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The Mangrove Galley

by Sandi Mieszczenski

Sandi's recipes are featured monthly in the Coconut Telegraph.
For previous issues go to <http://www.theconchtelegraph.com>.



Ah, the dreaded month of August with its incredible heat and humidity. This time of the year we all attempt to find ways to escape a hot kitchen by limiting our time using the stove or oven. Look for dishes that are simple and cool. One of my favorite sides is a bean salad. If you are a fan of three bean salad you will find the recipe below delicious. Not only is it easy to assemble but it is also very healthy. Serve it with some prepared chicken from the grocery store and you will have a tasty meal with little work. Try it and enjoy an escape from the heat!

TEXAS BEAN SALAD

For the dressing:
1 cup Canola oil
1/2 cup apple cider vinegar
1/2 sugar
1/2 teaspoon salt
1/4 teaspoon black pepper

For the salad:
1- 16 ounce can of black-eyed peas, drained
1- 16 ounce can of pinto beans, drained
1- 10 ounce can of white corn, drained
1 chopped red pepper
1/2 cup chopped onion
1/2 cup chopped celery

Combine all of the ingredients for the dressing in a sauce pan. Bring to a boil, stirring often. Remove from the stove top and let cool. While cooling, in a bowl, mix together the ingredients for the salad. Pour the dressing over the salad, stir well, cover and refrigerate overnight.

Use a slotted spoon to drain the liquid when serving.

★ ★ ★ ★ ★

Pineapple! Who Knew?

Submitted by Trader Dick

I thought this information was fascinating ... perhaps you will too. I had no idea the pineapple we pick up at the grocery store had an amazing story.

The pineapple is a member of the bromeliad family. It is extremely rare that bromeliads produce edible fruit. The pineapple is the only available edible bromeliad today.

It is a multiple fruit. One pineapple is actually made up of dozens of individual flower-ets that grow together to form the entire fruit. Each scale on a pineapple is evidence of a separate flower.

Pineapples stop ripening the minute they are picked.

No method of storing them will help ripen them further.

Color is relatively unimportant in determining ripeness. Choose your pineapple by smell. If it smells fresh, tropical and sweet, it will be a good fruit.

The more scales on the pineapple, the sweeter and juicier the taste.

After you cut off the top, you can plant it. It will grow much like a sweet potato.

Pineapple is a remarkable fruit. We find it enjoyable because of its lush, sweet and exotic flavor, but it may also be one of the most healthful foods available today. It offers many benefits to our health.

Pineapple is valuable for easing indigestion, arthritis and sinusitis. The juice has an anthelmintic effect; it helps get rid of intestinal worms.

Let's look at how pineapple affects other conditions:

Pineapple is high in manganese, a mineral that is critical to

development of strong bones and connective tissue. A cup of fresh pineapple will give you nearly 75% of the recommended daily amount. It is particularly helpful to older adults, whose bones tend to become brittle with age.

Bromelain, a proteolytic enzyme, is the key to pineapple's value. Proteolytic means "breaks down protein," which is why pineapple is known to be a digestive aid. It helps the body digest proteins more efficiently. Bromelain is also considered an effective anti-inflammatory. Regular ingestion of at least one half cup of fresh pineapple daily is purported to relieve painful joints common to osteoarthritis. It also produces mild pain relief. In Germany, Bromelain is approved as a post-injury medication because it is thought to reduce inflammation and swelling.


Orange juice is a popular liquid for those suffering from a cold because it is high in Vitamin C. Fresh pineapple is not only high in this vitamin, but because of the Bromelain, it has the ability to reduce mucous in the throat. If you have a cold with a productive cough, add pineapple to your

diet. It is commonly used in Europe as a post-operative measure to cut mucous after sinus and throat operations. Those individuals who eat fresh pineapple daily report fewer sinus problems related to allergies. In and of itself, pineapple has a very low risk for allergies.

Pineapple is also known to discourage blood clot development. This makes it a valuable dietary addition for frequent fliers and others who may be at risk for blood clots.


An old folk remedy for morning sickness is fresh pineapple juice. It really works! Fresh juice and some nuts first thing in the morning often make a difference.

Pineapple is also good for a healthier mouth. The fresh juice discourages plaque growth.



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