

# Making America Organic...One Home At a Time!



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## Carbohydrate Type, Not Amount, Linked to Obesity

By Alison McCook

When it comes to carbohydrates, it's not how much you eat, but which kind, that makes a difference to your bathroom scale, new research shows.

People who are overweight do not appear to eat more carbohydrates overall than people who weigh less, the researchers report in the American Journal of Epidemiology.

However, they found that overweight people tend to eat more refined carbohydrates, such as white bread and pasta, which cause a rapid spike in blood sugar.

"Total amount of carbohydrate is not related to body weight," Dr. Yunsheng Ma of the University of Massachusetts Medical School in Worcester told Reuters Health. "It's the type of carbohydrate that's important."

These findings suggest that low-carbohydrate diets, which recommend people cut back on all carbohydrates, are missing the mark, Ma added.

"Carbohydrates are not the enemy," he said in an interview. "But you have to watch the kind of enemy."

Ma explained that refined carbohydrates are often found in processed foods that contain a lot of sugar.

This type of carbohydrate has what's called a

high glycemic index, meaning it causes a rapid increase in blood sugar. The body stores that sugar in muscle, but if it is not used, it becomes fat, he noted.

In contrast, whole grains, fruits and vegetables have carbohydrates that don't have such high glycemic index, Ma said.

In the report, Ma and his colleagues note that in the last 20 years, the rate of obesity has increased, despite the fact that people

are eating less fat.



To help investigate the role carbohydrates play in obesity, the researchers measured the height and

weight of 572 healthy people, and asked them to regularly report what carbohydrates they ate. Ma's team followed study participants for one year.

They found that people with a higher body mass index -- a measure of weight that factors in height -- tended to eat carbohydrates with a higher glycemic index.

The amount of carbohydrates people ate had no influence on body mass index.

"Refined carbohydrates are no good, but the total amount of carbohydrates is okay," Ma noted.

He added that some countries now include a food's glycemic index on the labeling, which can be helpful for people trying to lose weight or deal with diabetes.

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### Harvest Blend Regular

- Italian Parsley
- Baby Carrots
- Cucumber
- Red Chard
- Green Leaf Lettuce
- Russet Potatoes
- Poblano Peppers
- Tomatoes
- Yellow Onions
- Fuji Apples
- Blood Oranges
- Royal Mandarins
- Kent Mango
- Kumquats

See the web site for details on our other options. Produce bag contents are subject to change based on availability.

### Account Updates

With our continued growth, it has become difficult to keep up with account change requests made in email or by phone.

We'd like to request that our customers make every effort possible to utilize the online tools on the web site to update your account. The deadlines for all changes are listed online.

Of course, should you have any questions or problems, please let us know and we'll be happy to help.

Thank you for your business!

### The OO Potluck Picnic!

Thank you to everyone who came and made our potluck picnic a lot of fun!



# Recipes

## Olivia's Oatmeal Cookies

- 1/2 cup butter
- 1/2 cup brown sugar
- 5 tbsp fructose
- 1 egg
- 1/2 tsp vanilla
- 1/4 cup soy protein
- 1/4 cup whole wheat flour
- 1/4 cup soy flour
- 1 1/2 cup oatmeal
- 1/2 tsp salt
- 1/2 tsp baking soda
- 1/4 cup pecan pieces
- 1/4 cup raisins
- 1/4 cup coconut
- 1/4 cup chocolate chips
- 1 tbsp sesame seeds
- 1 tbsp sunflower seeds
- 2 tsp flax seeds



Mix all ingredients together until blended well, and then bake cookie-sized chunks at 325 for 15 minutes.

## Rachel's Swiss Chard and Golden Raisins

- 1 bunch red Swiss chard
- 3/4 tbsp extra-virgin olive oil
- 2 slices, pancetta or bacon, chopped
- 1/2 small yellow skinned onion, chopped
- 1/8 cup golden raisins
- 8 ounces chicken stock or broth
- Coarse salt
- 1/8 tsp nutmeg

Heat a large skillet over medium high heat. Coarsely chop the greens of clean red chard. Add oil, pancetta, and chopped onion to the pan and cook 2 or 3 minutes until onions begin to soften and pancetta is lightly browned. Add chopped chard to pan in large bunches, adding remaining chard as the greens wilt. Sprinkle in raisins, pour in broth and season with salt and nutmeg. Bring liquid to a boil, reduce heat and simmer greens 10 to 15 minutes until greens are no longer bitter and you are ready to serve. Raisins will plump as the dish cooks through.

## Baked Chicken with Kumquats

- 1 roasting chicken, cut up
- 1/2 cup dry white wine
- 1/4 cup lime juice
- 1/4 cup soy sauce
- 2 sm onions, finely chopped, about 1 cup
- 4 cloves garlic, crushed
- 1/2 tsp oregano
- 1/2 tsp thyme

- 1 tsp curry powder
- 1 tsp ground ginger
- 2 tbsp butter or margarine
- 1 tbsp salad oil
- 2 tbsp flour
- 1/2 lb fresh kumquats
- 2 egg yolks, slightly beaten
- salt, to taste
- chopped parsley

Arrange the chicken pieces in a large, shallow baking dish. In a bowl, combine the wine, lime juice, soy sauce, chopped onion, garlic, oregano, thyme, curry and ginger. Pour over the chicken. Cover the dish and marinate 6 to 8 hours. Turn twice during this time. Drain, reserving the marinade.

Heat a large frying pan and add the butter and oil. Brown the chicken pieces then place them back in the baking dish. Stir the flour into the fat in the pan; cook, stirring, until bubbling. Gradually blend in the marinade; stir and cook until thickened. Pour over the chicken. Cover the pan with foil and bake in a 350F oven for 1 hour or until tender.

Arrange the chicken pieces on a serving dish, reserving the sauce. Sprinkle the kumquats over; keep warm while you finish the sauce. Bring the sauce to a boil in a small pan. Mix a little of the hot sauce with the lightly beaten egg yolks then return the mixture to the pan. Cook, stirring constantly and without boiling, until thickened. Add salt to taste. Pour the sauce over the chicken and sprinkle the whole thing with parsley.

## Jennifer's Strawberry Spinach Salad

No, we don't have spinach this week, but this salad made by one of our newest customers at the potluck this weekend was so good we had to share the recipe.

- 1 lemon
- 2 tbsp white wine vinegar
- 1/3 cup sugar
- 1 tbsp vegetable oil
- 1 tsp poppy seeds
- 1/4 cup sliced natural almonds, toasted
- 8 oz. strawberries
- 1/2 medium cucumber, sliced
- 1/4 red onion, sliced
- 1 bunch spinach



For dressing, zest lemon to measure 1/2 tsp zest. Juice lemon to measure 2 tbsp juice. Combine zest, juice, vinegar, sugar, oil and seeds in bowl and whisk until blended. Cover and refrigerate.

Preheat oven to 350. Spread almonds in single layer over cookie sheet. Bake 7-10 minutes until lightly toasted. Remove from oven and let cool. Cut strawberries into quarters. Score cucumbers lengthwise and slice, then cut those slices in half. Slice onion into thin wedges. Place the spinach in a large bowl and add strawberries, cucumber and onions. Whisk the dressing and pour over the salad. Sprinkle with almonds and enjoy!