



ARBOR FARMS MARKET

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Our April 2025 Newsletter for Healthy Living

It's Kimchi for Me!

Could a spicy, fermented side dish be the key to achieving a healthier weight? Kimchi, a traditional Korean staple, has gained worldwide recognition for its impressive health benefits, particularly in managing weight. With more and more people dealing with obesity and looking for natural, enjoyable ways to stay healthy, kimchi offers a flavorful and nutritious solution.

Kimchi is made from fermented vegetables, like napa cabbage and Korean radish, and seasoned with ingredients such as chili pepper, garlic and ginger. There are hundreds of varieties of kimchi, each offering unique flavor profiles and ingredient combinations. The most common versions you'll find are baechu (cabbage) kimchi, with its crunchy and spicy appeal, and kkakdugi (radish) kimchi, known for its bold and refreshing taste. By incorporating kimchi into your routine, you're not only adding a burst of flavor to your meals but also supporting your body's natural processes for better health and vitality.



Kimchi's unique flavor comes from fermentation, a natural process where microorganisms like bacteria and yeast break down the sugars in food. Lactic acid bacteria (LAB), in particular, is used to ferment the vegetables used in kimchi. This is the same group of bacteria used in yogurt, and is one of the most significant groups of probiotics, demonstrating a high survival rate in test condi-

tions and resistance to low pH, which indicate reasonable tolerance to bile.

Probiotics are live bacteria that are good for your health, especially your digestive system. Think of your gut as a garden. You want to fill it with good bacteria that help your body thrive. These good bacteria keep out the "weeds," or harmful bacteria, that make you sick. Eating foods rich in probiotics,

gives chili peppers their spicy kick. Capsaicin has been studied for its ability to boost your metabolism by stimulating thermogenesis, a process that increases heat production and burns extra calories throughout the day. While the effect is modest, these incremental calorie burns contribute to long-term well-being over time.

Studies have highlighted the

"... diet is pivotal in causing and alleviating obesity. Kimchi has received considerable attention as an antiobesity food."

like kimchi, keeps your gut microbiome healthy and balanced.

Kimchi is also a good source of dietary fiber, which plays an important role in supporting digestion and overall health. While your body doesn't break down fiber during digestion, this undigested component provides many benefits. Dietary fiber slows digestion, making you feel full and satisfied after a meal and reducing your risk of overeating. Fiber also promotes a healthy gut by acting as a prebiotic, feeding beneficial bacteria and supporting gut microbiome balance.

When these bacteria digest fiber, they produce short-chain fats (SCFAs) such as acetate, propionate and butyrate. SCFAs are essential for gut health, as they nourish the cells lining your colon, reduce inflammation and help regulate your immune system. Additionally, SCFAs play a role in energy metabolism and contribute to better blood sugar control.

Another special ingredient in kimchi is capsaicin, the compound that

link between gut bacteria and body weight. Research found that people with lean body types often have a more diverse gut microbiome compared to those who are obese. On the other hand, obesity is associated with reduced bacterial diversity and changes in specific bacterial groups in the gut, suggesting that poor gut microbiome contributes to weight gain.

Kimchi, being rich in probiotics, positively influences your gut microbiome by creating a healthier gut environment, thereby increasing the number of beneficial bacteria and reducing the harmful ones. A recent randomized, double-blind, placebo-controlled clinical trial published in the Journal of Functional Foods demonstrated kimchi's role in weight management. According to the study: *"Obesity can be influenced by several factors, such as genetics, epigenetics, gut microbiome composition, eating habits, psychological aspects and various medical conditions. In particular, diet is pivotal in causing and*

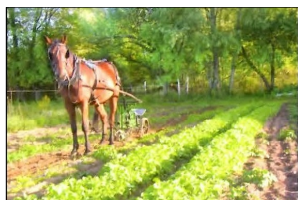
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- Organic Produce Club Subscription
- It's Kimchi for Me, *continued*
- April Monthly Coupon

2025 Organic Farm Boxes

Michigan Organic Family Farms



Farming Practices

Healthy food starts with promoting life in the soil. Our growers are certified organic. Every year these farms are inspected by a third party and certified in compliance with National Organic Program Standards. This is to assure you that no harmful chemicals, pesticides or genetically-modified organism (GMO) seeds are used in the production of your food. In the rare circumstance that an item in your box is not certified organic, we will include details and an explanation.

What's It About?

