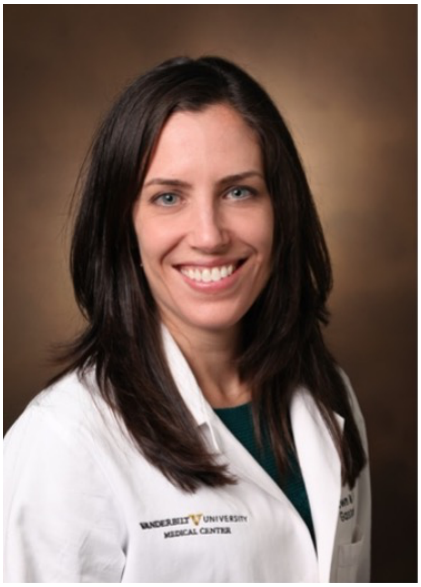
Each family brings a gluten-free side dish – salads, veggies, or desserts – to serve 8-10 people. We ask that you bring a **list of ingredients** for your dish so that those with other allergies can make sure they can have some of your dish. It would be even better if you could bring copies of the **recipe** to share with the group. That is a good way to expand your gluten-free holiday recipes.

We still need two more people to roast a turkey and carve it to serve easily from a crock pot. **If you can help out with a turkey, please call Carol Ann Baily at 615-478-9998 to volunteer.**

Please plan to attend the potluck on November 12th

Bring your family and join us for our Holiday Potluck at **Westminster Presbyterian Church, 3900 West End Ave, 37205**. To get to the church, come to West End Ave. from any direction, between Woodmont to the west and I-440 to the east. Then turn north on Mayfair Ave. The room entrance is on the right. Goodpasture Hall is our meeting room, located on the lower level of the building. There is a ramp leading down to the door to our room from the sidewalk. We will have signs up near the ramp so you can tell where to go in. There are several disabled parking places near that doorway. Across the street, there is a parking lot with plenty of room for everyone.

September's meeting – Dr. Dawn Adams, our NCAT Medical Advisor provided an update on research studies into diagnostic tools and therapies for celiac disease



Dawn Wiese Adams MD, MS is an Assistant Professor of Medicine at Vanderbilt University Medical Center (VUMC). Dr. Adams received her medical degree from The Cleveland Clinic Lerner College of Medicine in 2009. During her medical training, she earned a Master of Science in Nutrition at Case Western Reserve University.

Dr. Adams completed her internal medicine residency and gastroenterology fellowship training at VUMC and joined the faculty in the Division of Gastroenterology in August 2015. Dr. Adams is the Medical Director for the Center of Human Nutrition which cares for patients with malnutrition due to gastrointestinal disorders.

Dr. Adams founded and directs the Vanderbilt Celiac Disease Clinic which is the only regional facility that provides comprehensive care for patients with Celiac Disease. Her clinics care for patients with Celiac Disease, intestinal failure, short bowel syndrome, refractory diarrhea and severe weight loss.

A video of her presentation should be on our NCAT website soon.

Fall Nourished Festival Report

The Nourished Festival provides a virtual event every six months with classes and vendors making presentations on their gluten-free products. Although they plan some in person events in 2023, they will continue the virtual festival as well. Here are a few of the highlights from the fall event that took place two weeks ago.

Bread SRSLY is a bakery making GF sourdough bread. Sadie Scheffler sells their GF sourdough on the internet. Here's the link: breadsrsly.com She offered a **class on starting your own GF sourdough.** Instead of using baker's yeast, sourdough collects a natural form of yeast, bacteria, and fungi from the atmosphere and forms lactic acid as it breaks down in the flour and water mixture, giving its own tang to the sourdough. The lack of sugar in sourdough bread and the natural fermentation of the dough provide health benefits not found in other bread

She advises starting with 2 T of flour and 2 T of water in a glass jar covered with a towel to allow for air flow. Each day you take 2 T of the fermented mixture and discard the rest or use it to make pancakes, pizzas, or other baked goods. Remember to add 20-30 minutes of resting time for pancakes, etc. because gf flours require more time to absorb the liquid for maximum quality. To the 2 T of the 'dough", add 2 T flour and 2 T of water. Repeat this process for 5-7 days and then refrigerate 1 cup of the dough, using the rest for baking sourdough bread. Each time, you use the "old" sourdough from the refrigerator to start the dough and then you save 1 cup of the dough and refrigerate for the next time.

You may use a variety of gf grains: rice flours, sorghum, millet, amaranth, buckwheat (it's naturally gluten-free). She recommends using a combination of these flours that you prefer, but not using a prepared all-purpose gf flour that contains tapioca starch or xanthan gum. She recommends using psyllium husk as a binder in the sourdough bread rather than xanthan gum and using arrowroot rather than tapioca starch. Let the sourdough rise in a bowl slowly. A slow ferment process works best. Sourdough rises well in cool temperatures -- 60° to 70°. When doubled in size, knock the air out of the dough. Shape the dough into a loaf pan and let it rise again. Put a flat pan in the oven and place the loaf pan inside it and then pour hot water into the pan surrounding the loaf pan to allow steam to form during the baking.

Three different presentations on **Living Gluten-Free on a Budget to Save Money, Lower your Grocery Bill, and Eat Well** offered great suggestions. They advised consulting the online or newspaper ads for the stores where you shop and note the items on sale that week. Make a menu plan for the week built around those items on sale. Create a shopping list for the items you need to buy to make those menus. Check stores for apps on your phone for digital coupons.

Produce: Especially in the fall, select produce with longer shelf life such as carrots, winter squashes, potatoes, sweet potatoes, etc. Buy items at farmers markets such as apples, pears, grapes, and berries that can be canned or frozen.

