

Please continue to send recipes, information about restaurants, stores, favorite websites, articles, sightings of new GF foods and anything else you would like to share with the group. Did you have a GF vacation? Did you go on a cruise? Did your GF child go to a camp? We would love to hear from YOU. This is your group and your newsletter. We can learn from each other. You will find items submitted by your GF friends in this newsletter. If you sent me an item, and you don't see it in the newsletter, let me know. I have been known to misplace emails.

Gluten Free in Central Arkansas, branch of GIG

www.centralarkansasgig.org
www.gluten.net
March 2009

Table of Contents

Calendar - GFCA
New from GIG
Meetings in Arkansas
Peanut Recall
Restaurants – Capi's; Denton's Trotline; Red Robin
GF Summer Camps
GF Labeling - Europe
Stores – The Station
Recipe Corner – Sesame Chicken; No Cook Cheese Fudge; "Cinammon" rolls
Book Review – Healthier Without Wheat
Vitamin D testing – Grass Roots Health
Articles and abstracts – pending.....

Please send any donations to our GFCA treasurer, Terri Murdoch. Make checks payable to GFCA.

paul.terri@sbcglobal.net

11 Berwyn Dr
Little Rock, AR 72227
Phone: 501-312-1689

Gluten Free 101 classes are held on demand. Please contact either Terri Murdoch or me for more information on classes in Little Rock. LaDonna Brock will be available for GF 101 in Conway. She can be contacted by email at ladonnakbrock@yahoo.com or by phone 501-733-9026

All **general meetings** are held in the community room of Whole Foods unless otherwise specified. Whole Foods kindly allows us to use their community room for our meetings. We are not affiliated with Whole Foods. GFCA is a branch of Gluten Intolerance Group (GIG)

Whole Foods

10700 N Rodney Parham Rd
Little Rock, AR 72212
(501) 312-2326

For directions go to: <http://snipurl.com/3duie>
[maps_google_com]

Calendar for GFCA

Monday, March 16, 6-8pm - Dr. Betsy Hendricks will speak.

www.betsyhendricksmd.com The topic will be Osteoporosis.

Monday, April 20, 6-8pm - Penny Rudder will speak.
<http://www.naturalfoodscooking.com/>

Penny is a nutritionist and health advocate. She holds formal classes in eating healthy and living gluten free. Please see the attached pdf about the class that starts January 5.

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## What's New at GIG

### E-News from GIG

Exciting things are happening at GIG and we want you to be a part of them!

**1. GIG Annual Education Conference\*  
June 5 & 6<sup>th</sup>, Seattle WA.**  
[www.gluten.net/events.php](http://www.gluten.net/events.php) (scroll to conference info and register online)

Check out the exciting and fun program for the conference

Highlights:

Thursday, June 4<sup>th</sup> GIG Leadership Training Day  
*Lots of sharing and fun. Highlights of the program will include: Being leaders in Advocacy, Teen advocate program and GIGs other new programs, supporting each other.*

Friday, June 5<sup>th</sup> Dietitian Training for GIG/ADA Camp

*This special event is for dietitians who are volunteering for camp with GIG and Amer. Diabetes Assoc. in Seattle.*

Friday, June 5<sup>th</sup> Health Care Professional Meeting

*Designed to provide health care professionals with the latest information on diagnosis and treating celiac disease and gluten intolerances. Continuing education credits pending.*

Friday/Saturday, June 5 & 6<sup>th</sup> General Program  
*Learn about the latest in how to live healthy with celiac disease and gluten intolerances.*

*Have fun with the Iron chef competition, demos, exhibits and much more.*

Saturday, June 6<sup>th</sup> Teen Program

*A special program just for teens with lots of fun activities. Its all about being a positive force in your own life!*

**2. Chef to Plate Awareness Campaign  
May, 2009 – International Participation!**  
[www.gluten.net/events.php](http://www.gluten.net/events.php) (to find ways to help participate)

It is so easy. There are 2 ways to help spread awareness:

1. *Help restaurants to sign up to display their participation. They will be sent posters and table tents to be used during the month of May.*

2. *Plan a special meal event at a restaurant on May 3<sup>rd</sup>. Details are provided.*