When you subscribe, you become a patron of organically-grown produce. Our CSA/club has supported small Michigan family farms for over 10 years. In doing so, we have seen that the unpredictability of the seasons can significantly impact the variety, quality and value of the boxes. Simultaneously, weather variations and the availability of farm help (or not) can create problems for a single farm(er). To provide more value and variety in your weekly box, we will be working with several Michigan family farms in the 2025 season. These will include the growers from previous years, Green Valley Organics, Pleasant Lane Farm, and Homer Organic Family Farms. We will also welcome new growers Daniel Detweiler, Yost Stutzman and their neighbors in Blanchard. You will find a weekly update in your box with info about the harvest.

What are the benefits?

By subscribing to our club you are supporting Michigan Organic family farms. Not only are members getting the freshest food, but they are also using their dollars to assist and ensure that these farms remain "certified organic". In appreciation of your patronage, you also receive: a **10% discount on any "in-store" produce purchases, any day**, for the duration of the season (June 18 - October 4); your choice of three different pickup days, and a pickup location that is super-convenient. Grab and run or choose to shop a well-stocked grocery while you're here.

What might I see in my weekly box?

Early Season: June - mid-July

Asparagus,
Leaf Lettuce,
Swiss Chard,
Kale varieties,
Collards,
Zucchini,
Peas: Snap and Shell,
Salad Greens,
Rhubarb
Strawberries

Summer Season: July/August

Lettuce, Broccoli, Cabbage,
Cauliflower, Radishes, Beans,
Zucchini, Cucumbers,
Hot Peppers, Garlic,
Carrots, Peas, Tomatoes,
Sweet Potatoes, Basil, Garlic,
Kale, Potatoes, Green Onions,
Sweet Corn, Onions, Beets,
Summer Squash, Watermelon,
Blueberries

Late Season: September

Any remaining
summer crops,
Red Peppers,
Hard Squash,
Spinach, Pie Pumpkin,
Late Greens, Turnips,
Eggplant, Parsnips,
Cabbage, Brussels
Sprouts, Watermelon,
Cantaloupe

Enroll now through May 31st

Be a Patron of Organic Produce in Michigan

It's Kimchi for Me, *continued from page 1*

and alleviating obesity. Kimchi, a traditional Korean lactic acid bacteria (LAB)-fermented food, has received considerable attention as an antiobesity food.”

In this study, the researchers evaluated overweight participants who consumed either spontaneously ferment-

ed kimchi powder (S-K) or kimchi powder fermented with *Leuconostoc mesenteroides* (LMS-K) for 12 weeks. Both groups showed significant reductions in body fat mass compared to the placebo group, which exhibited an increase in fat mass. The LMS-K group, in particular, experienced improvements in key metabolic markers.

“We confirmed that kimchi consumption contributes to reduced body fat and improves obesity-related indicators...”

The authors concluded: “In this study, we confirmed that kimchi consumption contributes to reduced body fat and improves obesity-related indicators in individuals with overweight or obesity. Compared to the placebo group, S-K, dominated by *L. Sakei*, and LMS-K, dominated by *Leu. mesenteroides*, induced significant reductions in the body fat mass in overweight participants. In the LMS-K group, additional improvements in metabolic indicators were observed, including a decrease in LDL cholesterol and TG (triglycerides), and an increase in HDL cholesterol.

This indicates that kimchi fermentation with certain strains of LAB can amplify these antiobesity effects. Another significant finding was a marked increase in body fat mass, body fat percentage, BMI (body mass index) and total body weight in the placebo group. This group also exhibited elevated TG levels, a biomarker linked to obesity.”



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placebo group. This group also exhibited elevated TG levels, a biomarker linked to obesity.”

Kimchi offers a wide range of health benefits that go far beyond weight management and improved gut health. This traditional fermented food is a powerhouse of essential nutrients, including vitamins A and C, 34 amino acids and carotenoids like lutein and beta-carotene. These nutrients vary based on agricultural practices, harvesting and fermentation methods, but they all contribute to supporting overall health and combating oxidative stress, a key factor in aging and chronic diseases.

In addition to its vitamin con-

tent, kimchi is rich in minerals such as calcium, magnesium, potassium and sodium, depending on the ingredients used. These minerals play a vital role in maintaining bone health, nerve function and electrolyte balance. The fermentation process enhances the bioavailability

of these nutrients. Moreover, kimchi contains phytochemicals, which contribute to its antiobesity, anticancer and anti-atherosclerotic effects. Kimchi has also been shown to promote mental health because of the strong link between gut health and mental well-being, often referred to as the gut-brain axis. By fostering a healthy gut microbiome, research has shown consuming fermented foods reduces symptoms of insomnia and depression while enhancing mood and cognitive function.

