

Spring foods: Nature's beauty boosters

Shahnaz Hussain

The beautiful season of spring has arrived. It is the transitional phase that braces us for summers, that makes our body go through many changes that affect us internally and externally. Some foods, more than others, are particularly suitable for

invigorating the skin after the dull winter. Foods that are abundant in spring are refreshing, regenerating, and detoxifying. Spring brings an array of colorful and tasty foods that are not only pleasing to the palate but also provide immense benefits to the skin.



SPRING ONIONS

Spring onions, also known as scallions or green onions, contain phosphorus, Sulphur, magnesium, folate, calcium, vitamin A, k, c, and vitamin B2, and a fair amount of fibre. These are also very low in carbs, fats, and calories. Scallions are very young onions that get plucked before their bulb swells out. Spring onion, also known as salad onions or green onions, belongs to the Allium family and is closely related to garlic, shallots, and onions. Green onions have also attracted various kitchens across the globe, especially the continental and Chinese. These spring onions make stir-fry and salads look unique and delicious. You can find it in sauces, dips, salsa, sizzlers, etc.

The vitamin C, found in spring onions

SPRING GREENS

Spring is the season when nutrient-rich leafy greens are at their best, and you can make sure you get some in your diet every day. Spring greens like spinach, asparagus, and arugula can help your skin glow and promote overall health.

From anti-aging to replenishment, springtime super foods are an ideal way to kick start the season with snacks and meals that help achieve beautiful skin. Leafy greens contain nutrients like vitamin K, folate, lutein, beta carotene, etc. Spring greens have the most nutrients when they're eaten fresh. Spring greens can be steamed or blanched in boiling water. They don't need to be chopped or shredded and can be cooked whole. Spring greens tend to have a sweet, fresh flavour, and a silky texture.

BLUEBERRIES

Blueberries are often regarded as one of the most beneficial fruits due to their rich nutritional profile and health benefits. Berries are high in antioxidants that help fight free radicals and protect skin cells. Blueberries are an exfoliating agent, and vitamins E and C help fade blemishes, hyperpigmentation, sun spots, and dark spots. They also even out the complexion and brighten the skin, removing dullness.

They contain a plethora of essential minerals and vitamins, giving many benefits for your skin, including reducing signs of aging, hydrating skin, and evening skin tone. Vitamin C and E present in Blueberries helps to remove dead skin cells, and helps to regenerate new cells, keeping your skin smooth and bright all day, every day.



helps in the suppleness of the skin. It gives the skin the required smoothness and aids in the prevention of wrinkles. Sulphur strengthens the skin and hair by building collagen and boosting keratin which gives the manes its strength and elasticity. Moreover, the anti-bacterial and anti-viral properties of sulphur can help in preventing scalp related infections and ward off anything that can be detrimental to hair health.

Green onions can be used in salads to add a fresh, crunchy texture. Green chutneys for an extra zing, dishes like fried rice, noodles, and manchurian, Sautéed with tomatoes, garlic, and ginger to form the base for various curries, Bhajis and Pakoras and added to South Indian soups like rasam for added flavour.

STRAWBERRIES

Strawberries are the quintessential spring fruit, bursting with juicy sweetness and bright colour and one of the most popular berry fruits in the world. As one of the first fruits to ripen after winter, there are more than 10 species of Fragaria that differ in flavour, size and texture, yet they all have the same characteristic heart shape and red seeded flesh. Strawberries are rich in vitamin C, folic acid, potassium and fiber. They are healthy, delicious and bite-sized, and make a great snack. These berries can also be used to make salads, sandwiches, smoothies, preserves, fruit skewers, or try them sliced and served with yogurt or ice cream. Strawberries are low in calories, yet sweet tasting, so they work well as a healthy alternative to treats and puddings.

Strawberries provide a fuel source for the beneficial bacteria that live in your gut. Totally versatile, throw strawberries on top of oatmeal, yogurt, into a smoothie, or pair with a dollop of whipped cream for a sweet, healthy dessert.

