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Raw Food Vegans Thin, But Healthy

People on strict raw food vegetarian diets are thin but healthy, U.S. researchers reported on Monday.

Although nutritionists and the food industry have warned that a diet without dairy foods can lead to the bone-thinning disease osteoporosis, the team at Washington University School of Medicine in St. Louis found the vegans they studied had many of the signs of strong bones.

Dr. Luigi Fontana, who led the study, said they had thin bones but none of the other signs of osteoporosis.

"We think it's possible these people don't have increased risk of fracture but that their low bone mass is related to the fact that they are lighter because they take in fewer calories," Fontana said in a statement.

He said he would continue to follow them to see if they develop osteoporosis later.

"Raw food vegetarians believe in eating only plant-derived foods that have not been cooked, processed, or otherwise altered from their natural state," Fontana's team wrote in this week's issue of the Archives of Internal Medicine.

"Because of their low calorie and low protein intake, raw food vegetarians have a low body mass index (BMI) and a low total body fat content. It is well documented that a low BMI and weight loss are strongly associated with low bone mass and increased fracture risk, while obesity protects against osteoporosis."

Fontana's team studied 18 strict raw food vegans aged 33 to 85. All ate a diet that included unprepared foods such vegetables,

fruits, nuts, and sprouted grains. They had been on this diet for an average of 3.6 years.

The team compared them to 18 more average Americans. The raw food group had an average body mass index of 20.5, while the average group were slightly overweight with a BMI of 25.

BMI is an internationally accepted measurement of height to weight, and a BMI of 18.5 to 24 is considered the healthy range.

Fontana expected the vegans to have low vitamin D levels because they avoid dairy products, which are fortified with the vitamin. But in fact their vitamin D levels were

"markedly higher" than average.

Vitamin D is made by the skin when the body is exposed to sunlight and is key to keeping strong bones.

"These people are clever enough to expose themselves to sunlight to increase their concentrations of vitamin D," Fontana said.

And the vegans had low levels of C-reactive protein, an inflammatory molecule that is becoming linked with the risk of heart disease, diabetes and other chronic disease.

Furthermore, they had lower levels of IGF-1, a growth factor linked to risk of breast and prostate cancer.

Fontana does not advocate a raw food diet. But he said that to lower the risk of cancer and heart disease people should eat more fruits, vegetables and whole grains.



Harvest Blend Regular

- Baby Red Beets
- White Garlic
- Baby Carrots
- Hass Avocado
- Red Russian Kale
- Green Butter Lettuce
- Sweet Onions
- Russet Potatoes
- Zucchini
- Valencia Oranges
- Pink Lady Apples
- Kiwi
- Ataulfo Mango
- Bosc Pears

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

Route Changes Coming

We have tentatively scheduled our route changes for next week, assuming we get our web site code updated in time.

We will contact everyone who will be changing days later this week. To summarize:

1. Tuesday deliveries in Oviedo, Chuluota, and Winter Springs, as well as some parts of Sanford will be moved to a new Wednesday delivery.
2. Thursday deliveries in Winter Springs, Oviedo, and other deliveries near the 417 will be moved to Wednesday as well.
3. Thursday deliveries downtown and in southern Winter Park will be moved to Tuesdays.

We apologize if the changes inconvenience anyone, but we feel they are necessary to continue serving you at the same level of quality. Please call if you have any questions.

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Recipes

Mildred's Daughters' Russian Kale

- 1 medium onion, sliced
- 2 tbsp extra virgin olive oil
- 2 to 3 cloves garlic, chopped
- 1 bunch Russian Kale
- 1 can cannellini beans, drained
- 2 tbsp balsamic vinegar

Sauté onion in olive oil until translucent, about 3 minutes. Add garlic and sauté another 30 to 45 seconds. Add washed and coarsely cut-up kale and cook until wilted. Add drained beans and stir until the mixture is heated through. Drizzle with balsamic vinegar. Serves 4 as a side dish.

Chicken a la Spring

- 3 tbsp cooking oil
- 2 cloves garlic, minced
- 1 tbsp finely shredded lemon peel
- 1 lemon, cut into wedges
- 1 3- to 3-1/2-pound whole broiler-fryer chicken
- 2/3 cup reduced-sodium chicken broth
- 1-1/2 tsp potato starch
- 1 tbsp lemon juice
- Salt and pepper
- 2 tbsp coarsely shredded spinach leaves
- 1 bunch red kale

In a small saucepan cook and stir oil and garlic over low heat for 2 minutes. Remove from heat. Stir in lemon peel; set oil mixture aside. Place lemon wedges in the cavity of the bird. Tie legs to tail. Twist wing tips under back. Loosen and lift skin above breast. Brush a little of the garlic-oil mixture under the breast skin; skewer neck skin to back. Brush a little more of the oil mixture over the skin of the bird. Cover and chill remaining oil mixture. Cover chicken; let stand at room temperature 30 minutes, or refrigerate up to 24 hours.

Preheat oven to 375 degrees F. Uncover chicken; place, breast side up, on a rack in a shallow pan. If desired, insert a meat thermometer into center of an inside thigh muscle. Do not allow thermometer tip to touch bone. Roast, uncovered, for 1 to 1-1/4 hours or

until thermometer registers 180 degrees F. Baste with remaining oil mixture about halfway through cooking time. Remove lemon wedges from cavity. Cover chicken loosely with foil; let stand 10 minutes.

Meanwhile, pour juices and browned bits from roasting pan into a small glass measure. Skim off and discard fat, reserving pan juices (1 to 2 tbsp total). In a small saucepan gradually stir chicken broth into potato starch or cornstarch. Add pan juices. Cook and stir over medium heat until slightly thickened and bubbly. Stir in lemon juice. Season to taste with salt and pepper.

Transfer chicken to a serving platter. Pour sauce into a bowl; top with shredded spinach. Top chicken with kale. Makes 6 servings.

Pear and Zucchini Soup

- 1 tbsp butter
- 2 tbsp olive oil
- 2 carrots, diced
- 2 stalks celery, diced
- 1 small onion, diced
- 6 medium zucchini, diced
- 2 small pears, peeled, seeded and diced
- 1 tbsp fresh sage leaves, cut into ribbons
- 5 cups water
- 3 medium potatoes, peeled and diced
- 1 tsp salt, plus more to taste
- 1/4 cup heavy cream
- freshly ground black pepper
- bread or croutons, for serving

In a medium stock pot over medium heat, add butter and olive oil. When the butter melts, add the onions, celery and carrots and cook until browned, about 10 minutes. Add the zucchini, pear and sage. Cook another 10 minutes, stirring occasionally. Add the water, potatoes, and 1 teaspoon salt. Place a lid on the pot and reduce heat to low. Simmer until the vegetables are fork-tender, about 30 minutes.

Remove the soup from the heat. With an immersion blender, puree the soup until smooth. Stir in the heavy cream. More water can be added as desired if the soup is too thick. Bring to a simmer and season with salt and pepper. Serve with bread or croutons.