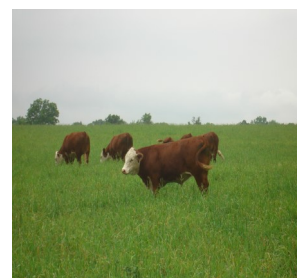
According to a study in *Frontiers in Nutrition*: “Probiotics have been suggested to have the potential to change brain function through several mechanisms. Dietary interventions with probiotics may increase diversity of intestinal microbiome and improve mental health outcomes. Probiotics can modulate neurotransmitters and proteins (GABA, glutamate, histamine, serotonin and BDNF) by gut-brain axis, and are essential to control the neural excitatory-inhibitory balance, mood and anxiety”

The polyphenols and flavonoids found in ingredients like onions and garlic further contribute to the protective effects of kimchi. Moreover, kimchi is an excellent source of antioxidants, which protect your cells from free radical damage, reducing the risk of chronic diseases. Its anti-inflammatory properties also help combat chronic inflammation, which is linked to conditions like obesity, heart disease and neurodegenerative disorders.

If you're new to fermented foods, it's a good idea to start with small amounts of kimchi and see how your body reacts. Try different varieties of kimchi to find your favorite flavor. Some are spicier than others, and some have different ingredients. A good starting point is to have as little as 1 teaspoon of kimchi as a side dish with your meals, and then gradually increase the amount as you get used to the taste and texture. Kimchi is a versatile side dish that enhances many meals. Its spicy, tangy flavor complements meats, fish or vegetable dishes, balancing out richer or heavier foods. A small portion of kimchi

alongside a balanced meal adds both flavor and a nutritional boost. For a quick snack, try kimchi paired with rice or wrapped in a lettuce leaf for a refreshing bite. Aside from serving it as a side dish, try using kimchi creatively in your cooking. Add it to fried rice or try making kimchi pancakes with a batter that includes chopped kimchi for a unique and delicious taste. Kimchi stew is another hearty and flavorful dish that's

Michigan Grass-fed Beef:
*Humanely-raised on
small family farms,
and fresh-cut at
Arbor Farms*



**Take 15% off on
Thrifty Thursdays
in April**

perfect for colder weather. For breakfast, mix kimchi into scrambled eggs for a spicy twist.

You'll find kimchi located in the refrigerated section, near other fermented foods such as sauerkraut and pickles. Kimchi that's refrigerated, is more likely to contain live, active cultures, because the pasteurization used in shelf-stable options kills beneficial bacteria. For the most probiotic benefits, choose kimchi that's labeled “raw” or “unpasteurized” to ensure you're getting the full range of live cultures that make kimchi such a valuable addition to your diet.

Check the ingredients list to make sure you're getting a product with ingredients you recognize and preferably organic. Some brands may have added sugar or artificial preservatives, so it's always a good idea to read the label. If you don't eat fermented foods regularly, a probiotic supplement can be useful but should not be considered so effective as fermented foods.

Reference: *Critical Reviews in Food Science and Nutrition*, 2024; 64(19):6512-6525. *Journal of Ethnic Foods* Volume 9, Number: 20 (2022). *Journal of Medicinal Food*, 2014 Jan; 17(1):6-20. *BMC Microbiology*, 2018; 18:219. *International Journal of Food Science*, 2021; 1:9925344. *Nutrients*, 2022; 14(14):2559. *Journal of the American Nutrition Association*, 2022 Nov-Dec; 41(8):831-39. *BMC Microbiology*, Volume 17; 120(2017). *Journal of Functional Foods*, Volume 121; October, 2024. 106401. *Frontiers in Nutrition*, 2024 May 28; 11:1385518.



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2025 Organic Farm Boxes Michigan Organic Family Farms

**Duration: 16 weeks/
June 18 - October 4**

Cost: \$500

Share Size: 1/2 Bushel box
(2-person size, about 7-8 lbs
will vary w/ seasonal contents)

Subscriber Information

Name(s) _____

Phone # _____

Address _____

Phone # _____

City/Zip _____

E-mail _____

Choose your Pickup Time: (circle one)

Wednesdays @ 7:30AM or **Thursdays @ 2:30PM** or **Saturdays @ 7:30AM**

Boxes are clearly marked with surname of subscriber and are placed on the dedicated pickup rack adjacent to the main entrance, outside the store under our canopy. **You will be able to park, pick up your box, and be on your way in as little as 60 seconds!** Boxes not picked up within 36 hours will be donated to Food Gatherers. If you will be unable to make your pickup, please e-mail info@arborfarms.com the week prior to change your day. You may also gift your box to a neighbor or friend willing to pick it up. E-mail info@arborfarms.com with questions.

Choose your Payment Schedule: (circle one) **Please make checks payable to Arbor Farms**

\$500 paid in full

\$250 now, remaining \$250 by May 31st