*Any restaurant who has a GF menu is encouraged to participate in this international awareness event. Restaurants in Canada and the USA are participating. There is no cost to restaurants. Help make this the biggest awareness campaign for celiac disease and gluten intolerances ever!*

**3. TAGS – Teen Advocates for Gluten Intolerances**

[www.TAGSatGIG.org](http://www.TAGSatGIG.org)

*This is a new program for teens. Please get your teens involved. We will be working on national and local events.*

*The goal is to help teens be proactive in taking care of their needs and to provide a source of support just for teens.*

**4. GIG Kids Camps\***

[www.Gluten.net/events.php](http://www.Gluten.net/events.php) (scroll down to Camps)

GIG Kids Camps are earlier than normal this year. The programs fill fast. If you have a child interested in camp, please sign up early.

*GIG Kids Camp East at Camp Kanata, NC is June 21 – 27, 2009*

*GIG Kids Camp West at Camp Sealh; Seattle is July 28 – Aug 7, 2009. This camp is run in conjunction with the American Diabetes Association.*

*\*Scholarships are available but limited. Please see details in each program for more information.*

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## Meetings in Arkansas

Arkansas R.O.C.K. For information, you may contact Melanie at 479-582-9232 or email her

at [melaniefaught@cox.net](mailto:melaniefaught@cox.net) This group is based in Fayetteville. There is also an active Yahoo group to join <http://health.groups.yahoo.com/group/ArkansasROCK/>

\*\*\*\*

NWA Celiac Sprue Association Support Group meets on the 3rd Saturday of the month at the new Mercy (St. Mary's) Hospital. For more information you may contact Carolyn McKinley at 479-644-9909 or email [glutenfreefriends@yahoo.com](mailto:glutenfreefriends@yahoo.com) Their website is [www.glutenfreefriends-nwa.org](http://www.glutenfreefriends-nwa.org)

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Hot Springs Village meetings are (almost) always held on the fourth

Tuesday of the month, at 10:30am at Cranford's Grocery store on Highway 5 right outside of Hot Springs Village.

There are two contact persons: Marcia Clark, 501-915-9024, [marciarclark@suddenlink.net](mailto:marciarclark@suddenlink.net) or Jeannie Shapley, 501-321-8171, [cjshapley@cablelynx.com](mailto:cjshapley@cablelynx.com)

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Gluten Free Fort Smith will now be meeting on the First Thursday of the each month. We will still meet at St. Bartholomew's Episcopal Church, 6:30 p.m. For more information contact Majetta Green 479-221-4372 or [itsjett@hotmail.com](mailto:itsjett@hotmail.com)

## Peanut Recall

If you have items made with peanuts, please check out the FDA recall site. I am still receiving many notifications of recalls every day. The newest ones include Envirokidz products by Nature's Path.

[http://www.fda.gov/oc/po/firmrecalls/naturepath03\\_09.html](http://www.fda.gov/oc/po/firmrecalls/naturepath03_09.html)

Here is the complete list.

<http://www.accessdata.fda.gov/scripts/peanutbutterrecall/index.cfm>

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## Restaurants

Pam contacted **Capi's** in Pleasant Ridge. <http://www.capisrestaurant.com/>

Menu items you can have on the menu that are gluten free:

Beef Tenderloin

Chicken Kabobs

Cheese Sampler less the lahvosh and

crostini, add extra fruit  
Magical Mushrooms  
Gambas de Arbol  
all of our salads (No cornbread croutons  
on the caesar)  
Lamb Tenderloin  
Catalan Spinach  
Asparagus  
Ryans queso fundido- substitute tortilla  
chips for crudites

Our chefs are more than willing to work  
with you with your gluten allergies  
by adjusting a menu item or fixing you  
something not on the menu.

