

# October 2008

A World of Wisdom  
Living in Harmony with the Word of Wisdom

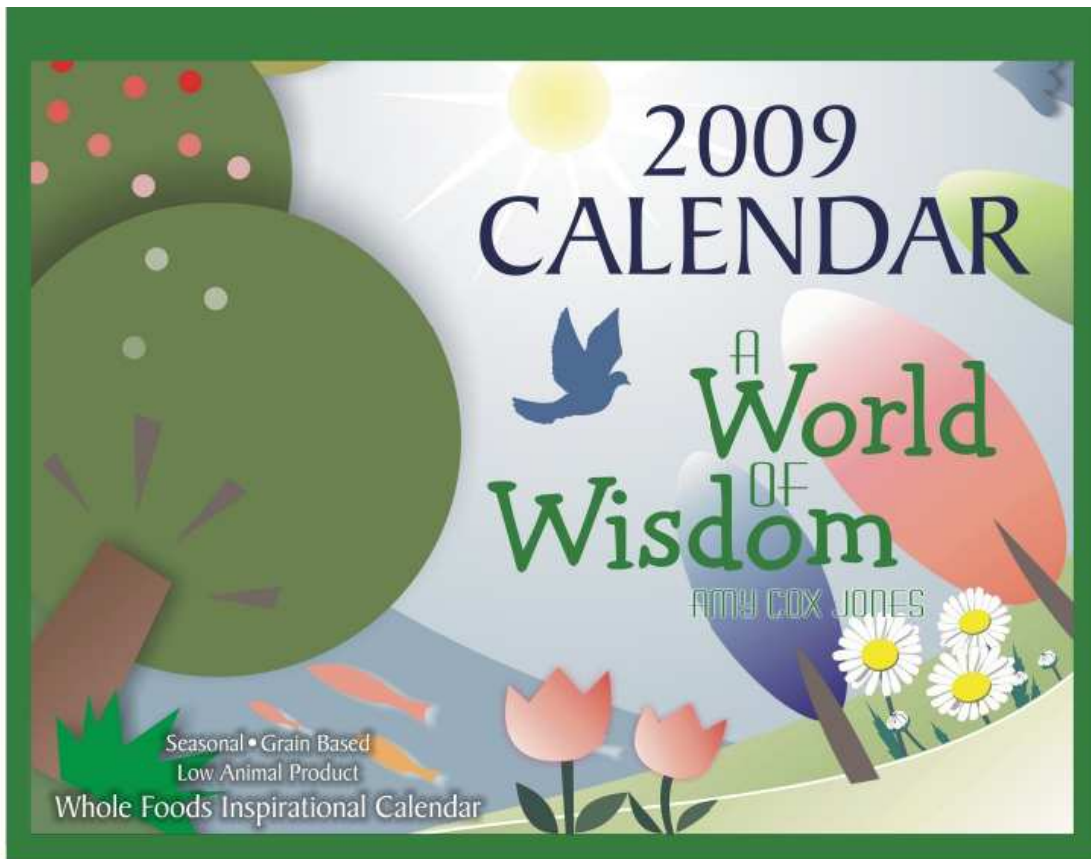
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September 30, 2008: I have a watermelon sitting on my countertop. Not only that, it's a mini watermelon I got for \$2 instead of the regular \$4. I love the mini watermelon because the whole thing is as sweet as the core of a large watermelon, without fail. Yes, I have a watermelon on my countertop (if you've read my last issue, you'll get where I'm going with this). I also have a cantaloupe in my refrigerator. Not just any cantaloupe, it's a Tuscan Cantaloupe, which is just a bit sweeter than a regular one. And it's local from a Farmer's Market. Never before would I have felt like I am bragging by letting you know about my melons (insert joke here), but I do. I'm excited and feel like I am being pampered by having these two items.

I have another point in telling you this. Gratitude. The scriptures tell us to give 'thanks always for all things'. Last year it was hard for me to get to a point where I could thank the Lord for my husband's illness, our struggles, and all the other things that seemed like curses instead of blessings, but now I know why the Lord has admonished us to be thankful always in all things. It magnifies our ability to be grateful for the little things when they come our way, and also – every trial has blessings and lessons within in them, which you need to be grateful for. And being grateful for the little things allows for a more fulfilling life, no matter your circumstances, and allows for more blessings to come into your life. So, I thank the Lord for my mini melons (insert other joke here) I got for \$2, and my tuscan cantaloupe I got locally. I LOVE these two things and am so grateful for them, and I want the Lord to know it. So consider thanking the Lord daily not only for your food, but for the good, healthy, whole, nutritious foods you enjoy. Be grateful they are available to you and nourish your body and soul. Hopefully one day, if our ability to obtain pure food is ever threatened, that gratitude will count for something and things like, oh, irradiation of lettuce and spinach won't occur. Let the Lord know that you appreciate your good food, so that you may always enjoy it.

