

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



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Food Pyramid Becomes 12 Pyramids

The government last week discarded its one-size-fits-all food pyramid in favor of 12 different triangle-shaped guides, each geared to people's differing lifestyles and nutritional needs.

Inside the familiar pyramid shape, rainbow-colored bands representing different food groups run vertically from the tip to the base. The old pyramid's sections ran horizontally.

Also in store are Internet tools to help follow the new recommendations. Officials hope the new symbols will renew interest in healthy habits but acknowledged that it will take time to make a difference in America's growing girth.

People have steadily grown fatter since the food pyramid debuted in 1992. A report last month in *The New England Journal of Medicine* contended that obesity, particularly in children, was causing a reversal in life expectancy, shaving four to nine months off the average life span.

Agriculture Secretary Mike Johanns said the 1992 pyramid had "become quite familiar, but few Americans follow the recommendations." He said that knowledge about nutrition and food consumption patterns has grown significantly in the past dozen years and is reflected in the new food guidance symbols.

"If we don't change these trends, our children may be the first generation that cannot look forward to a longer life span than their parents," said Eric Bost, the Agriculture Department's under secretary for food, nutrition and consumer services

The new guide is just one element of a sys-

tem aimed at making people slimmer and healthier, said Eric Hentges, director of the Center for Nutrition Policy and Promotion. Also in store are Internet tools to help follow the new recommendations, as well as tools to help educators and nutritionists spread the word.

"Part of the problem previously was that we had this one symbol, this one pyramid, and it was one size fits all," Hentges told agriculture reporters last week. "Or it was a misinterpretation. In the case of grain servings, it said six to 11 servings. Well, if you're supposed to be eating 1,600 calories, you never did get to choose these 11 servings of grain."

"Who knows what a serving is?" Hentges added. "It's whatever I put on my plate. The servings differ for you than for your spouse, maybe."

This time, to make its advice more understandable, the government will switch to cups, ounces and other household measures. The switch was recommended in a 70-page booklet, "Dietary Guidelines for Americans 2005," that was developed by a panel of scientists and doctors and released in January.

The guidelines, which were the basis for revising the pyramid, include eating 2 cups of fruit and 2 1/2 cups of vegetables a day; eating 3 ounces of whole-grain foods a day and drinking 3 cups of fat-free or lowfat milk a day. The government also advises exercising at least 30 minutes a day to reduce the risk of chronic disease, even more to prevent weight gain or maintain weight

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April 26-28, 2005

Harvest Blend Regular

- Green Beans
- Carrots
- Artichoke
- Green Leaf Lettuce
- Red Onions
- Hass Avocado
- Green Chard
- Garnett Sweet Potatoes
- Valencia Oranges
- Sundowner Apples
- Ruby Grapefruit
- Strawberries
- Bartlett Pears

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

Newsletter Update

In order to offset our rising fuel costs and cut expenses, starting next week the newsletter will be available online exclusively. We will no longer be including a printed copy with your delivery. We hope everyone understands.

Organic Poultry Available Now

Due to some extremely popular demand, we're now offering organic chicken and turkey.

Because this will be special ordered, you will need to place any poultry orders by Friday at 9 am, *the week before delivery*, to ensure you receive your chicken.

Chicken legs are available in 10# bags, and boneless/skinless breasts will be available by the pound.

Whole chickens and turkeys are also available, contact us for more details on those items.

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loss.

In all, there were 23 general recommendations and 18 suggestions for older people, children and other special populations. That's too much to cram into a symbol that is supposed to be clipped out and stuck to the refrigerator, Hentges said.

The Agriculture Department will offer Web pages that let people appraise their diet and exercise habits. Such a tool has already been available through the agency's Web site; the Interactive Healthy Eating Index has a notice on its home page that it will soon be updated.

Even if the symbol and online tools don't motivate people to change their habits, they'll still have some healthier choices. Food companies have been removing trans fats from their products and adding whole grains because of the government guidance.

