



Support Group Meeting May 21, 2007

Every Third Monday of the month.

Guest Speakers are Ken and Anita Bernas

Owners of Larrabee herbs in Located at
7628 W. North Ave
Elmwood Park, IL 60707
708-453-7898

Brookfield residents Ken And Anita Bernas have dedicated there lives to helping people help themselves as owners and operators of Larrabee Herbs a health food store located at 7230 W. North Ave. in Elmwood Park.

The store, originally located in Chicago’s Old Town neighborhood opened in 1872, right after the Chicago fire,” said The pair were introduced to the business through Anita’s father, John Merritt.

Merritt became ill as a small boy in the 1900’s

“He and two sisters had scarlet fever, and both of his sisters died within two weeks of each other.” Anita remembered. “He survived, but he was very sickly. He spent his childhood trying to get well by medical libraries and used bookstore to investigate, but information was not as easy to find as it is today. Today you can walk into a health food store and find lots of books. He had to dig for it.”

Through his studies, Merritt learned about herbal therapy.

“In his search for health, he kept reading,” recalled Ken. “He would discover things through trial and error on himself, digging things and putting things together.”

Ken refers to Merritt as a “self taught herbalist and nutritionist.” His quest to improve his health succeeded and he lived to be 81 years old. Still, he never got any credentials as a herbalist or nutritionist. Nonetheless Merritt decided to use his gift ok knowledge to help people by educating the about nutrition and herbal therapy.

“My sister and I were both raised on herbs,” said Anita “ My mother gave me raw carrot juice when was six week old we had an early start in life.

Merritt realized his dream when he and his wife purchased Larrabee Herrbs. In 1959 which at that time was as a pharmacy that sold bulk herbs and herbal tonics and homeopathic remedies in that way it was a fairly typical pharmacy of its day. He had open barrels of herbs in the store. He gradually phased out the drugstores items he also sold replacing them with health food “that were available in those days– thus turning the business into a Health Food Store. .He discovered and applied the principle of natural health , herbs , vitamins, and spiritual avenues– and achieved a superior level of health , vitality, and the strong desire to share his findings with others.

Recipe of the Month:

Artichoke-Feta Tortilla Wraps

Ingredients:

- Nonstick cooking spray
- 1 14-ounce can artichoke hearts, drained and finely chopped
- 1/2 cup reduced-fat cream cheese
- 3 green onions, thinly sliced
- 1/3 cup grated Parmesan or Romano cheese
- 1/4 cup crumbled feta cheese
- 3 Tbsp. reduced-fat pesto
- 8 8-inch whole wheat flour tortillas
- 1 7-ounce jar roasted red sweet peppers, drained and cut into strips
- Yogurt-Chive sauce

Instructions:

1. Preheat oven to 350 degrees.
2. Coat a 3-quart rectangular baking dish with cooking spray and set aside.
3. In a large bowl, stir together the artichoke hearts, cream cheese, green onions, Parmesan cheese, feta cheese and pesto for filling.
4. Place about 1/4 cup filling on each tortilla. Top with sweet pepper strips and roll up the tortillas.
5. Arrange tortilla rolls in the prepared baking dish. Lightly coat tortilla rolls with additional cooking spray, if desired.
6. Bake for 15 minutes uncovered, or until heated through.
7. Cut each tortilla into thirds and arrange on a serving platter. Serve with Yogurt-Chive sauce.

Yogurt-Chive sauce: In a small bowl stir together one 8-ounce carton plain fat-free yogurt and 1 tablespoon snipped fresh chives.
Three cheeses, roasted peppers, and artichokes mingle in these tortilla-wrapped treats. Very good and very tasty!!!

Nutritional Information:

58 Calories; 7g Total Carbohydrate; 2g Total Fat; 1g Saturated Fat; 5mg Cholesterol; 198mg Sodium; 3g Protein;4g Fiber..