# Announcing



My friend, publisher and midwife, Lindy Casey (who originally thought of doing the calendar) and I have been working hard on creating this calendar and is now available for sale!

What do you get in the calendar besides a bunch of dates?

- 12 new recipes
- New inspirational quotes
  - Menu planning ideas
- Notable events in LDS history
  - Beautiful photos
- Easy layout for effective calendaring
- A section for writing in birthdays and other important dates

**\$20**

Go to [www.wowcookbook.homestead.com](http://www.wowcookbook.homestead.com) to order yours today!

# Dissecting the Red Meat Issue



Buckle up, this is a long one.

I like red meat. I really do. I like the way it tastes, the texture. So, no, this is not an article telling you not to eat red meat, in particular beef. In fact, I'm writing this because cold weather is right around the corner, and we are going to reintroduce a little meat into my family's diet and I wanted to dig deeper into the sources of meat and healthy meat eating. No, I'm not going to tell you how much or when to eat meat, that is between you and the Lord. But since I do like meat and I don't eat much of it, I figured, hey....why not eat the best stuff available. For years I've been curious about healthy meat. Since I watched King Corn (the movie reviewed in the last issue), all I can think about is making sure I get grass fed beef. So, here's what I decided to do: a research paper on beef and you're the beneficiaries.

So, first let me talk about beef. In the King Corn movie, they highlight the use of corn in cow feed. This was, quite possibly, the most educational part of the film for me. Let's talk about the results in the differences in how cows can eat. A cow that leads a life it was meant to lead nurses on his mother's milk and then grazes on a field of grass or hay in the winter. A calf takes about 4-5 years to get from birth weight, 80 lbs, to slaughter weight of about 1200 lbs on a grass fed diet.

Grass-fed beef not only is lower in overall fat and in saturated fat, but it has the added advantage of providing more omega-3 fats. These crucial healthy fats are most plentiful in flaxseeds and fish, and are also found in walnuts, soybeans and in meat from animals that have grazed on omega-3 rich grass. In addition to being higher in healthy omega-3s, meat from pastured cattle is also up to four times higher in vitamin E than meat from feedlot cattle, and much higher in conjugated linoleic acid. For instance, A sirloin steak from a grain-fed feedlot steer has more than double the total fat of a similar cut from a grass-fed steer. In its less-than-infinite wisdom, however, the USDA continues to grade beef in a way that rewards marbling with intra-muscular fat. So, more nutritious and less fattening.

As well as these nutritional advantages, there are also decided environmental benefits to grass-fed beef that will be explored in the next few paragraphs. But one is that it is far less polluting. The animals' wastes drop onto the land, becoming nutrients for the next cycle of crops.

It's important to remember that grass-fed is not the same as organic. Natural food stores often sell organic beef and dairy products that are hormone- and antibiotic- free. While these products come from animals who most likely were fed less grain than the industry norm, they typically still spent their last months (or in the case of dairy cows virtually their whole lives) in feedlots where they were fed grain. Even when the grain is raised organically, feeding large amounts of grain to a ruminant animal compromises the nutritional value of the resulting meat or dairy products and exacts an added toll on the environment.

Just as organic does not mean grass-fed, grass-fed does not mean organic. Pastured animals sometimes graze on land that has been treated with synthetic fertilizers and even doused with herbicides. Unless the meat label specifically says it is both grass-fed and organic, it isn't.

So, why aren't we all eating organically grass fed beef? You guessed it...MONEY. You know, part of the evils and designed that do and will exist in the hearts of conspiring men in the last days. Don't get me wrong, I don't think money is evil, just compromising yourself, animals, and consumers in order to get more money is evil. It takes a long time and a lot of grassland to raise a grass-fed steer. There is no way that grass-fed beef can begin to feed the meat appetites of people in the United States, and the price they want.