Strawberries contain salicylic acid which help fight acne. If incorporated into a regular skincare regime, strawberries unclog pores which help rid of dead skin cells, dirt, and impurities, leading to clean and clear skin. It tightens the skin pores to help prevent future acne breakouts. Regular intake of strawberries nourish and hydrate dry and chapped lips.

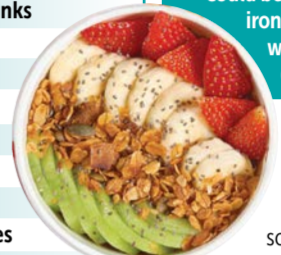
FASCINATING BENEFITS AND USES OF BASIL SEEDS



Basil seeds also known as sabja or tukmaria seeds look similar to sesame seeds but are black. The seeds are typically referred to as sweet basil seeds. Basil seeds are a little larger than chia seeds but have a similar nutritional profile. Chia seeds and basil seeds swell and form a gel when soaked. However, basil seeds swell quicker and to a larger size than chia seeds. Both seeds have a bland flavor, so they can be used in many of the same recipes like smoothies and baked goods.

BASIL SEEDS CAN BE USED IN:

- Smoothies
- Milkshakes
- Lemonade and other drinks
- Soups
- Salad dressings
- Yogurt
- Pudding
- Hot cereal like oatmeal
- Whole-grain pancakes
- Whole-grain pasta dishes
- Bread and muffins



GOOD SOURCE OF MINERALS

Calcium and magnesium are essential for your bone health and muscle function, while iron is vital for red blood cell production. Many people don't get enough calcium and magnesium through their diet. Eating basil seeds could help you reach your daily needs of these nutrients. Additionally, basil seeds could be an important source of iron and calcium for people who don't eat meat or dairy products.

PACKED WITH FIBER

Basil seeds are high in fiber, particularly soluble fiber which helps you meet your fiber quota.

Basil seeds contain soluble fiber, which may promote gut health, blood sugar control, healthy cholesterol levels, and appetite control. However, more research in these areas is needed.

FUN AND FIBROUS BEVERAGE INGREDIENT

Basil seeds have long been used in drinks in India. A popular cold beverage, falooda, made with basil seeds, rose-flavored syrup, and milk. Some versions add ice cream, noodles, or fruit. Additionally, a few food manufacturers now sell bottled beverages made with basil seeds. The seeds make the drinks a bit chewy and add plenty of healthy fiber — something beverages typically lack.

GREAT ALTERNATIVE TO CHIA SEEDS

Chia seeds can also be eaten dry, sprinkled on a salad while basil seeds typically aren't eaten dry, as they're hard to chew. Basil seeds and chia seeds both form a gel when soaked and are nutritionally similar. However, chia seeds contain twice as much omega-3 fat but a little less fiber than basil seeds.



TO EAT BASIL SEEDS, YOU NEED TO SOAK THE SEEDS

•To soak basil seeds, add water to the basil seeds.

•Use more water if desired, as the seeds only absorb as much as needed. Using too little water may cause the seeds to clump as they hydrate.

•Let the seeds soak for about 15 minutes. As the seeds swell, they approximately triple in size. Additionally, the gel-like outer portion turns gray.

•The center of a soaked basil seed remains black. This part has a light crunch when you chew it.

•Strain the soaked basil seeds and add them to your recipe. If a recipe contains a lot of liquid, such as soup, pre-soaking is unnecessary.

DKA RELEASES 'SOTER-SORG' BOOK AT LITERARY REVIEW AND COMPERING SESSION



Dalgado Konknni Akadem organized a full-day Literary Review and Compering Session for all Romi Konkani writers at Ravindra Bhavan, Margao. The day's event included a review of Romi Konkani literature, a book release function, and a compering workshop.

