

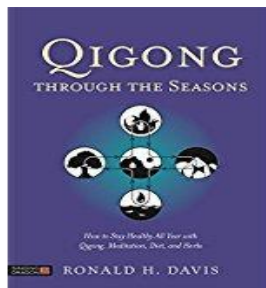
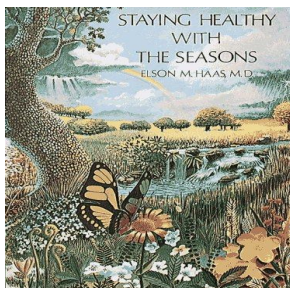
## SWAC Santa Fe Campus *Library Newsletter* July 2021



Summer rains! The *Farmers' Almanac* describes our dependency on rain. Too little and life of all forms dehydrates and dies, too much and there are floods and destruction. Appeasing various rain deities has been a major preoccupation for many cultures. In Chinese mythology, one dragon in particular named Yinglong, or Responding Dragon was associated with water and rain. Usually, Yinglong gave just enough rain to nourish the earth, but he could send floods or withhold rain on a whim if people did not honor him properly. His name, Responding Dragon, refers to the notion that, if the people cried out to him for more or less rain, he would have mercy and respond to their pleas. Yinglong was also said to have carved out riverbeds with his tail as a gift to humankind, to hold rainwater in-between showers. The Dragon Dance is from the rain ceremony created to appease the dragons once believed to control much of the natural world. [www.farmersalmanac.com](http://www.farmersalmanac.com) 12.5.2020

*\*Special Contributor! Student Anna Roane has written about Summer Food.  
See page 2 & 3 of this Newsletter for her comments and recipes.*

### Books to Re-visit



*Staying Healthy with the Seasons* by Elson Hass. WB 120 H112 1981

*Qigong Through the Seasons* by Ronald David. WB 75 D3 2015

*The Perfect Seasons; Seasonal Acupuncture and the Application of the I Ching in the Balance Method* by Llan Migdali. WB 75 M543 2010

Questions and Comments: [librarians@acupuncturecollege.edu](mailto:librarians@acupuncturecollege.edu)

With Permission from Student, Anna Roane

## Summer Foods



The Heart and Pericardium are the main organs associated with Summer, a time of growth and expansion. Nature is most active at this time and the human body is at its peak! This is a time of abundance, variety, love, and appreciation. Apply this same motto to the foods you eat. Eat meals with lots of color. Cook lightly with little spice. The heart regulates both circulation and the spirit. Healthy heart energy is friendly, conscientious, compassionate, clear, and bright.

**Summer Food:** Cooling and hydrating foods. Fruit, especially watermelon -Cucumber, celery & other cooling/hydrating vegetables. Cooling teas with leaves and flowers such as mint, chamomile, & chrysanthemum. Soy, mung, tofu.

- **Flavors. Bitter:** cools, drains, and contracts. Bitter flavors help lower fever and dry fluids. Also helpful for inflammation and infection. Incorporate small amounts. Too much can be drying. Bitter foods include bitter melon, romaine lettuce, alfalfa, asparagus, and dandelion -**Pungent:** induces sweating and stimulates circulation of energy and blood. Small amounts to induce sweating to cool off in warmer months. Cooling pungent include peppermint and white pepper. Warm pungent include spearmints, garlic, and cinnamon.
- **Considerations:** Limit RAW veggies and fruits if having poor digestion (gas, bloating, loose stools). Take minerals and electrolytes if sweating a lot. Avoid coffee, alcohol, refined sugar, refined flour especially if restlessness present. Avoid heavy foods like meat, eggs, dairy, excess nuts, seeds, and grains.



**Recipe for Crispy Tofu Summer Rolls with Spicy Peanut Sauce:**

- **Tofu:** 12 oz extra firm tofu 3 Tbsp corn starch, 1/3 cups of olive oil.
- **Summer Roll:** 12 sheets of rice paper, 1 avocado (thinly sliced), 1 red bell pepper (thinly sliced), 1 cup purple cabbage (thinly sliced), 1 cup shredded carrots 1 cup fresh cilantro. 1 lime cut into wedges. 2 Tbsp peanuts. Black sesame seeds.
- **Peanut Sauce:** 1/2 cup creamy peanut butter, 1/4 cup soy sauce, 2 Tbsp rice wine vinegar, 1 Tbsp honey, 1 tsp red pepper flakes, 1 tsp ground ginger, 1/3 cup water.
- **Prep Tofu:** drain and cut into 1/2 cubes. Put the cubed tofu between multiple layer of paper towels to absorb moisture. Prepare large skillet, pour in oil and place on med/high heat.
- **Coat & Fry Tofu:** place tofu in plastic bag with cornstarch (gently shake and coat evenly). Fry tofu: Place cubed tofu in the pan. Use spatula to move around tofu every minute or so. Cook for 5-7 minutes until golden and crispy. Remove from pan and absorb excess grease with paper towel.
- **Prep Rice Paper:** fill pie dish or similar container with warm water. Soak the rice paper in warm water until softened and ready to roll. Lay rice paper on a cutting board. Add few thin slices of avocado, 3-4 cubes of tofu, red bell pepper, cabbage, shredded carrot, cilantro and squeeze lime juice, peanuts, and sesame seeds.
- **Roll:** Start by folding the left and right sides inwards towards each other. Next fold the bottom up towards the middle to look like an envelope. Tuck and roll the ingredients like a burrito. Whisk sauce ingredients together in a bowl. Dip or drizzle on rolls. Enjoy!



**Other Summer Recipes recommended by Anna Roane:**

- Vegetable Tostadas <https://www.shelikesfood.com/30-minutesummer-vegetable-tostadas/>,
- Grilled Halloumi w/ Watermelon and Caper Breadcrumbs <https://www.bbcgoodfood.com>
- Pineapple and Pork Skewers <https://www.bbcgoodfood.com/recipes/pineapple-pork-skewer>