In contrast to grass fed beef, let's talk about other ways cows are fed. But first, let's pretend we are a beef farmer that wants to turn a large and quick profit. What you need to do that is get the cow as fat as possible, as quick as possible. Waiting for a calf for 4-5 years isn't exactly going to bring in the big bucks fast. So, a lot of science has gone into doing this. Remember mad cow disease? You know how that man made disease came about? Maybe you don't want to know, but I'll tell you anyway. Because cows were on a feed made up of the rotting brains and spinal cords of not only other animals, but other cows. Yeah, that might cause problems. See, ranchers found that grain rations mixed with proteins could help fatten and muscle out herds more quickly, and in turn, bring mature livestock to market much faster. And, in farming communities, a variety of protein sources were readily available, from soybeans or peanuts or cottonseed. Or, from chicken feces, poultry feathers, cow blood or other parts of pigs, horses, fish, cattle and just about any animal part unfit for human consumption. In 1997, the Food and Drug Administration -- acting to safeguard America's beef against a disease emerging overseas called mad cow -- banned cattle feed from containing most byproducts of cattle, sheep and goats. And since then, the FDA went further, announcing new restrictions on cattle feeds, including bans against cattle blood and poultry litter, which includes manure.

Thank goodness, right? Don't sigh so fast. Cows are still allowed to eat feeds that can include parts of pigs, fish, chicken, horses, even cats or dogs. And some of those animals -- before being rendered and mixed up for cattle feed -- are raised on food containing the same cow parts now banned from cattle consumption.

And cattle can continue to consume pig and horse blood for protein, as well as tallow, a hard fat from rendered cattle parts, as a fattening source. Turning herbivores such as cows into carnivores and cannibals is likely what caused the problems in the first place, critics contend.

"That's just the beauty of the rendering process," said Tom Cook, president of the National Renderers Association, a lobbying group for the rendering industry. "It takes material that's generally useless and adds value back into that material."

Yes, beautiful. In the United States, about 50 billion pounds of dead animals are processed each year in about 265 commercial and independent rendering plants. Animal parts are first sent through a grinding machine, before being cooked at temperatures of 270 to 300 degrees for up to an hour, Cook said.

"That kills just about all bacteria or viruses," Cook added, "except we recognize that prions aren't necessarily destroyed in that process."

In fact, prions -- the misfolded proteins that some scientists think cause mad cow disease and other transmissible spongiform encephalopathies (TSEs) -- have been known to withstand temperatures of 1,000 degrees or more, some studies say.

So, this is enough to have someone switch to all-vegetarian or grain fed beef, right? While you eliminate the risk of mad cow disease and reduced the risk of antibiotic resistant illness for yourself (because not as many antibiotics are used on grain or vegetarian fed animals), are there still drawbacks?

Mad cow disease ushered in a new niche for farmers that grain feed their cows. Marketing genius' know that the words vegetarian and grain all equal health, safety and nutritious in the consumers' mind. Heck, it did in mine. I thought I was being so good buying my grain fed organic beef. But let's define what grain fed and vegetarian fed really means. It primarily means corn fed. That still doesn't sound so bad, right? Not if you're a Beef Farmer.

Cows, sheep, and other grazing animals are endowed with the ability to convert grasses, which those of us who possess only one stomach cannot digest, into food that we can digest. They can do this because they are ruminants, which is to say that they possess a rumen, a 45 or so gallon (in the case of cows) fermentation tank in which resident bacteria convert cellulose into protein and fats. Today, calves are taken to slaughter at 14 or 16 months, instead of 4 to 5 years as previously mentioned. You can't take a beef calf from a birth weight of 80 pounds to 1,200 pounds in a little more than a year on grass. It takes enormous quantities of corn, protein supplements, antibiotics and other drugs, including growth hormones.

Switching a cow from grass to grain is so disturbing to the animal's digestive system that it can kill the animal if not done gradually and if the animal is not continually fed antibiotics. These animals are designed to forage, but we make them eat grain, primarily corn, in order to make them as fat as possible as fast as possible.

In the movie, King Corn, it showed how if the cow isn't killed between 14-16 months, and in some cases as young as 6 months, the animal will die a slow, horrible, diseased death because of the diet it is on. Cows aren't designed to eat what the beef industry is feeding them.

Author and small-scale cattleman Michael Pollan wrote recently in the New York Times about what happens to cows when they are taken off of pastures and put into feedlots and fed grain:

"Perhaps the most serious thing that can go wrong with a ruminant on corn is feedlot bloat. The rumen is always producing copious amounts of gas, which is normally expelled by belching during rumination. But when the diet contains too much starch and too little roughage, rumination all but stops, and a layer of foamy slime that can trap gas forms in the rumen. The rumen inflates like a balloon, pressing against the animal's lungs. Unless action is promptly taken to relieve the pressure (usually by forcing a hose down the animal's esophagus), the cow suffocates.