Thanks  
Robin McCreight  
Manager

Paul and his wife visited with the owner of  
**Denton's Trot Line Restaurant** in Benton and  
found out that their main course (fried catfish)  
is fried using only cornmeal as a coating, with  
some seasoning. The catfish is cooked in a  
dedicated deep fryer. Their buffet does contain  
other items cooked with wheat flour but they  
use a different fryer. Tommy Denton is the  
owner and he is very informative and helpful. If  
you have any questions he is very willing to  
help. **2150 Congo Rd**  
Benton, AR 72015  
Phone: (501) 315-1717

I visited NW Arkansas last weekend and had  
lunch at **Red Robin** in Rogers. They have a GF  
menu and the staff seemed to understand how  
to keep GF foods safe. I had a hamburger that  
came with lettuce, tomato, onion and pickles.  
The french fries are GF and fried in a dedicated  
fryer. The menu is online but be sure to  
download a new one as it can change.  
<http://www.redrobin.com/>

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GF Camps

I know of one GF camp in Arkansas and have
heard good reports.
<http://www.winnamocka.com/index2.html>

If you want an out of state camp, Trish
Thompson has
http://www.diet.com/dietblogs/read_blog.php?title=Gluten-Free+Summer+Camps&blid=14867

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**GF Labeling**

On January 20, The Commission of the  
European Communities issued regulation No  
41/2009 regarding the "composition and  
labeling of foodstuffs suitable for people  
intolerant to gluten."

In the European Union, under this regulation,  
foods labeled "gluten-free" may contain no  
more than 20 ppm of gluten. Foods labeled  
"very low gluten" may contain no more than  
100 ppm of gluten.

This new regulation will apply as of January 1,  
2012. However, food already complying with  
the regulation may be placed on the market.

If you want to read more go to:  
[http://www.diet.com/dietblogs/read\\_blog.php?title=New+Regulation+For+Gluten-Free+Foods&blid=14948](http://www.diet.com/dietblogs/read_blog.php?title=New+Regulation+For+Gluten-Free+Foods&blid=14948)

Although 20ppm has been proposed as the  
standard for GF in the US, at this time there is  
no US definition of GF.

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Stores

The Station is now open. They have a few GF
specialty items and also carry some Kinnikinnick
breads in the freezer. If there is something you
would like for Holly and Casey to carry, please
contact them by phone or email.

The Station Grocery & Deli

1001 Kavanaugh Blvd.

Little Rock, AR 72205

501.664.3200

Holly and Casey thestationgrocery@gmail.com

Mon - Fri 7-6

Saturday 9-5

- We will have fresh produce coming in on Friday. Local and Organic from our larger distributors (potatoes, carrots, apples, bananas and citrus)
- We will also have local eggs coming in on Friday afternoon.
- Our deli will begin serving sandwiches and salads next week. The juice bar will also be up and running by this weekend. Until then we will continue to serve Boulevard's soup of the day for lunch. Our pastries, muffins and yogurt parfaits made with local honey, locally made granola and yummy, thick greek yogurt!
- We are adding new products every day so please remember we are not done stocking the shelves yet. We have lots of exciting things coming to The Station very soon!!!
- We love hearing all of your feedback good or bad, so please let us know how we are doing and if there is anything you would like to see on the shelf.

Our website is still being worked on. Very soon we will have the ability to do daily updates on the site. We are still waiting for our approval from the city about our sign, luckily we are in a very visible spot! We have a raw foods launch party coming up in March, there will be more about that later.

We also have an exciting offer from Penny Rudder, The New Clean Plate Club and The Station will be working together. We think this is a great opportunity for busy people who want to eat good food as well as healthy food, but don't have a lot of time to plan meals or menus. Penny is great at putting cost conscience meals

together and reducing waste while considering nutrition and taste. This offer is a great value and we think it will work for you and your family and help you put better meals at a better price on the table without taking too much time from your busy schedule!

www.naturalfoodscooking.com

New Products

1-2-3 Gluten Free, Inc. is pleased to announce the release of its much-anticipated new products, Deliriously Delicious Devil's Food Cake Mix and Micah's Mouthwatering Cornbread Mix. These products debuted at Natural Products Expo West in Anaheim, CA.

The Devil's Food Cake Mix can be made into a birthday cake, chocolate gingerbread cake, with additional recipes listed on the box and website <http://www.123glutenfree.com/>. The Cornbread Mix includes a recipe for cranberry pecan cornmeal cake, pecan cornbread and cornbread stuffing. Finally, both of these products, like all 1-2-3 Gluten Free products, can also be made egg free, for those wishing to eliminate their intake of eggs.

