

# Herald Cafe



## Leafy greens for a healthy monsoon

This season, let's turn to nature's pharmacy for a handful of delicious and nutritious leafy greens that not only comfort but also protect

Elsa Angel Rose

Monsoon is here, and definitely not alone. As always, the downpour season brings with it a host of communicable diseases. Being on your toes is essential for building immunity and developing resistance to these diseases. Here are a few easily available and nutritious leafy vegetables that can be consumed during the monsoon.

### DILL LEAVES (SHEPU)

Beyond their culinary appeal, dill leaves offer numerous health benefits, including aiding digestion, reducing inflammation, and supporting immune function. Nutritionist Sheryl Alfonso said, "Dill is an excellent source of vitamin A and antioxidants like flavonoids, which help protect cells

from damage caused by free radicals. It also contains monoterpenes, which have anti-inflammatory and antimicrobial properties." Dill is also a good source of manganese. They are low in calories. It can help prevent cancers, heart disease, catching colds regularly, and other respiratory diseases to a great extent.

### MORE GOAN HEALTHY LEAFY VEGETABLES

Miguel Braganza, a horticultural consultant informs, "The Malabar Spinach, or Vovchi Bhaji, is a common leafy vegetable in Goa during the monsoon. The New Zealand Spinach is a perennial type. Traditional vegetables are Talkullo or Cassia tora and Kudduki or Celosia argeratum during the Shraavan month and Ganesh Chaturthi."

### GREEN AMARANTH LEAVES AND DILL LEAVES RECIPES BY CHEF PRITI SADEKAR

#### Dhavi Bhaji (Green Amaranth Curry)

Chop the amaranth finely and wash thoroughly and strain. Chop the onions and slit the chillies. Wash the dal. In a pan, add oil. Once hot, add the crushed garlic and green chillies and sauté. Add the onions and cook until translucent. Next, add the drained dal, add a little water, and cover. Cook until half done. Add the chopped amaranth and mix well, and cook till done. Add a pinch of sugar, salt, and mix. Finish off with grated coconut. (Optional) Boiled bits of jackfruit seeds can also be added to give a creamy taste.

#### Lutichi Bhaji (Elephant Foot Yam Leaves)

Cut the leaves, soak in tamarind/kokum water for half an hour, discard the water, then cook them in tamarind water itself with salt and haldi. Then discard the water again. Take fresh roasted coconut, coriander seeds, cloves, red chillies – roast them. Grind into a paste. Put the paste in the pan, and when it's boiled, put the boiled leaves into the pan. A few strands of kokum can be added in the end again. It's a difficult vegetable to digest, hence using a lot of kokum strands is necessary.

#### Shepuche Polle (Dill Leaves Dosa)

Wash and soak the rice along with fenugreek seeds for at least 7 hours. Clean the dill leaves and chop off the stems, and discard them. Wash the dill leaves and grind along with rice, coconut, and the washed flattened rice to a smooth paste. Transfer the batter into a container and mix along with salt and jaggery, and allow to ferment overnight. Heat the griddle, apply a little oil to it, and pour a ladle of the batter and spread to form a dosa. Flip the dosa over, cook for a minute. Serve hot with chutney, or it can be plain too.

### ELEPHANT FOOT YAM LEAVES (SURANACHI BHAJI)

Antioxidants, potassium, anti-inflammatory, and antimicrobial compounds are what define elephant foot yam leaves. Dr Joline Fernandes said, "These leaves are known to help relieve hemorrhoids (piles) due to their anti-inflammatory and astringent qualities. They can also ease water retention and bloating, owing to their natural diuretic properties. Used traditionally for arthritis and joint pain, these leaves are valued for their inflammation-reducing effects. Additionally, they aid in improving digestion and can help activate a sluggish liver, supporting overall digestive function." According to her, they help reduce oxidative stress and support heart and muscle function. Thorough cooking of the leaves to reduce irritant compounds and acidity goes without saying.

### AMARANTH LEAVES (DHAVI BHAJI)

When it comes to boosting immunity, Amaranth is the smart choice. It is one of the few leafy vegetables that support the body with its innumerable nutrients. Nutritionist Sheryl said, "Amaranth contains a mix of selenium, folate, and zinc that promote immunity. These function as antioxidants that help the body fight off numerous infections." According to her, the underutilised parts of Amaranthus leafy vegetables contain pigments such as  $\beta$ -cyanins,  $\beta$ -xanthines, and betalains with radical scavenging capacity that protects one from cellular damage, and hence ensures immunity. She said, "Cancers and cardio vascular diseases can be kept at bay if one chooses to consume amaranth 2-3 times a week."

### COLOCASIA LEAVES (ALUU)

These leaves are rich in iron, calcium, and magnesium. Nutritional therapist Dr Joline said, "High in dietary fibre, these leaves aid digestion and promote regular bowel movement. Packed with vitamin C and beta-carotene (provitamin A), they boost immunity and vision. They also contain polyphenols and flavonoids, with anti-inflammatory and antioxidant properties." The doctor further elaborates on the helpfulness of this leafy vegetable, "They help combat anemia thanks to their

high iron content and support bone health in cases of osteoporosis due to their calcium and magnesium levels. The high fibre content makes them effective in relieving chronic constipation and managing irritable bowel syndrome (IBS), while their anti-inflammatory phytochemicals aid in reducing inflammation in various conditions." It is important to note that the leaves must be cooked well (boiled or steamed) to eliminate oxalates and irritants, which can otherwise cause throat itching or kidney issues.