A corn diet can also give a cow acidosis. Unlike that in our own highly acidic stomachs, the normal pH of a rumen is neutral. Corn makes it unnaturally acidic, however, causing a kind of bovine heartburn, which in

some cases can kill the animal but usually just makes it sick. Acidotic animals go off their feed, pant and salivate excessively, paw at their bellies and eat dirt. The condition can lead to diarrhea, ulcers, bloat, liver disease and a general weakening of the immune system that leaves the animal vulnerable to everything from pneumonia to feedlot polio."

All this is not only unnatural and dangerous for the cows. It also has profound consequences for us. Feedlot beef as we know it today would be impossible if it weren't for the routine and continual feeding of antibiotics to these animals. This leads directly and inexorably to the development of antibiotic-resistant bacteria. These are the new "superbugs" that are increasingly rendering our "miracle drugs" ineffective.

As well, it is the commercial meat industry's practice of keeping cattle in feedlots and feeding them grain that is responsible for the heightened prevalence of E. coli O157:H7 bacteria. When cattle are grainfed, their intestinal tracts become far more acidic, which favors the growth of pathogenic E. coli bacteria, which in turn kills people who eat undercooked hamburger.

You know how tomatoes and spinach were pulled off of shelves because of e coli? Well, it was because they were grown with manure from these sick cows and not washed properly. Now were talking about irradiating our food to kill the e coli. And irradiating causes all sorts of problems we'll address in this issue. Hello, domino effect, my name is Amy.

Now, let's address the environmental impact. According to David Pimentel, a Cornell ecologist who specializes in agriculture and energy, the corn we feed our feedlot cattle accounts for a staggering amount of fossil fuel energy. Growing the corn used to feed livestock in this country takes vast quantities of chemical fertilizer, which in turn takes vast quantities of oil. Because of this dependence on petroleum, Pimentel says, a typical steer will in effect consume 284 gallons of oil in his lifetime. Comments Michael Pollan, "We have succeeded in industrializing the beef calf, transforming what was once a solar-powered ruminant into the very last thing we need: another fossil-fuel machine."

So, less meat consumption, or grass fed meat consumption may in turn lower our gas prices. In feedlots and other forms of factory farming, the animals' wastes build up in enormous quantities, becoming a staggering source of water and air pollution.

From a humanitarian perspective, there is yet another advantage to pastured animal products. The animals themselves are not forced to live in confinement. The cruelties of modern factory farming are so severe that you don't have to be a vegetarian or an animal rights activist to find the conditions to be intolerable, and a violation of the human-animal bond. Pastured livestock are not forced to endure the miseries of factory farming. They are not cooped up in cages barely larger than their own bodies, or packed together like sardines for months on end standing knee deep in their own manure.

But, there is one more thing. When you picture grass-fed beef, you probably envision an idyllic scene of a cow outside in a pasture munching happily on grass. That is certainly the image those endorsing and selling these products would like you to hold. And there is some truth to it.

But it is only a part of the story. There is something missing from such a pleasant picture, something that nevertheless remains an ineluctable part of the actual reality. Grass-fed beef does not just come to you straight from God's Green Earth. It also comes to you via the slaughterhouse.

Warning, the next paragraph, may be disturbing, so skip it if you want to, but I felt this was important to consider in choosing what meat to eat. While the lives of grass-fed livestock are more humane and natural than the lives of animals confined in factory farms and feedlots, their deaths are often just as terrifying and

cruel. If they are taken to a conventional slaughterhouse, they are just as likely as a feedlot animal to be skinned while alive and fully conscious, and just as apt to be butchered and have their feet cut off while they are still breathing - distressing realities that tragically occur every hour in meat-packing plants nationwide. Confronting the brutal realities of modern slaughterhouses can be a harsh reminder that those who contemplate only the pastoral image of cattle patiently foraging do not see the whole picture.

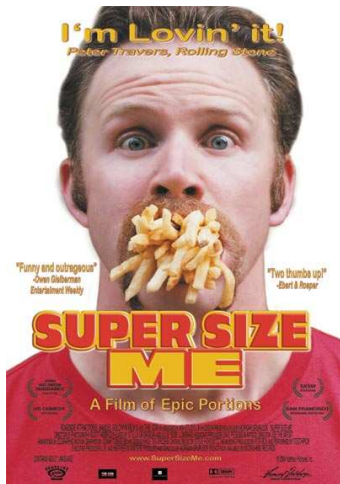
Which is why I started eating Kosher meat, because the slaughter practices were supposed to be much more humane, but just recently an investigation came out that outed the largest Kosher slaughterhouse in the country, and it wasn't pretty <http://www.forward.com/articles/13394/>. This is just one article on it, but others have exposed that the Kosher meat slaughter wasn't, well, Kosher.

