

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



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Lowfat Diets Might Deprive Kids Vitamins

Lowfat diets might be fine for adults, but at least one small study suggests grown-ups using that approach for their families could be depriving young children of vitamins they need.

University of Nebraska-Lincoln nutrition scientist Judy Driskell said her recent study of preschool children living in Lincoln found two-thirds of them lacking the recommended levels of vitamin E and one-third short on vitamin C -- a finding attributed mainly to parents sharing their eating habits with their children.

"Parents are eating a lot of lowfat and nonfat products, and we're finding they also give their children such things as skim milk," Driskell said. "The low-fat diet is probably associated with their being low in vitamin E."

Some child nutrition experts expressed shock at the study's findings, noting that vitamin deficiencies -- particularly of vitamin C -- are considered uncommon in the United States.

"It doesn't take that much fresh fruit intake ... to get a recommended daily allowance of vitamin C," said Dr. Terrill Bravender, director of adolescent medicine at Duke University Medical Center in North Carolina.

Bravender also noted debate in the medical field about how much vitamin E is needed for good health, particularly for young children.

Driskell and colleagues from the university's Institute of Agriculture and Natural Resources tested major antioxidant vitamin levels, which include vitamins E and C, in children ages 2-5 at four Lincoln day care centers.

They tested blood samples from 22 ethnically diverse boys and girls -- the only ones whose parents gave permission for the study.

The ideal levels of vitamins E and C were based on recommendations by the National Academy of Sciences and adjusted by Driskell for children.

What the UNL researchers found was that many suffered borderline deficiencies.

"Their blood values were low, but the children did not have deficiency symptoms that would affect skin, eyes, and that kind of thing," Driskell said.

"They were at the point that they could be treated using food or vitamin supplements."

Parents of the children also were interviewed about their children's diets.

Besides the parents' tendency to give the children lowfat foods, researchers found day care centers serving potato chips and other unhealthy snacks, Driskell said.

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Harvest Blend Regular

- Green Beans
- Baby Carrots
- Cilantro
- Romaine Lettuce
- Yellow Onions
- Hass Avocado
- Purple Turnips
- Russet Potatoes
- Valencia Oranges
- Cameo Apples
- Kiwi
- Lemons
- Bananas
- Packham Pears

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

Organic Chicken Coming Soon!

Due to some extremely popular demand, we'll soon be offering organic chicken along with our existing options.

Bushman Farms in Iowa is a certified organic farm, owned by the Amish community, and we'll be offering their chicken legs (in 10# bags), as well as boneless skinless breasts and whole chickens.

Watch the web site for details!

Route Changes

Yes, we've finally made our route changes. Starting this week, we've moved a portion of our Tuesday and Thursday customers to a new Wednesday route.

We appreciate everyone's helpful attitude during the changeover period. Thanks from all of us at Orlando Organics!



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Some centers reported avoiding serving fresh fruit for fear the children might suffer food allergies, she said.

Nutritionists recommend young children regularly have whole milk, nuts and seeds, regular salad dressings, and whole-grain cereals fortified with vitamins to get vitamin E. They also recommend regular consumption of fresh fruits and vegetables and small amounts -- 3 to 6 ounces -- of citrus juice.

But some like Dr. Lilian Cheung at the Harvard School of Public Health disagreed with Driskell's suggestion that children take a

multivitamin, noting that supplements can't replace foods rich in vitamins and minerals.

Bravender also challenged Driskell's recommendation for children to drink fruit juice, noting that fresh fruits and vegetables provide vitamin C without the high number of calories found in juice.

"The major public health epidemic that's facing our country right now is childhood obesity, not vitamin C deficiency," Bravender said.

Recipes

Apple Turnip Gratin

- 2 cups peeled, diced turnips
- 3 cups chopped apples
- 1 cup grated Swiss cheese
- 1/4 cup heavy cream
- 1 tsp crumpled dried sage
- salt and pepper to taste

Preheat the oven to 350F. Peel the turnips and chop into fine 1/2" dice, discarding any tough or dark bits. Put 2 cups of turnips into salted boiling water and boil 10 minutes.

Meanwhile, cut the apples into chunks twice the size of the diced turnips. In a bowl, mix apples, cheese, sage, salt and pepper. Drain the turnips and run cold water on them, then add them to the bowl. Oil or butter a baking dish and put the apple-turnip mixture in the dish, and pour on the cream. Bake uncovered for an hour. If the top darkens too much, lower the heat.



Lemon Turnip Sticks

- 2 med turnips, peeled & cut into sticks
- 1 tbsp. butter
- 2 tsp parsley, snipped
- 1 tsp finely chopped onion
- 1 tsp lemon juice
- salt & pepper

Cook turnip sticks in boiling water until tender, about 20 minutes. Drain; add butter, parsley, onion and lemon juice. Toss to coat. Season to taste.

Fresh Green Bean Salad with Cilantro

- 3/4# fresh green beans, trimmed
- 2-3 tbsp red wine vinegar
- 3-4 tbsp extra-virgin Greek olive oil
- Salt and pepper to taste
- 2 garlic cloves, peeled and finely chopped
- 1/2 cup cilantro, coarsely chopped
- 1/2 cup blanched almond slivers

Trim the beans, being careful to remove the stringy fiber that runs along each seam. Cut in half. Place about 2 inches of water in a wide pot and bring to a boil. Place the beans in a steaming basket and place in the pot over the water. Cover and steam for about 10-12 minutes, until the beans are tender but al dente. Remove and place in a serving bowl. Whisk together the olive oil, vinegar, salt and pepper. Toss the beans with the almonds, cilantro and dressing and serve either slightly warm or at room temperature.

Orange Green Beans

- 3/4# fresh green beans, trimmed and cut into 1- inch pieces
- 1/4 cup fresh orange juice
- 1/2 tbsp finely grated orange peel
- 1 tbsp balsamic vinegar
- 1/2 tsp sugar
- 1/2 tsp grainy mustard
- 1/2 tsp salt
- 1/8 cup olive oil
- 1/4 cup finely chopped red onion
- fresh ground pepper

Add green beans to boiling water and cook about 3 minutes or until crisp tender. Drain and set aside. Combine remaining ingredients in a container with a tight fitting lid and shake to mix. Toss beans with dressing and serve.

Avocado Smoothie

- 1 cup vanilla ice cream
- 2 oz lowfat milk
- 6 oz avocado
- 1 1/3 cups frozen strawberries
- 1 tbsp honey or maple syrup
- 1 tsp nutmeg
- 1 tsp cinnamon
- whipped cream

Cut avocado into half. Put ice cream, milk, avocado, and frozen strawberries into blender. Add honey or maple syrup, nutmeg and cinnamon. blend until smooth. Pour into 20 oz. serving cup. Top with whipped cream. Sprinkle extra nutmeg if desired.