The fifth annual Tucson Marathon Family Fitness Fest was held Saturday December 3 on the UA Mall. This was another successful event for the staff and students of the Canyon Ranch Center for Prevention and Health Promotion.

A sincere thanks to all of the nearly 80 volunteers that helped in many capacities to make sure the day ran smoothly including CRCPHP Interns, members of Theta Chi Fraternity and students from Dr. Garcia’s CPH178 course. A special note of gratitude also to our partners with the Tucson Marathon and the College of Agriculture and Life Sciences for all of their hard work and time in preparation for this wonderful community event!


Gordon JS, Armin JS, Cunningham JK, Muramoto ML, Christiansen SM, Jacobs TA. Lessons learned in the development and evaluation of RxCoach™, an mHealth app to increase tobacco cessation medication adherence. Patient Educ Couns. Epub ahead of print, 2016. [PMID: 27839891].


Healthy Eating: Sopa De Milpa

**Ingredients**

- 15 squash blossoms
- 2 fresh poblano chiles, roasted, peeled, and seeded
- ½ medium white onion, finely chopped
- 1 tbsp olive oil
- 2 garlic cloves, peeled and finely diced
- 6 cups (1 ½ L) corn stock
- 2 medium zucchinis, sliced into bite-sized quarter-rounds
- 2-3 ears of corn, to make 2 cups (500 mL) kernels
- 2 tbsp chopped fresh epazote or cilantro
- ½ tsp sea salt
- 1/8 tsp white pepper
- 2 avocados, peeled, seeded, and cubed
- 6 oz. (175 g) queso fresco, cubed (optional)

**Preparation**

To prepare squash blossoms: Remove and discard long pistil in center of blossom. Rinse flowers gently under cool water and tear squash blossoms in half.

Lightly roast poblano chiles. Tear chiles into strips about 1/4-in wide.

In a large saucepan on medium heat, saute onions in oil about 10 minutes, until golden brown. Add garlic and stir until fragrance is released, about 30 seconds. Add corn stock, chiles, zucchini, corn, and epazote and bring to a light boil. Simmer for 20 minutes. Add squash blossom pieces and cook for 5-10 minutes, or until zucchini is crisp-tender. Add salt and pepper. Taste and adjust seasonings. Ladle soup into bowls and serve topped with avocado cubes and queso fresco as desired.

**Nutritional Information**

Calories: 383 | Fat: 27.8g | Protein: 11.6g | Carbohydrates: 28.6g | Dietary Fiber: 10.4g

**Food As Medicine Spotlight: Health Benefits of Epazote**

Epazote is an herb known as “Mexican tea” (*dysphania ambrosioides*) native to Central and South America and southern Mexico. It has been used in Mexican cuisine dating back to the Aztecs. It has a distinct, rich, perfume flavor and should be used in moderation when cooking.


Decolonize Your Diet
Recipes to Sustain Revolutionary Love

The UA Institute for LGBT Studies hosted guest lecturer Luz Calvo, professor of Ethnic Studies, at Cal State East Bay to discuss their book *Decolonize Your Diet*. The CRCPHP was a sponsor of the lecture series and collaborative cooking demonstration. Dr. Calvo and her partner Catriona R. Esquibel wrote the recipe book together to promote ancestral foods as medicine to help heal and nourish communities.

Members of the CRCPHP staff met with Dr. Calvo and attend the cooking demonstration. Dr. Calvo prepared *Sopa de Milpa* (*soup of the sustainable crop-growing system throughout Mesoamerica*) and an *Agua Fresca* (*fresh water*).

The recipe book may be purchased on Amazon.

*recipe on page 3*

### HOME For The Holidays!!!

*Idea’s for Family’s*

1. Take a walk in your neighborhood to see holiday lights.
2. Make a healthy resolution as a family.
3. Create a new holiday tradition.
4. Prepare a healthy meal as a family.
5. Visit a fire department and bring a healthy treat to those working on the holiday.
6. Buy a special present and donate it to a family in need.
7. Pack stockings for the homeless.