### COLOCASIA LEAVES AND ELEPHANT FOOT YAM RECIPES BY ASSAVRI KULKARNI

#### Aluchi Bhaji (Colocasia Leaves Curry)

Make small squares of colocasia leaves. Soak them in water. In a separate container, cook these with salt, tamarind, and jaggery. When it's done and tender, you can make a separate tadka in another pan of mustard seeds, coconut oil, and smashed garlic. Once the tadka is made, put the cooked leaves in it. Pour coconut milk into it. You can put garam masala and chilli powder as well. It can be relished with poi.



THE NERVOUS SYSTEM RESET: REGULATION IS THE NEW GOAL IN MENTAL HEALTH



FIVE POEMS ON GOA IN 'THE PENGUIN BOOK OF POEMS ON THE INDIAN CITY'

## SWIPE RIGHT



### Sunny Kaushal releases new rap 'Mid Air Freeverse'

Bollywood actor Sunny Kaushal has unveiled a bold new side to his artistic repertoire with the release of his latest rap track, 'Mid Air Freeverse', in collaboration with Mass Appeal. Known for his versatile performances in films like 'Shiddat', 'Phir Aayi Hasseen Dillruba', and 'Mili', Sunny now steps confidently into the world of music, not only penning the lyrics but also lending his voice to the fiery single. Produced by UpsideDown and ICONYK, the track blends slick production with a distinct Punjabi flavour, an homage to Sunny's roots and flamboyant persona. 'Mid Air Freeverse' offers a fresh, free-spirited avatar of the actor far removed from his on-screen roles, making it a standout moment in his career. The teaser, released a day prior, stirred up a frenzy among fans, who praised his transformation and eagerly awaited the full version.



### Tom Cruise sets Guinness Record for Mission: Impossible' stunt

Hollywood legend Tom Cruise has achieved a new milestone, earning a Guinness World Records title for a daring stunt in the film 'Mission: Impossible – The Final Reckoning'. Renowned for performing his own stunts, Cruise has long thrilled audiences with high-risk action sequences, from scaling the Burj Khalifa to clinging to planes mid-flight. Now, he has pushed the boundaries even further by completing 16 flaming parachute jumps, a feat no other actor or stunt performer has matched. In the record-breaking stunt, Cruise leapt from a helicopter with a parachute soaked in fuel and set alight. After freefalling with the burning chute, he released it and safely deployed a backup parachute. The stunt was officially recognised by Guinness World Records, earning him the title for the most burning parachute jumps by an individual.



The 24th Tribeca Film Festival kicked off with the world premiere of 'Billy Joel: And So It Goes', drawing the film's producers, Tom Hanks and Robert De Niro, to the red carpet

## ED SHEERAN TAKES THE PARTY FROM GOA TO THE WORLD

During his tour of India, Ed Sheeran recorded part of his new single 'Sapphire' in Goa, collaborating with local musicians to infuse the track with traditional Indian sounds. The vibrant setting and cultural exchange helped shape the joyful spirit of the song and his upcoming album, 'Play'

### Team Café

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Ed Sheeran's latest single, 'Sapphire', is a vibrant celebration of rhythm, romance, and cross-cultural collaboration. The effervescent dance track features the British pop star merging the percussive textures of traditional Indian music with his trademark irresistibly catchy melodies. Lyrically, the song captures the exhilaration of dancing endlessly with a lover whose presence gleams like the blue gemstone it's named after.

The song was recently released on YouTube and has gained over four million views for its catchy beats and Shah Rukh Khan making a cameo shouting out 'Sapphire'. Adding richness to the track are vocals and sitar by Indian superstar Arijit Singh,



who also appears in the Sapphire music video alongside the four-time Grammy winner. Shot across various Indian locations during Sheeran's recent tour, the video showcases him wandering through lively streets, serene Goan beaches, and iconic landmarks. Together, Ed Sheeran and

Arijit even perform a verse in Punjabi, 'Cham chamke sitare wargi (They sparkle just like stars)'. The Grammy award winning performer posted on Instagram, "Sapphire was the first song I finished for Play that made me know where the album was heading. It's why I

finished the recording process in Goa surrounded by some of the best musicians in India. It was an incredible creative process. I shot the music video with @liampethickphoto and @nicminns across my India tour earlier this year, we wanted to showcase the beauty and breadth of the country and its culture. The final jigsaw piece for me was getting @arijitsingh on the record, I'll make a post about that in a few days but it was a journey to get there and such an amazing day of music and family. Me and him have done a full Punjabi version of the song that will come out in the next few weeks, which has a lot more of him on it.



This is the album version of the song, and my favourite song on the album. Hope you guys love it. Sapphire out now."

His upcoming album 'Play' is set to release on September 12. 'Play' will mark the beginning of a new chapter for Sheeran, moving away from his long-running mathematics-themed albums. His earlier singles from this album includes 'Azizam' and 'Old Phone'. "I wrote 'Old Phone' jet lagged in Goa at 3 am on my own before anyone woke up. When everyone got up we recorded it that day. Here's the footage from that day, full video on YouTube now," he posted about the music video.



### The video that made it to the Grammys

The British pop star is not the only one to be inspired by Goa. The British rock band Mumford & Sons' 'The Cave' music video was entirely shot in Goa. The official music video for 'The Cave' shows the four band members riding scooters through the streets of Goa, performing the song alongside four Indian men dressed in marching band uniforms. At the start of the video, the musicians hand over their instruments to the men, who then join them on the journey, playing and singing in sync. The video was directed by Fred & Nick of Pulse Films in Goa during Mumford & Sons tour of India. The song was nominated for four Grammy awards in 2012 for Record of the Year, Song of the Year, Best Rock Performance and Best Rock Song.