1-2-3 Gluten Free is a woman-owned company based in Pittsburgh, PA. 1-2-3 Gluten Free products are manufactured in a dedicated gluten-free certified, kosher certified (CRC pareve), allergen-free (including nut and peanut free) facility. All products are made in the U.S.A. This is a company certified GF through the Gluten Free Certification Organization www.gfco.org

Recipe Corner

SESAME CHICKEN sent in by Terri Murdoch

From: Gluten Free Mommy

1 1/2 lbs of chicken tenders (cut into thirds/bite size pieces)

1/4 cup plus 1 Tablespoon of San-J's Wheat-Free Tamari Sauce

2 1/2 Tablespoons of rice vinegar plus 1 teaspoon (you can substitute another if you don't have it)

1 cup gluten-free chicken broth

1/2 cup sugar (don't faint; I am trying to mimic the take-out sesame chicken, so reduce if you feel you must)

1/4 cup cornstarch plus 2 teaspoons

2 egg whites, lightly beaten

1/2 cup oil

1 teaspoon garlic, minced

3-6 dried hot pepper pods

1/4 cup sesame seeds

green onions, chopped

cooked jasmine rice

DIRECTIONS:

In a medium bowl, combine sugar, 1/4 cup of the tamari sauce, vinegar, and chicken broth. Set aside. In a separate bowl, combine chicken pieces, remaining 1 Tablespoon of soy sauce, and 1 teaspoon of vinegar. Marinate chicken for at least 30 minutes. Once the chicken has marinated, add egg whites and cornstarch and stir until well-blended.

In your wok, heat oil over med-high heat. Cook chicken (in about 3 batches) until golden on both sides- this will take 3-5 minutes. Remove chicken from wok with a slotted spoon and drain on paper towels. Cover with foil to keep the chicken warm. If you have more than a couple tablespoons of oil left in the wok, discard the remaining oil(leave just a few tablespoons in the wok). Reduce the heat to med. Cook the garlic and pepper pods for about a minute. Then add soy sauce mixture. Increase heat to med-high and cook sauce for about 15 minutes. Stir two teaspoonfuls of cornstarch into a little water and whisk it into the sauce.

Once the sauce is thickened and bubbly, add the chicken and sesame seeds. Top with green onions and serve over jasmine rice.

Serves 4-6

You could also try adding a tablespoon of dry white wine to the sauce.

Note: Tamari Sauce is well worth the money and completely delicious. If you use soy sauce consider backing off the amount as it has a stronger flavor.

No Cook Cheese Fudge

A recipe given to me by my children's grandmother

3oz softened cream cheese

2 cups powdered sugar

1/2 cup cocoa

1/4 tsp vanilla

1/4 cup nuts

Dash salt

Mix well and pour into a greased pan. Chill then eat.

Sherri highly recommends these "cinnamon" rolls from the [I Am Gluten Free blog of Ellen Allard](#). The recipe is from Roben Ryberg's book, [Gluten Free Kitchen](#). If you want to see how the plastic wrap is used, go to [Jenn's photos](#)

Cinammon Rolls

Serves 8 or 9

INGREDIENTS

2 tablespoons shortening (I used butter)

1/4 cup sugar

2/3 cup of milk, room temperature

1 packet yeast (about 1 tablespoon)

1 egg

1/4 cup canola oil

1/2 cup potato starch

1 cup corn starch (someone subbed arrowroot successfully)

1/4 teaspoon baking soda

2 1/2 teaspoons xanthan gum

2 teaspoons baking powder
1/2 teaspoon salt
1 teaspoon vanilla extract

TO SPRINKLE ON BOARD COVERED WITH
PLASTIC WRAP

1 - 2 tablespoons sugar

FILLING (*see Ellen's note at end of post)

1 cup brown sugar
1 1/4 teaspoons cinnamon
1/3 cup chopped nuts - optional

GLAZE

3/4 cup powdered or confectionary sugar
1 teaspoon vanilla extract
milk to thicken (I used soymilk)

DIRECTIONS

Preheat oven to 375 degrees.

In medium bowl, combine shortening and sugar. Mix well. Measure warm milk and add yeast to milk. Whisk well to fully dissolve (**see Ellen's note).