And ground meat? Don't get me started. It's a compilation of hundreds of different cows. When you are eating conventional ground meat sold to stores from ground meat factories, you are not eating one cow, but hundreds. The solution is to have the store's butcher grind a piece of meat for you, or invest in a meat grinder yourself.

So what's a meat eater to do? If you can't find your own grass fed cow to be slaughtered in an ethical slaughterhouse, just do your best, I suppose. Luckily I've found my sources locally although not cheaply, but if I didn't, I think I'd lay off beef altogether.

Sources: [commondreams.org/headlines04/0128-03.htm](http://commondreams.org/headlines04/0128-03.htm), [foodrevolution.org/grassfedbeef.htm](http://foodrevolution.org/grassfedbeef.htm)

## Movie Review: SuperSize Me



I know this movie isn't a new release or anything (it was made in 2003), but I thought I'd give it a review anyway, because I love it so much! I saw this movie in the theaters with my husband and two other friends and we were both very affected by it. All of us were on what we considered, a healthy path, but if there were any question about the benefits of the path we were on, this sealed it for us.

Super Size Me is about one man's 30 day experiment of eating only McDonald's. Why did he do this? He had recently heard about a lawsuit of two teenagers that were suing McDonald's for being deceptive and luring them in their doors and making them fat. The judge in the case ruled that if they could prove that McDonald's intended to get customers to eat all their meals there and become addicted to their food, he'd hear the case. Intrigued by this, film maker Morgan Spurlock set up to test this out. How did he do this? The rules were that

1. He had to eat McDonald's for every meal, even the water he drank had to be from there.
2. He had to try everything on the menu at least once
3. If they offered to SuperSize the meal, he had to say yes, but he never voluntarily asked to SuperSize the meal
4. He had to finish the entire portion he was served

He started of the documentary by running through a battery of medical tests from 3 or 4 different caregivers to document that he was indeed in tip top shape. He also asked each their opinion on what they thought the worst would happen to him was. The worst thing that any of them said might happen is that he'd gain weight, but no one expected any long term damage or danger in undergoing such an experiment.

The beginning of the experiment started off light hearted and funny. On day 3, though, he saw the first glimpse of things to come, when he couldn't keep his Big Mac down (no surprise here that watching him lose his lunch is my girls' favorite part of the film). From there, he incrementally started to experience a quick degeneration, which included weight gain, withdrawal headaches when he didn't have a hamburger within a certain timeframe, lethargy, indigestion, stomach pain, trouble concentrating, etc.

During the 30 days he traveled to meet with and interview various people, from the attorney general to food marketing executives and also every day real people who were impacted by fast food diets. For more than the entire 30 days he tried to pin down an interview with someone from McDonald's, but his multiple requests fell on deaf ears and he finally had to give up. Around day 26 or so he started experiencing shortness of breath and heat palpitations, which made him go to the hospital and consider cutting the experiment short, but he stuck it out till the end.

In short, the medical results were that he damaged his liver to the point that it took him over 1 year of being on a Vegan diet to repair, he gained almost 30 pounds, and he lost his quality of life and put himself at major risk for a heart attack.

**Do I recommend this movie?** You're darn tootin I do, but with one caveat. The original version has some material in it not suitable for kids, so I'd recommend getting the family friendly version. As of last year the supersize me website is no longer, so you can buy the original version off of Amazon.com, but the only place I found the family friendly version is here <https://www4091.sslldomain.com/smavideo/Store/titledetail.cfm?MerchID=21957>. This movie appeals "across the isle" so to speak, to those who have horrible diets and kids really like it as well, I find. It's incredibly educational and entertaining. The film maker Morgan Spurlock, has gone on to do a series on FX called 30 Days, where he sends people out on a challenge for 30 days to experience what life is like in other's shoes. My favorite episodes are the ones where the yuppie 20 something's from New York go to live on an organic commune, and where a avid hunter goes to live with Vegans. I've been impressed with how civil and kind people have been to each other on the series and just how much learning takes place with both participants.

## Whole Food Spotlight: St. Potato George



About two and a half years ago, I took my girls into St. George to tour church history sites. While we enjoyed everything we saw and learned about, what has stuck in their mind the most is St. Potato George. I've never considered the potato one of the greatest of health foods available, but I gained a new respect for it after one of our tour guides at Brigham Young's summer home told us the story of how the city of St. George got its name.

