

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



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## Forty Nine States Getting Fatter

The percentage of Americans with bulging waistlines is growing in just about every state, with residents of Alabama joining the obesity ranks the fastest. Only Oregon failed to fatten, according to a report released last week.

The advocacy group, Trust for America's Health, said data from the Centers for Disease Control and Prevention showed that the percentage of obese adults for 2002-04 stood at 22.7 percent nationally. The percentage for the previous cycle, 2001-03, was 22 percent.

Alabama had the unhealthiest increase. There, the rate increased 1.5 percentage points to 27.7 percent. Oregon's rate held steady at 21 percent.

The report said the states with the highest percentage of obese adults are Mississippi, Alabama, West Virginia, Louisiana and Tennessee.

The states with the lowest percentage of obese adults are Colorado, Massachusetts, Rhode Island, Connecticut, Vermont and Montana. Hawaii was not included in the report.

While certain regions of the country fared worse than others, particularly the Southeast, the organization said that no state meets the federal government's goal of a 15 percent obesity rate for adults by 2010.

"Bulging waistlines are growing and it's going to cost taxpayers more dollars regardless

of where you live," said Shelley Hearne, executive director of the Trust for America's Health.

Hearne said the United States is stuck in a "debate limbo" about how the government should confront obesity. She used the report to call for more government action on several fronts, such as ensuring that land use

plans promote physical activity; that school lunch programs serve healthier meals; and that Medicaid recipients get access to subsidized fitness programs, such as aerobics classes at the local YMCA.

"We have a crisis of poor nutrition and physical inactivity in the U.S., and it's time we dealt with it," she said.

Radley Balko, a policy analyst at the Cato Institute, said he is wary of the call for more government action on obesity. The institute is a think tank that prefers free-market approaches to problems.

"I think obesity is a very personal issue. What you eat and how often you exercise, if that comes within the government's purview, it's difficult to think of what's left that isn't," Balko said.

Health policy analysts maintain that obesity increases the burden on taxpayers because it requires the Medicare and Medicaid programs to cover the treatment of diseases caused by obesity. The report issued Tuesday said taxpayers spent \$39 billion in 2003

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### Harvest Blend Regular

- Celery
- Cucumber
- Jumbo Carrots
- Bicolor Corn
- Zucchini
- Romaine Lettuce
- Collards
- Baby Bok Choy
- Jonagold Apples
- Bartlett Pears
- Flavor Rich Pluots
- Kiwi
- Kent Mango

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

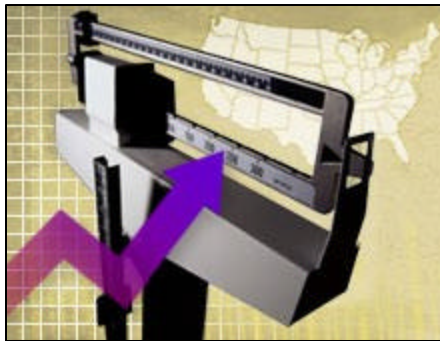
### You Don't Say

"An onion can make people cry, but there has never been a vegetable invented to make them laugh." - Will Rogers

"Vegetables are a must on a diet. I suggest carrot cake, zucchini bread, and pumpkin pie." - Garfield

"Our country friends, who have not yet paid their subscription, are respectfully informed that we have to buy all the vegetables for table use, and those who have cabbage, potatoes, or anything of that kind to spare can paid their indebtedness in that way." - Notice in the Marshall, Missouri Democrat, Nov. 28, 1858.

"The greatest delight the fields and woods minister is the suggestion of an occult relation between man and the vegetable. 'I am not alone and unacknowledged.' They nod to me and I to them." - Ralph Waldo Emerson



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for the treatment of conditions attributable to obesity.

The Trust for America's Health recommended mandatory screening for obesity among Medicaid recipients, as well as nutritional counseling. "Better prevention and disease management programs will result in cost savings to the system as a whole," the report stated.