In the first session, Dharma Chodankar, Head of the Konkani Department at St Xavier's College, Mapusa, guided participants on the art of writing articles. Vincy Quadros, former president of DKA, led a review of short stories, while Pandharinath D Lotlikar shared valuable insights on crafting effective poems. The three esteemed presenters also conducted a comprehensive critical review of Romi Konkani literature.

'Soter-Sorg' published by DKA was released. This compilation is a collection of essays written by the late Soter R Barreto, which were originally published in Gulab magazine. A stalwart contributor to Konkani

literature, Soter Barreto passed away in 2020 at the age of 76. The book release function was graced by chief guest Fr Ave Maria Afonso, parish priest of St Thomas Church, Cansaulim. The guest of honour was Sarita Barreto, daughter of Soter Barreto. Guadalupe Dias presented a comprehensive review of the published work. Also present on the dais were Leonora Barreto, wife of Soter Barreto; Celso Fernandes, president of DKA; William Fernandes, vice-president of DKA; and Fr Myron J Barreto, secretary of DKA.

The third session was a workshop on 'Effective Compering', skillfully conducted by Agnelo de Borim. Throughout the day, Sonia Gomes expertly compered all three sessions, ensuring seamless transitions and engaging interactions. A total of 50 writers participated in the literary meet, enthusiastically engaging in discussions, making the event a resounding success.

Carmelite Monastery, Margao, organises 40 Hours Eucharistic Adoration

The Carmelite Monastery in Margao, Goa, hosted the 11th 40 Hours of Eucharistic Adoration. The event commenced with the celebration of the Eucharist, presided over by Fr Marlon Rodrigues, Superior of the Carmelite Monastery. Following the Mass, a procession with the Eucharistic Lord took place. The theme for this Jubilee Year's Adoration was 'Pilgrims of Hope in Christ'. Fr Marlon, invited the faithful to use this time of Adoration to deepen relationship with Jesus and unite us in faith.

Over two days, 27 groups including parishes, educational institutions, associations and movements, and different groups led the Adoration according to their designated times. Taizé prayer was also incorporated, with Fr Joseph Souza, Deacon Prithesh Crasta, and Deacon Pranay Pereira leading the sessions.



Fr Shinu Paulose, Director of Divine Nuvem, and his team guided the Night Vigil. Additionally, the Way of the Cross was a significant part of the event. The two-day celebration concluded with the Solemn Blessing of the Lord, followed by a Eucharistic Mass, which was presided over by Fr Gabriel Coutinho, parish priest of Our Lady of Rosary Church, Navelim. Fr Gabriel, delivering a homily, appealed to the faithful gathered to take Jesus as the hope.

Fr Marlon expressed his sentiments of gratitude. The 40 Hours of Eucharistic Adoration was a spiritually enriching event, uniting the faithful in prayer, reflection, and hope. It also inspired participants to strengthen their faith and trust in Jesus.

Goa's First Artificial Intelligence (AI) Conference

Goa will host its first-ever Artificial Intelligence (AI) conference, 'Build with AI - with Google,' held in partnership with Google for developers. Participants can expect a day filled with insightful sessions, interactive demonstrations, and valuable networking opportunities. The conference will commence with a welcome note and introduction by Prajyot Mainkar. Keynote speakers include Siddharth Prakash, who leads Google Cloud's product strategy for emerging markets, discussing 'Gemini Supercharging India's Digital Public

Infrastructure.' DS Prashant, CEO of the Startup and IT Promotion Cell, will offer insights into 'Inside the Goan Startup Ecosystem.'

The afternoon sessions will feature experts like Biswanath Giri, Associate Principal Google Cloud Architect, Rushabh Vasa, Co-Founder at Agrahyah Technologies, Saurabh Mishra, DevOps Lead, TSYS, Jitendra Gupta, Cloud Engineering Manager, KPMG and Rishiraj Acharya, Machine Learning Engineer at Google.