During the famous drought in St. George (you know, the one where President Snow received a revelation during Stake Conference, or it might have been a Sacrament Meeting that if the Saints paid a faithful tithe they'd receive rain) the people relied heavily on potatoes. One of the Apostles, George Smith, would share his crop with those who were hungry, and would peel the potatoes and give the peeled potatoes to the hungry and save the peelings for his family to eat. When people were still starving, dying and getting scurvy and his family was not, he realized that it was the peel of the potato that contained the bulk of the nutrients. He subsequently made it his mission to tell everyone to always eat the potatoes peels, and even went into surrounding areas, like Cedar City, to spread the word. He was credited with saving many lives, so he was dubbed 'Saint Potato George'. Now, the websites give a slightly different account of this story (that he encouraged people to eat raw potato peels to combat scurvy), but this is how it was told by our tour guide,

who was really old, still sane, and seemed very credible. So, no longer do I scrape my baked potato clean and leave the peel for the garbage. Everyone makes sure to eat the whole potato, peel and all.

From Wikipedia: Nutritionally, potatoes are best known for their carbohydrate content (approximately 26 grams in a medium potato). The predominant form of this carbohydrate is starch. A small but significant portion of this starch is resistant to digestion by enzymes in the stomach and small intestine, and so reaches the large intestine essentially intact. This resistant starch is considered to have similar physiological effects and health benefits as fiber: it provides bulk, offers protection against colon cancer, improves glucose tolerance and insulin sensitivity, lowers plasma cholesterol and triglyceride concentrations, increases satiety, and possibly even reduces fat storage (Cummings et al. 1996; Hylla et al 1998; Raban et al. 1994). The amount of resistant starch in potatoes depends much on preparation methods. Cooking and then cooling potatoes significantly increases resistant starch. For example, cooked potato starch contains about 7% resistant starch, which increases to about 13% upon cooling (Englyst et al. 1992).

Potatoes contain a number of important vitamins and minerals. A medium potato (150g/5.3 oz) with the skin provides 27 mg vitamin C (45% of the Daily Value (DV)), 620 mg of potassium (18% of DV), 0.2 mg vitamin B6 (10% of DV) and trace amounts of thiamin, riboflavin, folate, niacin, magnesium, phosphorus, iron, and zinc. Moreover, the fiber content of a potato with skin (2 grams) equals that of many whole grain breads, pastas, and cereals. Potatoes also contain an assortment of phytochemicals, such as carotenoids and polyphenols. While the skin does contain approximately half of the total dietary fiber, more than 50% of the nutrients are found within the potato itself. The cooking method used can significantly impact the nutrient availability of the potato.

## Study

# Honey Kills Bacteria That Cause Chronic Sinusitis



Honey is very effective in killing bacteria in all its forms, especially the drug-resistant biofilms that often make treating chronic rhinosinusitis difficult. A study found that in eleven isolates of three separate biofilms, honey was significantly more effective than commonly-used antibiotics in killing both planktonic and biofilm-grown forms of the bacteria. The findings may hold important clinical implications in the treatment of refractory chronic rhinosinusitis, which affects 31 million people each year in the United States alone, and is among the three most common chronic diseases in North America.

Sources: [Science Daily September 23, 2008](#)

Amy's note: Try not only eating honey, but doing it as a nasal wash with a Neti Pot, available online or at the health food store

## Recipe

In the cookbook on page 105 is the White Corn Tortilla Soup. This one is always a winner in my house and I like to make it for meals to give to people, so I'm always doubling the recipe. The down side to this recipe is the mess and time it can take to do large batches. Well, after years of making this recipe, I've got it down to 15 minutes flat with minimal mess, and while holding a baby in your arms!

## 15 Minute White Corn Tortilla Soup

Fry for 5 minutes in the pot you are going to heat the soup in:  
2 seven inch corn tortillas, cut into strips  
1 ½ Tb minced fresh garlic  
2 Tb minced white onion

Blend in the blender together until smooth:  
The above 3 ingredients with  
1 qt of stock

Pour this mixture in the pot

Blend in the blender:  
½ pound (or ½ of the bag of frozen) white corn kernels  
1 ½ lb (1 large can) chopped tomatoes – fire roasted tomatoes are best  
1/3 C (1 small can) tomato paste  
2 ½ tsp cumin  
1 Tb salt  
1/8 tsp ground white pepper  
½ tsp chili powder  
1 ½ C water



Pour this in pot, add reserved (1/2 pound) corn and heat. Serve with cilantro, chips (fried tortilla strips), and cheese.

