

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



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Diet Doesn't Have To Take Vacation

Hearing the words "travel" and "diet" in the same sentence makes five out of seven tourists in New Orleans, a city of sumptuous restaurants, burst out laughing, an utterly unscientific survey finds.

Nevertheless, an hour up the road in Baton Rouge, the Pennington Biomedical Research Center has come up with a list of 10 tips for not blowing your diet while on vacation.

There aren't any hard figures, but the number of people following diets is considerably smaller than the number who ought to -- and the number who follow diets on vacation is tiny, said Katherine Lastor, a research dietitian at Pennington, a campus of Louisiana State University.

It really isn't any more difficult to diet on the road than at home, Lastor said, but people say, "It's not realistic for me to do that and I'm just going to eat whatever.' If they would just plan ahead, it would be a lot easier than they think it would be."

Which brings us to Tip No. 2: "Understand the menu. ... Ask questions." Watch out for adjectives like: fried, buttery, au gratin, etouffe, sauteed, creamy, breaded. Inquire about sauces and toppings; ask for food grilled without basting and for sauces not based on oil or butter.

"Just for your information, that was not approved by Weight Watchers," Gisela Smith, a toned and slender Californian, joked to a worker as she left La Madeleine, a pastry shop on Jackson Square.

She'd had puff pastry filled with chicken in an "incredible mushroom cream sauce."

"But I had a vegetarian omelet this morning,

made with egg whites," said Smith, of Healdsburg, California. She and her husband, Andy, are taking an eight-week cross-country RV trip with their children, Kirsten, 11, and Eric, 13. Breakfast had been at Denny's.

Which bring us to Tips No. 1 -- "Plan ahead. Scope out your dining options" -- and No. 3 -- "Think "outside of the box ... Many fast food places have added healthy options for main meals and even offer fruit as a side dish."



And one tip not mentioned: If you eat carefully at other meals, you get room to, ah, fudge.

The Pennington folks do note a flip-side in No. 8: If you eat more than you plan, thinking of it as a catastrophe "will only set you up for failure. Get back on track at your very next meal."

Tip No. 9 isn't a problem on this trip for Smith: "Plan pleasures other than food or drink and incorporate increased physical activity into your summer plans."

She decided to celebrate her 45th birthday by running her first marathon in October and began training 10 weeks ago.

Frank Crouch from Millican, Texas, his wife, Minnie, and their friend Elaine Walker, had no plans for counting calories, fat, carbs or anything else.

"We don't stay on a diet when we're not on vacation," he said. "Just ask my doctor."

Walker added, "How can you talk about diet when all there is around here is food, food, food?"

July 5-7, 2005

Harvest Blend Regular

- Baby Bok Choy
- Jumbo Carrots
- Yellow Onions
- Zucchini
- Spinach
- Romaine Lettuce
- Cauliflower
- Green Chard
- Yellow Ginger
- Blueberries
- Bananas
- Tommy Atkins Mango
- Kiwi
- Black Amber Plums

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

You Don't Say

"Large, naked, raw carrots are acceptable as food only to those who live in hutches eagerly awaiting Easter." - Fran Lebowitz

"It requires a certain kind of mind to see beauty in a hamburger bun. Yet is it any more unusual to find grace in the texture and softly carved silhouette of a bun than to reflect lovingly on the hackles of a fishing fly? Or the arrangements and textures on a butterfly's wing?" - Ray Kroc

Happy Birthday To (all of) Us

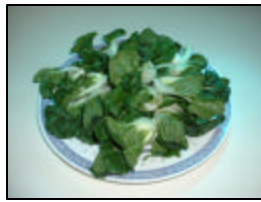


Happy Fourth of July to everyone!

Recipes

Bok Choy with Ginger Vinaigrette

- 1 pound baby bok choy
- 1 tbsp white wine vinegar
- 2 tsp dijon mustard
- 2 tsp reduced sodium soy sauce
- 1 tsp sugar
- 1 clove garlic, finely chopped
- 1 tbsp fresh ginger, finely grated



Separate bok choy leaves and rinse under cold water to clean. Place in steamer and steam until stalks begin to turn translucent and are soft when pierced. Combine vinegar, mustard, soy, sugar, garlic and ginger and mix well.