Balko said it's not clear the government really knows how to persuade people to make better decisions. He said open-ended entitlement programs, such as Medicaid and Medicare, don't provide much of a financial incentive for people to watch their weight. The government just picks up the cost of treating diseases for those patients, regardless of the amounts, he said.

He prefers that the government give Medicaid and Medicare recipients an incentive to open medical savings accounts, which would allow them to save money when they did not access the health care system.

"If they knew they only had so much to spend, or what they did not spend could be saved, then maybe you could instill a certain sense of responsibility and ownership," Balko said.

Adults with a body mass index of 30 or more are considered obese. The equation used to figure body mass index is body weight in kilograms divided by height in meters squared. The measurement is not a good indicator of obesity for muscular people who exercise a lot.

## Recipes

### Vegan Collard Greens, Peppers, and Pinto Beans

- 1 bunch collard greens
- 2 tomatoes
- 1/2 medium onion
- 1 (14 ounce) can pinto beans
- 5 tsp molasses
- 1 red bell pepper
- 1 green bell pepper
- 1 anaheim chili
- 1/2 jalapeno pepper
- 2 cups vegetable broth

Rinse collard greens and rip off tough stems - rip into pieces and put in covered pan. Chop 1/2 tomato and 1/4 onion, add to collard greens along with 1/2 cup vegetable broth and 2 tsp molasses. Simmer for about 2 hours on low. Rinse pinto beans and put in another pot with the rest of the vegetable broth, molasses, and all the peppers (sliced) and the other 1/4 of onion. Only simmer long enough to heat up the ingredients (for firm peppers). Add the cooked collard greens and mix. Serve with cold sliced tomatoes.

### Cashew Chicken and Baby Bok Choy

- 1/4 cup chicken stock or canned broth
- 1/4 cup dry sherry
- 1/4 cup soy sauce
- 1 tsp cornstarch
- 2 tbsp peanut oil
- 3/4 cup cashews
- 5 green onions, thinly sliced crosswise
- 1 tsp minced peeled fresh ginger
- 1 clove garlic, minced
- 1/2 tsp peppercorns
- 1 1/4 lbs boneless skinless chicken, cut into 2" square pieces
- salt & pepper
- 1 lb baby bok choy, chopped into 2 inch segments.

In a small bowl, blend together chicken stock, sherry, soy sauce and cornstarch.

If cashews are roasted and salted, skip to next step. If cashews are

raw, heat 1 tbsp peanut oil in a large skillet. Add cashews and cook over moderate heat, stirring, until lightly browned, about 1 minute. Using a slotted spoon, transfer the nuts to a plate. Leave remaining oil in pan.

Add 1 tbsp peanut oil to pan. Add the white part of the green onions, the ginger, garlic and peppercorns. Cook, stirring, for 1 minute. Add the sauce. Place chicken in a single layer in the skillet and season with salt and pepper. Arrange the bok choy in a layer over the chicken. Cover and cook until the chicken is cooked through and the bok choy is tender, 5 to 7 minutes. Thicken with additional mixture of cornstarch and cold water (1 tsp of each).

Transfer the chicken, bok choy and sauce to serving platter. Garnish with green onions and cashews and serve with steamed rice.

### Beans & Onions & Baby Bok Stir Fry

- 2 baby bok choy
- 1 medium onion, coarsely chopped
- 1 cup fresh green beans, ends off cut in 1 inch pieces
- salt & pepper

Cut the white part of the bok choy into 1" pieces & coarsely chop the greens, keep separate. Heat non stick skillet lightly sprayed with veggie oil. Stir fry the bok choy white stems, onions and green beans, over medium high heat for approx 6-7 minutes. Add bok choy greens and stir fry 1 minute longer until the greens are just wilted and heated through.

### KFC's Corn on the Cob

- 2 ears corn
- 1/2 tsp salt
- 1/2 tsp sugar
- 1/4 tsp pepper
- 1/4 tsp MSG
- melted butter
- 1 tsp milk



Cook the corn in hot salted water with a dash of milk till nice and tender. When it is done dip the corn in butter and sprinkle with the seasoning.