



## Food for the mind about food for the body...

Michael Pollan's Latest about the way we eat...

Food. There's plenty of it around, and we all love to eat it. So why should anyone need to defend it?

Because most of what we're consuming today is not food, and how we're consuming it -- in the car, in front of the TV, and increasingly alone -- is not really eating. Instead of food, we're consuming "edible food-like substances" -- no longer the products of nature but of food science. Many of them come packaged with health claims that should be our first clue they are anything but healthy. In the so-called Western diet, food has been replaced by nutrients, and common sense by confusion. The result is what Michael Pollan calls the American paradox: The more we worry about nutrition, the less healthy we seem to become.

But if real food -- the sort of food our great grandmothers would recognize as food -- stands in need of defense, from whom does it need defending? From the food industry on one side and nutritional science on the other. Both stand to gain much from widespread confusion about what to eat, a question that for most of human history people have been able to answer without expert help. Yet the professionalization of eating has failed to make Americans healthier. Thirty years of official nutritional advice has only made us sicker and fatter while ruining countless numbers of meals.

Pollan proposes a new (and very old) answer to the question of what we should eat that comes down to seven simple but liberating words: **Eat food. Not too much. Mostly plants.** By urging us to once again eat food, he challenges the prevailing nutrient-by-nutrient approach -- what he calls nutritionism -- and proposes an alternative way of eating that is informed by the traditions and ecology of real, well-grown, unprocessed food. Our personal health, he argues, cannot be divorced from the health of the food chains of which we are part.

In Defense of Food shows us how, despite the daunting dietary landscape Americans confront in the modern supermarket, we can escape the Western diet and, by doing so, most of the chronic diseases that diet causes. We can relearn which foods are healthy, develop simple ways to moderate our appetites, and return eating to its proper context -- out of the car and back to the table. Michael Pollan's bracing and eloquent manifesto shows us how we can start making thoughtful food choices that will enrich our lives, enlarge our sense of what it means to be healthy, and bring pleasure back to eating.

Pollan's last book, *The Omnivore's Dilemma*, launched a national conversation about the American way of eating;

now *In Defense of Food* shows us how to change it, one meal at a time.

From <http://www.michaelpollan.com/indefense.php>

## Golden Acres Apples

From Sharon Carson

KC and I are putting together another run to get apples, juice and vinegar for our local community from Golden Acres in Front Royal, Virginia. For more info on the farming practices e-mail me and I will send an attachment. For now, we are taking orders for cases of apples, juice and vinegar. The apples are packed in bushel units -about 45# -50#. You can only order cases. I will be offering some mixed cases possibly, if people want to do that when we get the orders home, so that you can get a mix of varieties in one box. I will also offer juice and vinegar by the jug or jar on a limited basis. We will be picking up the apples the first week in November. You can order with a check made out to Sharon Carson and send to 8887 Blackbird Road, Delmar, DE., 19940 till Oct 18th (DO not make checks out to Sharon's Natural gardens- I can't cash them). After that, add on orders must bring cash. I pay the orchard in cash. We will be having a potluck lunch and biodynamic stirring on Sunday, Oct. 18th. You can bring your order and cash to that if you want to attend. We eat at 2 PM and then will do the stir.



The varieties offered are Golden delicious, Red Delicious, Johnathan, Winesaps, and Yorks. These apples are so tasty-better than any I have had in a grocery store. and keep all winter in the refrigerator. We eat the last of ours in April. I recommend a case for 2 people or 2 cases for a family. You can freeze or can some if you don't have room to store them. They keep very well outdoors in a bin in the cool weather of November and December. They ship UPS to your door- the tray packed apples for \$60.00. We offer a much cheaper price by buying direct and doing the trucking as well as offer the #2's even cheaper which are only available from the orchard. The #2's still keep well as we select them from the bins ourselves and only pick out unblemished apples though they may be lopsided or smaller.

The orchard also offers cases of 4 gallons of pasteurized juice (\$7.50/Gallon), as well as cases of 12 quarts of vinegar. (\$4.50/Quart) (Cont.)

The prices are below. Pickup is here at our gardens . I will email you or call you when we have them here the first week of November -please include your contact info on your order .

- Apples #1 tray-packed... \$48.00
- #1 loose-packed...\$43.00
- #2 packed in box..\$29.00

#2 packed in brown paper bags- \$26.00  
 Juice- \$30.00 Case of 4 gallons  
 Vinegar - \$50 Case of 12 quarts  
 We do have limited space on our truck- so please get your orders to us as soon as you can .  
 If you have questions , my e-mail address is [mugwump@bwave.com](mailto:mugwump@bwave.com) or call me at (302) 846-2571 .

**In Your Share\* This Week**

Winter Squash  
 Peppers  
 Eggplant  
 Beans  
 Kale  
 Broccoli

\*Share makeup is best estimate at publication time.

Note: For preservation tips and additional recipes, visit the CSA website at <http://www.providentorganicfarm.com/>

**Kale** is one of the healthiest vegetables around with one serving being an excellent source of vitamins A and E.

**Cleaning Kale:** Discard damaged and discolored leaves. Rinse Kale under cold running water before cutting. **To preserve nutrients, do not soak kale** or its water-soluble nutrients will leach into the water.

**Cutting Kale:** Stack the leaves, cutting the leafy portion into 1/2-inch slices. Discard stems that are woody and hollow. Cut remaining stems thinner than the leaves to help the stems and leaves cook evenly together.

**Cooking Kale:** It's important not to overcook Kale, cooking for less than 5 minutes is also not recommended, it takes about 5 minutes to soften its fibers and help improve digestibility.

## 5-Minute Kale

**Ingredients:**

- 1 pound Kale
- Mediterranean Dressing:**
- 2 tsp lemon juice
- 1 medium clove garlic, pressed
- 3 TBS extra virgin olive oil
- salt and black pepper to taste

*Optional:*

- sunflower seeds
- crumbled feta cheese
- chopped olives

**Directions:**

1. Fill bottom of steamer with 2 inches of water and bring to boil.
2. While steam is building up, slice kale leaves into 1/2-inch slices, and cut again crosswise. Cut stems into 1/4-inch slices.
3. Chop or press garlic.
4. When water comes to a boil, add kale to the steamer basket and cover. Steam for 5 minutes. (**Optional:** To mellow the flavor of garlic, add garlic to Kale for the last 2 minutes of steaming.)
5. Transfer to a bowl and toss with Mediterranean Dressing ingredients. Mediterranean Dressing does not have to be made separately. For the best flavor, toss with dressing while kale is still hot.
6. Top with any/all of optional ingredients. **Serves 2.**

**Cooking Tips:** To prevent overcooking Kale, use a timer. Testing Kale with a fork is not an effective way to determine whether it is done.

**Flavor Tips:** Try these 6 great serving suggestions with the recipe above.

1. Cook with onions (cook onions 2 minutes before adding Kale) and add a few drops of tamari (soy sauce).
2. Add 2 TBS roasted red peppers and grated Parmesan cheese.
3. For a different flavor, replace lemon juice with balsamic vinegar.
4. Add soaked hijiki (sea vegetable), sesame seeds and finely chopped fresh red bell pepper.
5. Serve Kale with sweet potatoes or winter squash, which provides a nice flavor complement.
6. Spiced Moroccan Kale: Add 1/4 tsp allspice, 1/4 tsp ground coriander, 1/4 tsp cinnamon and a pinch of ground cloves. Top with raisins and chopped toasted almonds.



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