

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



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## Study: 3 Percent Follow Health Advice

Only 3 percent of Americans follow health advice to keep the weight off, exercise regularly, eat five or more servings of fruit and vegetables a day and avoid smoking, according to a report issued last week.

Many studies show that people who eat healthily, exercise and do not smoke are far less likely to develop heart disease, cancer, diabetes and other chronic and deadly conditions.

Yet Americans find it almost impossible to take these steps, Mathew Reeves of Michigan State University and colleagues found.

"I was surprised it was this low," Reeves said in a telephone interview.

Writing in the Archives of Internal Medicine, Reeves and colleagues said they looked at surveys filled out by 153,000 adults as part of the U.S. government's Behavioral Risk Factor Surveillance System in 2000.

Some 76 percent of those surveyed said they did not smoke. But just 23 percent included at least five fruits and vegetables in their daily diets, 22 percent exercised at least 30 minutes per day five or more times a week, and 40 percent maintained a healthy weight defined as a body mass index (BMI) of 25 or less.

Only 3 percent met all four goals. Reeves checked other studies, and then did an informal poll of people he knew.

"They all kind of roll their eyes and go, 'Nobody does that'," Reeves said. "This is the problem -- the social or cultural norm is not to do that, and it seems like an acceptable situation.

"We need to do much more societally and in terms of government in making an environment where it is a lot easier to do this. Let's

start thinking about how we construct our neighborhoods and our cities. Let's start thinking about the way we work and the long commutes and working 40 hours a week."

The federal government is trying to make some moves. Last week the U.S. Agriculture Department replaced its familiar "food pyramid" with a food triangle that emphasizes exercise with a figure climbing up stairs. The Internet-based advisory also tries to tailor nutritional advice to the individual.



But critics complain the Web site is difficult to navigate. "The people that need it most are probably the ones who are the least likely to use a computer," said Alice Lichtenstein, a nutrition specialist at Tufts University in Boston.

"What we really don't know is how best to communicate information about diet and lifestyle to people. What we are doing doesn't seem to be working for the people who need it most," added Lichtenstein, who has advised the USDA's Dietary Guidelines committee in the past.

The U.S. Centers for Disease Control and Prevention has tried to warn of the consequences of poor eating and a lack of exercise, but has been hampered by debate over mortality statistics.

Estimates on how many people die from being obese or overweight, for example, range from 25,000 a year to 365,000, depending on the statistical method used.

"I think people feel overwhelmed that they have all these healthy choices that they must take, to where they are almost at the point of saying 'I can't do it,'" said CDC spokesman Tom Skinner.

May 3-5, 2005

### Harvest Blend Regular

- Broccoli Crowns
- Baby Carrots
- Cucumber
- Red Leaf Lettuce
- Green Onions
- Hass Avocado
- Alfalfa Sprouts
- Zucchini
- Valencia Oranges
- Fuji Apples
- Packham Pears
- Bananas
- Tommy Atkins Mango

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 this 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.

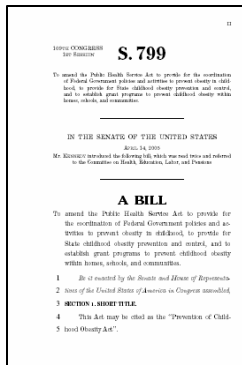
# Keeping Junk Food Out of School Reaches Congressional Debate

Last week, U.S. Senator Ted Kennedy re-introduced his bill to ban the sale of junk food and soda pop in public schools nationwide, the "Prevention of Childhood Obesity Act" (S. 799).

In schools that receive federal funds, the bill would ban vending machines that sell "foods of poor or minimal nutritional value," including soda pop, some candy, chewing gum, etc.

It would provide grants to schools that prohibit advertising and marketing of "foods of poor or minimal nutritional values such as fast foods, soft drinks and candy," or provide food options low in fat, calories and added sugars, such as fruits, vegetables and whole grains.

It would require daily physical activity classes, and would encourage the consumption of water in school and in communities.



According to a Wall Street Journal poll in February, 2005, 83% of Americans "believe public schools need to do a better job of limiting children's access to unhealthy foods like snack foods, sugary soft drinks and fast food."

Unsurprisingly, industry lobbyists from the food and beverage companies, media conglomerates and advertising agencies have expressed their intent to oppose the legislation.

For more information on the bill, read the full text at <http://www.commercialalert.org/PCOA2005.pdf>.

To read information on the Organic Consumer Association's campaign to make school food healthier, visit <http://www.organicconsumers.org/sos.htm>.

## Recipes

### Beef with Green Onions

- 1 1/2 tbsp dry sherry
- 3 tbsp oyster sauce
- 1/2 tsp white sugar
- 2 tsp cornstarch
- 2 tbsp peanut oil
- 1 lb flank steak, thinly sliced
- 1 bunch green onions, cut into 1/2-inch pieces



- 1 cucumber, small peeled & sliced
- 1 medium tomato, cubed
- 1 cup sprouts
- 1 cup carrots, chopped
- 1 avocado, sliced

Combine all ingredients in a large bowl. Add dressing of your choice. Toss well. This is the type of recipe that you can use often, but every time it will be different depending on what you have in your fridge.

In a small bowl, mix the sherry, oyster sauce, sugar, and cornstarch. Heat the oil in a skillet, and cook the flank steak about 3 minutes. Stir in sherry sauce mixture. Add the green onions, and continue cooking 10 minutes, or until the flank steak is evenly brown and the green onions are tender.

### Carrot Salad with Green Onions

- 1 carrots, scraped and grated
- 3 tbsp green onion, washed & chopped
- 1 cucumber, washed & cubed.
- 1 tbsp olive oil

Mix all ingredients and enjoy.

### Cream of Sprout Spinach Soup

- 1/4 cup butter
- 1/4 cup unbleached white flour
- 3 cups milk
- 2 oz. alfalfa sprouts
- 2 oz. fresh spinach
- 1 tbsp butter
- salt & pepper

Melt 1/4 cup butter in heavy sauce pan. Stir in flour & cook for 3 min. over med. heat, stirring constantly. Add milk a little at a time, stir until smooth. Sauté spinach & sprouts in butter. Place spinach/sprouts mixture in blender with 1 cup soup liquid & blend until smooth. Stir into soup salt and pepper to taste.

### Waldorf Sprout Salad

- 4 oz. sprouts
- 2 cups crisp apples, cubed
- 1/2 cup chopped walnuts
- 1/3 cup celery, chopped fine
- 1/2 cup chopped dates

Dressing:

- 1/2 cup mayonnaise
- 1/2 cup sour cream
- 1 tbsp honey
- juice of 1/2 lemon

Mix dry ingredients, then mix dressing ingredients in a separate bowl, then combine.

### Energy Salad

- 3 cups lettuce, washed, dried & broken into small pieces
- 1 cup spinach, washed, dried & coarsely chopped