Purchase organic only for those fruits and vegetables that might have the most residual pesticides such as: strawberries, cherries, peaches, grapes, apples, spinach, and kale. Purchase non-organic items that have less pesticide: avocados, corn, onions, eggplants, asparagus, cauliflower, broccoli, cabbage, mushrooms, and melons.

Corn tortillas can be used for egg sandwiches, small lunch tacos, and ham and cheese sandwiches.

Legumes: Make hearty soups from beans, lentils, split peas, etc. Vary seasoning to create a variety. Add cheese to make a creamy soup.

Staples: Buy rice, lentils, beans, quinoa when they are on sale.

Save while Cooking: Use leftover meat in spring rolls, tacos, quesadillas, etc. Cook in big batches chili, stews, pulled pork, cooked rice that can be used in several meals. Plan to freeze individual servings or a family portion, depending on your needs.

Limit Waste: Store flours in glass containers and freeze or refrigerate for longer storage, especially needed for high protein nut and bean flours. Grind up stale bread for breadcrumbs. Add left over flour and spices to bread crumbs for breading. Use limp veggies right away in soups or freeze fruits or veggies for future soups, etc.

Chef Eric and Chef Adrienne of Eban's bakery demonstrated a Roasted Pear and Pecan Crumble that is simple and quick. Simply peel, core, and chop into chunks fresh pears and saute them, adding a dash of sea salt to taste, ½ teaspoon nutmeg, and 1 t cinnamon, for about 8-10 minutes. Remove from heat and add a sprinkle of sea salt. Allow to cool to room tempeature. Assemble each dessert in a fancy martini glass or a dessert bowl. Crumble Eban's pecan shortbread cookie in the bottom of the dish along with a sprinkle of pecans. Top with a scoop of tapioca pudding and some of the pears. Repeat the cookie, pecans, pudidng and pears in a second layer. Top each crumble with caramel sauce and a final sprinkle of the cookie crumbles and flakes of sea salt. Their cookies are large and delicious and they can be frozen. You can order them at: www.ebansbakehouse.com and save 15% by using the coupon code EVERYONEWINS. If those aren't available, another gf shortbread cookie could be substituted.

Another interesting presentation was about fermentation -- the process of preserving vegetables by placing cucumbers, cabbage, carrots, cauliflower, or combinations of them in a brine solution. ChouAmi offers small batch fermentation kits that include a large glass jar and a fermentation top made up of culinary quality stainless steel designed to block oxygen from coming in contact with the vegetables in the brine and to allow the CO2 to escape during the 7-8 day fermentation process. You can make your own sauerkraut, kimchi, cucumber pickles, and many other fermented delights. You can shop for their fermentation kits and view a video demonstration at chouami.com

I found some lovely small Persian cucumbers at the Botan Market on Edmondson Pike, just off Nolensville Rd. I am trying my firstbatch of pickles – no vinegar – just fermented in brine!

Carol Ann Baily

Gretchen Mansourian, one of our members, reports that an article and a video presentation about a suit on behalf of a teenager arguing for protection under the ADA law for the right to be allowed to eat safe gluten-free food brought in while experiencing a 18th century tavern experience in Colonial Williamsburg points out ways to apply the ADA protection to those with celiac disease. The case is told in an article: https://www.celiacjourney.com/post/colonial-williamsburg-lessons-learned-about-the-civil-rights-of-the-celiac-community and in the video presentation by the lawyer who brought the suit, The Right to Live in The World: https://youtu.be/cDAXP4wg1Bw We recommend that you learn from these resources about your rights to bring in safe food to events. Gretchen used the knowledge to challenge a refusal for her to bring in her own food to a lunch meeting. She was able to argue for her right to bring in safe food when gluten-free food was not provided.

Upcoming Events for NCAT—
Our Next Meeting will be on March 11!
What topic would you like to see? Let us know!

Future Meeting Dates to put on your Calendar:

- May 13
- June 10 – possible picnic
- September 9
- November 11 –Holiday Potluck

National Celiac Association

National Celiac Association (NCA) has stepped up the services to help educate, advocate, and empower people during this difficult period. NCA has 60 support resources across the United States assist and empower over 10,600 people yearly. Programs such as Supporting Celiac Seniors and Raising Our Celiac Kids (ROCK) are a must for many. In the past 18 months, NCA's Feeding Gluten-Free initiative has helped over 255,000 adults and children by facilitating the purchase and distribution of GF food to food pantries in 32 states. A new program, Supporting Celiac Seniors features resources for identifying celiac disease in seniors as well as ways to advocate for GF meals in Assisted Living facilities. It even includes meal preparation guidelines for Food Service providers for seniors Check out the resource page here. and The Assisted Living page here;

Our NCA Tennessee chapter is hopeful that next year's expansion of the Feeding Gluten-Free program might come to Middle Tennessee. If any of you would like to get involved in that project, you may want to donate to NCA to fund those efforts or you might work with Second Harvest Food Bank to see how they could provide donated gluten-free food products to those who need gluten-free food during these times of food shortages and job losses.

NCA hosts regular webinars on various topics of interest to those with celiac disease and they record those webinars and you can see it on the NCA website. You can also recommend this service to anyone you meet who has been recently diagnosed. There are introductory webinars that provide a thorough explanation of celiac disease and non-celiac gluten sensitivity, the gluten free diet, hidden sources of gluten, how to shop, read labels, share a kitchen, and order in restaurants.

NCA also hosts presentations in conjunction with the Harvard Medical School Celiac Research Program. These presentations are also available on the NCA website for you or others you know to view.

Also available are sessions featuring chefs with recipes and suggestions for gluten-free cooking for holidays and special occasions. Check NCA events here.