## Inspiration



“The Lord has commanded you to take good care of your body. To do this, observe the Word of Wisdom, found in [Doctrine and Covenants 89](#). Eat nutritious food, exercise regularly, and get enough sleep. When you do all these things, you remain free from harmful addictions and have control over your life. You gain the blessings of a healthy body, an alert mind, and the guidance of the Holy Ghost. ...

“Any drug, chemical, or dangerous practice that is used to produce a sensation or ‘high’ can destroy your physical, mental, and spiritual well-being. These include hard drugs, prescription or over-the-counter medications that are abused, and household chemicals” ([2001], 36–37).

We do not want to harm our mortal bodies, for they are a gift from God, and part of our Heavenly Father's great plan of happiness is the reuniting of our immortal bodies with our spirits.

## A Bit 'O Fun

### Tiny Hidden Faces in Broccoli

Thanks to Jonelle Hughes for passing this one on! You can see the original post here <http://www.urlesque.com/2008/10/23/tiny-faces-hidden-in-broccoli-freaks-out-food-blog/?icid=200100397x1212105772x1200735339>



Food bloggers discover **tiny, "terrifying" faces hidden in their broccoli** on photos printed on the frozen veg. They are so tiny that Summer Allen-Gibson and Alicia Carrier, bloggers for ['Bread & Honey'](#), almost could not see them with the naked eye. **You have to get up close to see the scary little faces.** Here is another close-up of the face infestation:



The frozen broccoli comes from organic food company **Cascadian Farm**, who Bread & Honey recommend should **"stay off the reefer"** from now on. Besides pot, other possible theories explaining the tiny faces have surfaced in the "comments" section of the blog where people have speculated that the faces are an advertising stunt or the graphic designer's friends and family.



# The Foods That Are Most Affected By Pesticides

<http://www.naturalnews.com/024404.html>

The Environmental Working Group currently tested 43 different fruits and vegetables, and found that these 12 carried the least amount of pesticides when grown conventionally.

- \* Broccoli
- \* Eggplant
- \* Cabbage
- \* Banana
- \* Kiwi
- \* Asparagus
- \* Sweet peas (frozen)
- \* Mango
- \* Pineapple
- \* Sweet corn (frozen)
- \* Avocado
- \* Onion

Of the 43 different fruits and vegetables tested, the following 12 carried the highest amount of pesticides when grown conventionally, and are therefore the most important to buy organic.

- \* Peaches
- \* Apples
- \* Sweet bell peppers
- \* Celery
- \* Nectarines
- \* Strawberries
- \* Cherries
- \* Lettuce
- \* Grapes (imported)
- \* Pears
- \* Spinach
- \* Potatoes

So there you have it... if you aren't going to go 100% organic so that you can save a few pennies, you now know which fruits and vegetables to make absolute sure are organic, and which ones you can save a little on when necessary.

# Me Oh My. The Irradiation of Our Food Supply

The first time I had ever really thought about Food Irradiation was when I was shopping at Trader Joe's and one of the spice jars was proudly labeled 'Non-Irradiated'. What in the world was that? It got me thinking that if they were marketing this as non-irradiated, were other spices routinely irradiated? The sad answer is yes. And then I thought, 'What in the world is irradiation anyway?' All I knew is that it had something to do with cancer. The following is excerpted from Mercola.com

## What is Irradiation?

According to the Organic Consumers Association (OCA):

"Bombardment of a food by ionizing radiation: "gamma rays" from nuclear material, x-rays or high-speed electrons from electronic guns. They are used to kill bacteria in the food. Electrons are knocked off molecules and ricochet around in the food.

**They break up cell walls, slice and dice chromosomes, kill enzymes, and create free radicals (oxygen atoms missing an electron).**

These free radicals recombine to form stable compounds, or continue their destructive path.

**Some of the compounds created are known to be cancer-causing (formaldehyde, benzene, lipid peroxides). Others have never been seen or studied before."**

## Is it Safe?

Given that the compounds lead to little things like formaldehyde, Still, the FDA maintains that irradiated foods are no different from non-irradiated foods (which is not surprising considering they also consider meat from cloned animals the same as non-cloned meat). Yet, right on their own Web site, they say, "Irradiation can produce changes in food, similar to changes caused by cooking, but in smaller amounts."

The following is a sampling of research -- appearing in scientific journals and other publications -- that raise questions about the FDA's assertions that people who eat irradiated food have nothing to worry about.

