VOLUME XV NO. 1 JANUARY 2015

GrainWise & GlutenFree

The Newsletter of CSA Nashville – Middle Tennessee Celiac Support Group

Suzi Boles to Speak Jan. 31

Michael Cowles, one of the owners of Wheatless, a restaurant that just opened in Bowling Green, KY, that is completely gluten and peanut free, is opening in Nashville at the Farmers' Market. He is bringing two sample platters of their fare for us to try at the meeting on January 31, 2015.

Healthy Gluten-Free Eating to Start the Year off Right -- Come Hear Suzi Boles Saturday, January 31

As we begin the New Year, many of us resolve to eat in a healthier manner. Suzi Boles is a registered and licensed dietician and nutritionist who practices a holistic approach to nutrition. She will inform us of ways to plan more healthy gluten-free meals at home. She will tell us how to incorporate more healthy foods in our gluten-free menus and how to get healthy meals when eating out in local restaurants.

Our January meeting will be at our regular meeting place, the Medical Office Building Auditorium. The entrance is located at the corner of 22nd and Patterson. A few parking places are in the lot facing the entrance. Other medical offices across the street have also granted us permission to park there on Saturdays when they are closed.

January Meeting – Sat. January 31 2:00-4:00

2:00 – 2:30 p.m.

Meet and Greet; Get Door Prize Tickets; Try the Wheatless samples

2:30 – 3:30 p.m.

Introductions of Guests; Suzy Boles will speak and answer questions.

3:30 - 4:00 p.m.

Discussion of program ideas for Next Meeting; Door Prizes.

Holiday Potluck

Our annual Holiday Potluck in November provided great food, fabulous desserts, good conversation, and a spectacular Silent Auction

Fabulous Spread – All Gluten-Free

Over fifty members and their families and guests enjoyed a wonderful array of gluten-free dishes to accompany the three turkeys that were provided to us by Whole Foods Green Hills and prepared by three of our members. There was a full table of dishes from dressing and gravy to veggies and salads.

Delicious Desserts

Pies, cakes, cookies, fudge, so many desserts – and all gluten-free. What a delight to taste so many different kinds of desserts!

Good Conversations with Members

We arranged the tables so that small groups of our members could converse easily during the potluck.

Silent Auction Raises $500

One of our Chapter's main fund raising each year is the Silent Auction held during the Holiday Potluck. We had a record number of baskets this year. The largest basket, valued at over $100, was donated by Whole Foods Cool Springs. Manufacturers donated lots of their GF products. Cheryl, Peggy, Angela, and Carol Ann put together lots of baskets, plus members brought baskets too, so we made a record amount this year.

Cookie Exchange and Cookie Decorating Was Fun for All

On Sunday afternoon, December 14, 2014, members gathered at Whole Foods Cool Springs for a new event that we hope to make an annual event. We had done a Cookie Exchange in the past, but it was combined with our annual Holiday Potluck. This year, the Board decided to try a separate event instead. We also decided to add a cookie decorating opportunity for our members and their children.

A small but enthusiastic group enjoyed decorating gingerbread and sugar cookies made by Cheryl Chamberlain and Maureen Norris. Each member brought 3 dozen cookies or candies for the exchange, so everyone went home with lots of great goodies – all gluten-free. It was great to take home such a variety of holiday cookies to savor and share later.

Gluten-Free Gingerbread People

1 stick butter or spread
¾ C packed brown sugar
1 large egg
3 T. molasses
1 t. vanilla extract
1 C sorghum flour
1 C potato starch
2/3 C tapioca flour
1 t. xanthan gum
1 ½ t. ea. ginger and cinnamon
½ t . ea. baking powder & salt
¼ t. ea. nutmeg and cloves

Preheat oven to 375 F. Line two 10X 15" baking sheets with parchment paper.
In large mixing bowl, beat butter and brown sugar with electric mixer on low speed until smooth. Beat in egg, molasses, and vanilla extract. Combine all the flours, xanthan gum, and spices and blend at low speed into the butter/sugar mixture. Gather dough into ball; knead until soft and pliable. Flatten into a disk, wrap tightly, and chill 2 hours. Divide dough in half and roll out to ¼ inch between parchment paper and plastic wrap. Cut out people with cookie cutter and place on prepared sheets. Bake 15-20 minutes. Cool and decorate as desired. Store tightly covered or freeze.

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A Quarterly Publication of Celiac Sprue Association/USA, Inc.

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New Website is Up & Running—Check Us Out!

www.nashvilleceliacs.org