"If you get the industry involved and make them feel that they're doing a good thing and that they're getting credit for doing a good thing, they'll do it. They'll change their product," said K. Dun Gifford, president of Oldways Preservation Trust, a Boston-based think tank that specializes in food issues.

Critics have raised questions about the public relations agency hired to help create the new version of the pyramid. The firm, Porter Novelli, has food companies as clients, but both Agriculture Department and Porter Novelli officials have said the firm's industry work is handled separately and there would be no conflict of interest.

Hentges said his staff of scientists, economists and nutritionists isn't equipped to promote its new approach. If it's not marketed effectively, he said, "then we're not going to be able to get this behavior change or improve anything for Americans."

Recipes

Chard and Caramelized Onions

- 1 bunch chard, rinsed and chopped
- 1 large onion, chopped
- 2 tbsp olive oil
- 1 tsp brown sugar
- 1/4 cup kalamata olives
- 2 tbsp capers
- 1/2 tsp coarse sea salt
- black pepper to taste
- juice of one lemon



In a cast iron skillet, cook onions in olive oil over medium-high heat until they begin to brown. Stir in brown sugar, and continue cooking for a few minutes. When onions are brown and tender, stir in chard and olives. Cook until chard is slightly wilted. Stir in capers and salt, and continue cooking until chard is completely wilted, about 3 minutes. Season with black pepper and squeeze lemon over the top.

Curried Chicken and Sweet Potatoes

- 2 tbsp olive oil
- 1 tsp cumin seed
- 1/2 tsp garam masala
- 1/4 tsp ground cardamom
- 1/4 tsp cayenne pepper
- 1/2 tsp black mustard seed
- 1/2 tsp salt
- 2 cloves garlic, minced
- 2 (4 ounce) chicken thighs, cut into bite size pieces
- 2 medium sweet potatoes, diced
- 2 roma (plum) tomatoes, diced
- 1/2 bunch Swiss chard, chopped
- 1 (8 ounce) container plain yogurt



In a large skillet, heat oil over medium heat. In hot oil, cook cumin seeds, garam masala, cardamom, cayenne pepper, mustard seeds, salt, and garlic. When seeds start to pop, stir in chicken and potatoes. Cook for 15 minutes, or until chicken is nearly done. Stir in tomatoes, chard, and yogurt. Cover, and cook 15 minutes more, or until potatoes are tender and chicken is cooked through.

Pickled Green Beans

- 3/4 lb fresh green beans, rinsed and trimmed
- 2 cloves garlic, peeled
- 2 sprigs fresh dill weed
- 1 tsp salt
- 1 cup white vinegar
- 1 cup water



Cut green beans to fit inside pint canning jars. Place green beans in a steamer over 1 inch of boiling water, and cover. Cook until tender but still firm, for 3 minutes. Plunge beans into ice water. Drain well.

Pack the beans into a hot, sterilized pint jar. Place garlic and dill weed in jar, against the glass. Add salt to jar. In a large saucepan over high heat, bring vinegar and water to a boil. Pour over beans. Fit the jar with lid and ring and process for 10 minutes in a boiling water bath.

Beans and Mushroom Medley

- 1/2 pound fresh green beans, cut into 1-inch lengths
- 2 carrots, cut into thick strips
- 1/4 cup butter
- 1 onion, sliced
- 1/2 pound fresh mushrooms, sliced
- 1 tsp salt
- 1/2 tsp seasoned salt
- 1/4 tsp garlic salt
- 1/4 tsp white pepper

Place green beans and carrots in 1 inch of boiling water. Cover, and cook until tender but still firm. Drain. Melt butter in a large skillet over medium heat. Sauté onions and mushrooms until almost tender. Reduce heat, cover, and simmer 3 minutes. Stir in green beans, carrots, salt, seasoned salt, garlic salt, and white pepper. Cover, and cook for 5 minutes over medium heat.