To finish, either chop up the bok choy into bit size pieces while still warm and pour the ginger vinaigrette over the top, or for a crispier taste, plunge the steamed bok choy into cold water to crisp it back up. Drain and cool. Then chop and pour ginger vinaigrette over.

Cauliflower-Swiss Chard and Chicken Soup

- 2/3 cup chopped onion
- 1 tsp caraway seeds, crushed lightly
- 1 tsp olive oil
- 3 cups chicken broth
- 3 cups water
- 1 cauliflower, chopped
- 1/2 cup orzo (rice-shaped pasta)
- 1 lb skinless boneless chicken breast, cut into 1-inch pieces
- 1 bunch chard, washed and chopped

In a 4-quart heavy saucepan cook onion and caraway seeds in oil over moderately low heat, stirring, until onion is softened. Add broth and water and bring to a boil.

Stir in cauliflower and orzo and simmer, stirring occasionally, 7 minutes. Stir in chicken and chard and simmer until chicken is cooked through, about 3 minutes. Season soup with salt and pepper.

Easy Cauliflower Latkes

- 1 cauliflower
- 6 tbsp vegetable oil
- 1 medium onion, finely chopped
- 6 tbsp unseasoned bread crumbs
- 2 large eggs
- salt and pepper

Cook cauliflower in a large pan of boiling salted water, uncovered, over high heat for about 12 minutes or until very tender. Meanwhile, heat 2 tablespoons oil in a large heavy skillet, add onion, and cook over medium-low heat about 10 minutes or until soft and golden brown.

Drain cauliflower thoroughly and mash with a fork or chop in a food processor. There should still be pieces but not large ones. Add bread crumbs, eggs, fried onion, and salt and pepper to taste

and mix well with a wooden spoon.

Wipe pan used to fry onion, add 4 tablespoons oil, and heat it. Take 1 heaping tablespoon cauliflower mixture in your hand and press to make it compact. Flatten it to a cake about 1/2-inch thick and add to pan. Make 4 or 5 more cakes and add them.

Fry over medium heat about 3 minutes on each side or until brown. Turn carefully using a wide pancake turner. Drain on paper towels. Keep warm by placing in a 300 degrees F. oven with door ajar while frying rest. Add more oil to pan if it becomes dry. Serve plain or with sour cream.

Mango Ginger Rice

- 1 mango
- 1 tbsp ginger, chopped
- 2 green chili peppers
- 1 cup rice
- salt
- 2 tsp vegetable oil
- 1 tsp mustard seeds
- 1/4 cup peanuts

Cook the rice according to directions and let cool. Peel and grate the mango. In a large skillet, heat the oil and add salt, mustard seeds and peanuts. After 1 minute add the ginger, chilis, and mango. Cook and stir for several minutes until mango is cooked. Mix with the rice & serve hot or cold.

Zucchini-Cauliflower Toss

- 1/2 cup water
- 1/4 cup vinegar
- 1 tbsp cornstarch
- 1 tbsp olive oil or cooking oil
- 2 tsp prepared mustard
- 1/2 tsp garlic salt
- 1/4 tsp celery seed
- 1/8 tsp pepper
- 1 tsp sugar
- 3 cups cauliflower slices
- 2 cups halved and thinly sliced zucchini
- 1 red sweet pepper, cut in thin strips
- 2 green onions, sliced

In a small saucepan combine water, vinegar, cornstarch, oil, mustard, garlic salt, celery seed and pepper.

Cook and stir until thickened and bubbly. Cook and stir for 2 minutes more. Remove from heat; stir in sugar.

In a large bowl combine vegetables; toss with dressing. Cover and chill 2 to 24 hours or till serving time, stirring occasionally.