Add milk/yeast to sugar mixture. Add remaining ingredients. Mix very well, being sure to remove all lumps. Dough will be quite soft (**see Ellen's note).

Take a piece of plastic wrap and lay it out so it covers a 13 1/2" x 13 1/2" square. Sprinkle sugar on the wrap. Lay ball of dough on top of that. Then pull out another sheet of wrap and gently lay over the dough. Pat the dough down into a roughly squarish pancake. Lift the top wrap up and then reposition it. Use a rolling pin to roll out the dough in between the two layers of wrap. Occasionally you'll have to lift and reposition the wrap because it gets "stuck" under the edges. You might have to occasionally flip the whole thing over. Make sure that when you're done you've got ABOUT a 13 1/2" x 13 1/2" square of dough.

Remove top piece of wrap. Combine filling ingredients. Spread evenly across dough's

surface. (Original recipe poster suggested leaving about a 1 1/2" sugar free edge because when you roll the dough all the sugar shifts and fills this in; otherwise all the sugar spills out). Use the bottom piece of wrap to lift the edge of the dough and start to roll it up forming a long cylinder. Start with the sugary edge, which will be the center of your roll and roll toward the sugarless edge. Cut off or trim up the irregular ends of your "log". Then cut into 8 or 9 slices of similar size, about 1 1/2" wide. Place rolls into a greased round glass pie pan.

Bake approximately 20 minutes, until tops are lightly browned.

Combine powdered sugar, vanilla, and milk to make glaze. The amount of milk you use will depend on how thick you want the glaze to be. Stir until all lumps are dissolved. Drizzle over warm rolls if desired.

Person who wrote about this recipe included this note: These are lovely with coffee in the morning. They're very light and fluffy - not too heavy or dense. I've also discovered that you can make these the night before and stop short of baking them. Wrap them up in their pan or glass dish and leave them in the fridge for the night. The next morning you can take them out and bake them and they come out just the same! I've found that this is a great thing to bring to a friends house for brunch. I just pop them in their oven - and you've got a great GF contribution and you know there's no cross contamination!

Notes:

*I thought the rolls were a bit too sweet, so the next time I make them I will cut the amount of filling ingredients to about 2/3 of what the recipe calls for.

**It seems odd that the recipe doesn't call for proofing the yeast. I decided to cover the milk and yeast mixture with plastic wrap and allow it to at least begin proofing.

***The mixture is very, very soft - I was

convinced that I'd made a mistake, but it ended up being fine.

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**Book Reviews**

**Healthier Without Wheat: A New Understanding of Wheat Allergies, Celiac Disease, and Non-Celiac Gluten Intolerance** by

Dr. Stephen Wangen. This book provides a comprehensive understanding of all forms of gluten intolerance. Dr. Wangen says that celiac disease(villous atrophy) is only one manifestation of all the problems gluten can cause. I recommend this book for anyone who wants a better understanding of gluten intolerance. The book takes you through testing, treatment, common associated problems, optimizing health and what to do if not getting better. This book is available from Amazon and from Dr. Wangen's website.

[http://www.amazon.com/Healthier-Without-Wheat-Understanding-Intolerance/dp/0976853795/ref=cm\\_cr\\_pr\\_product\\_top](http://www.amazon.com/Healthier-Without-Wheat-Understanding-Intolerance/dp/0976853795/ref=cm_cr_pr_product_top)  
<http://www.ibstreatmentcenter.com/>

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Vitamin D Testing

Grass Roots Health is now offering vitamin D testing that can be done at home. The kit comes with everything you need to fill a card with 4 drops of blood. The cost is \$30 per test and testing is done every 6 months. The only way you can know if your vitamin D level is in the optimal(not just "normal") range is to have it tested. The correct test is 25(OH)D. I am adding this information as I have been told by some people that their doctor won't test or their insurance won't pay. I have no affiliation with this site other than I am using their tests.

<http://www.grassrootshealth.net/>

This chart shows the correlation of disease prevention and vitamin D level

http://www.grassrootshealth.org/download/disease_incidence_prev_chart_101608.pdf

Hope to see you at the next meeting,

Anne Luther
501-681-5544

Information in this email/letter is not medical advice. Please contact your medical team for diagnostic and treatment concerns