- An FDA report from 1968 found significant adverse effects produced in animals fed irradiated food, including:
  - o A decrease of 20.7 percent in surviving weaned rats
  - o A 32.3 percent decrease in surviving progeny of dogs
  - o Dogs weighing 11.3 percent less than animals on the control diets
  - o Carcinomas of the pituitary gland, a particularly disturbing finding since this is an extremely rare type of malignant tumor
- A 1959 study in the Journal of Nutrition found that "a significant number of rats consuming irradiated beef **died from internal hemorrhage within 46 days.**"
- In 1981, a study in Mutation Research found that "**freshly irradiated diets produced elevated levels of early deaths** in [mice fetuses]... The increase in early deaths would suggest that **the diet when irradiated has some mutagenic potential.**"

- In 1969, a study in Radiation Research found “**considerable amounts of radioactivity were present** in the liver, kidney, stomach, gastrointestinal tract, and blood serum of rats fed irradiated sucrose solutions. Radioactivity was present in urine and feces samples.”

- In 2000, a study in Food Irradiation concluded that “an increase in concentration of a mutagen in food by irradiation **will increase the incidence of cancer. It will take four to six decades to demonstrate a statistically significant increase in cancer due to mutagens introduced into food by irradiation.** When food irradiation is finally prohibited, several decades worth of people with increased cancer incidence will be in the pipeline.”

Not to mention that irradiation also destroys vitamins, disrupts the chemical composition of food, and, as I said earlier, masks and encourages filthy conditions in food-processing plants.

### **Pasteurized=Irradiated**

Instead of using the word irradiated, which would cause alarm in the average consumer, the FDA is allowing the word ‘Pasteurized’ to be used instead, which evokes a much more sterile and safe image in the consumers head.

Even if you ignore the reproductive dysfunction, chromosomal abnormalities, liver damage, and strange gene-damaging chemicals linked to irradiation, it still acts as a type of pasteurization.

And pasteurization is the primary reason why pasteurized milk is not good for the majority of people. Raw, unpasteurized milk, meanwhile, is an entirely different, typically health-promoting food. So the idea of pasteurizing fresh vegetables, on top of the beef, eggs, chicken, spices and other foods that are currently irradiated, is absurd.

The solution to creating healthier, safer foods lies in cleaning up the growing conditions and processing plants, and most certainly in returning farming to a small-scale basis.

“The agency is choosing to have a high-tech expensive solution to a problem that needs a more thorough approach and one that really starts on the farm,” said Caroline Smith DeWaal, food safety director at the Center for Science in the Public Interest.

And according to Patty Lovera, assistant director of Food and Water Watch, irradiation is “a total cop-out.”

“They [The FDA] don’t have the resources, the authority or the political will to really protect consumers from unsafe food,” she said.

“Irradiation for fruits and vegetables was based on a theoretical calculation of the danger of the new chemicals that were created, not on animal studies,” OCA says.

### **Eating Healthy in an Unhealthy World**

Our food is currently under assault from a wide variety of enemies. Pesticides, pollution, irradiation, pasteurization, and genetic modification all come to mind. But there are still some ways to minimize these risks and get your food as healthy, and as natural, as possible in today’s modern world:

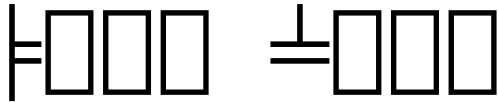


The FDA currently requires that irradiated foods include labeling with either the statement “treated with radiation” or “treated by irradiation” and the international symbol for irradiation, the radura. That might change in the future, but for now avoid all foods that contain these labels.

- Choose organic foods. Certified organic foods may not be irradiated (and they also may not contain genetically modified ingredients or synthetic pesticides or fertilizers).
- Buy foods locally. Get to know a farmer near you (or join a food coop with access to one). This way, you’ll know how your food is grown and whether or not it’s irradiated.

- Grow your own food. If you have the space, a small garden can produce plenty of produce for your family.

For more information read <http://www.naturalnews.com/024311.html>



Seasonal Foods by state:

<http://www.sustainabletable.org/shop/eatseasonal/>

## Organic Produce May Soon Be Cheaper Than Conventional

A study suggests that the rising price of oil could soon make cereal crops grown with chemical fertilizers more expensive than those produced more naturally.

Industrial farming relies on fertilizers made from fossil fuels. These fertilizers are used to replace nutrients in the soil. Organic farming, however, improves soil fertility through crop rotations, and is therefore less affected by oil prices.

With oil predicted to reach \$200 a barrel within five to 10 years, the profit margin on organic wheat, barley and oil seed rape could soon be significantly higher than for the same crops produced by non-organic methods.

Sources:

- [Daily Telegraph September 2, 2008](#)
- [The Impact of Rising Oil Prices on Organic and Non-Organic Farm Profitability \(Full-length PDF Report\)](#)

In Love and Health,

Amy