Venue: Novotel, Panjim
Date: March 18

Cashew Festival at Saligao

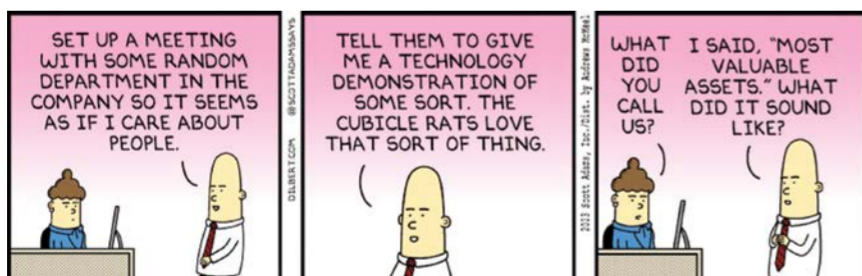
The Cashew Festival, will be celebrated at the Made in the Saligao Community Market. Taste the rich and delicious varieties of cashews straight from the source as one quenches their thirst with refreshing traditional Neero and vibrant Neero mocktails. Indulge in creamy, flavorful cashew ice cream and grab

some fresh fruit saplings to start a mini garden at home. Experts will demonstrate the age-old art of cashew roasting. There will be live karaoke with Dynamic Sound and a performance by Reema and an open mic for anyone who wants to show off their singing skills.

Venue: Saligao Institute, Saligao
Date: March 18
Time: 5 pm to 8 pm

Herald Gaming Console

Dilbert



Garfield



Wizard of id



crossword 4795

ACROSS

1- Boutique; 5- Bryce Canyon site; 9- At the drop of ; 13- Spanish appetizer; 14- Hawaiian state birds; 16- Delayed; 17- At any time; 18- Alpaca's cousin; 19- Fr. miss; 20- Proceeded; 21- Ernie of the PGA; 22- Destroy hearing; 24- Nitti's nemesis; 26- Biblical garden; 27- Stalks; 29- Capital of South Australia; 33- Indira Gandhi's father; 34- Indication; 35- Moderately cold; 36- Historic time; 37- Gillette razors; 38- No-win situation?; 39- Gas burner or Sicilian volcano; 41- Woodland animal; 42- No longer fresh; 44- Act of seizing authority; 46- Boisterous; 47- ___ epic scale; 48- Baseball glove; 49- Gun; 52- It's not PC; 53- Falls behind; 57- Toilettes case; 58- Task; 60- Dies ___; 61- Mother of Helen of Troy; 62- Studio stand; 63- High time; 64- Espied; 65- ___-bits; 66- Olympian's quest;

DOWN

1- Goulash; 2- Own; 3- Dentist's request; 4- Associate; 5- Except if; 6- Informs; 7- Collections of anecdotes; 8- Skirt stitching; 9- Annual reference book; 10- 50%; 11- Salt tree; 12- Adolescent; 15- Makes sorrowful; 23- Snake-like fish; 25- Australian bird; 26- Mystery writer's award;

solution 4794

ALBA TIGERS DARE
PIET NOLAN EVEN
ONEI SEEYA NEMO
PERSUADE PETROL
SSN ASTA
ACQUA ESTO
RAREE TREAT NAI
ENE TREAT NAI
NAP ROAR ELENI
ALERTED HAIRDO
ALAE ART
ETHICS EMPLOYEE
VIES EUPH TODD
ERLE RILLE EYED
REDD EISEN SONY

sudoku 4795

			7		6		8
	7	8			6		1
	6			4	5		
	5				4		
6		1				7	2
			1				8
			9	1			6
	9		4			5	2
2		7			3		

Instructions for Sudoku

9 x 9 letter: To solve a Sudoku puzzle, every number from 1 to 9 must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes

solution 4794

1	6	2	9	8	4	7	3	5
4	3	5	7	1	2	9	8	6
7	8	9	3	6	5	4	1	2
9	2	7	1	4	6	8	5	3
3	4	8	5	2	9	1	6	7
6	5	1	8	3	7	2	4	9
8	7	3	2	5	1	6	9	4
5	9	4	6	7	8	3	2	1
2	1	6	4	9	3	5	7	8