

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



P.O. Box 1138, Clarcona, FL 32710 407-522-1502 <http://www.orlandoorganics.com>

January 10-12, 2006

Baltimore Named Fittest City (Baltimore? *Baltimore?*)

When an annual survey named Baltimore the fittest city in America, many Charm City residents had the same response: *You gotta be kidding.*

Sure, people here are known for eating lots of seafood, but are crab cakes and deep-fried lake trout the staples of a healthy diet?

"I think it's probably the most mis-fit city in America," said Charisse Bailey as she dug into a typical Baltimore lunch: fried red snapper on thick white bread, with a side of french fries and a beer.

The city's skyline is dotted with neon signs advertising Domino sugar, Utz potato chips and National Bohemian beer.

And while many neighborhoods, such as Fells Point and Federal Hill, have been transformed by an influx of young professionals, a Friday night visit to either reveals a culture that revolves around drinking and greasy food.

Nevertheless, Men's Fitness magazine placed Baltimore at the top of its annual list of cities where fitness is king, ahead of Honolulu (No. 2 for the second consecutive year), San Francisco (No. 7) and last year's winner, Seattle (No. 8).

The fattest city in America for 2006 is Chicago, taking over the dubious honor from Houston.

Last year, Baltimore was closer to Houston than it was to Honolulu, checking in as the 25th-fattest city in the Men's Fitness tally.

How could such a turnaround be possible in the span of a year?

Men's Fitness editor Neal Boulton is quick to point out that the survey is far from scientific, and he says it took additional factors into account this year that worked in Baltimore's favor.

Among them: the amount of public park space, access to health care, air quality, the relatively small number of fast-food restaurants and the leadership of Mayor Martin O'Malley.

Boulton says Baltimore has become safer, more prosperous and more conducive to fitness.

"Baltimore is a paragon of urban renewal. That's why it's the fittest city, that's why it's the comeback city," he said.

Boulton says he also reduced the importance of climate in the survey, which is one reason Baltimore squeaked ahead of Honolulu.

Rival magazine Men's Health had a different take on Baltimore.

In its current issue, the magazine ranks Baltimore 93rd on its list of the "100 Best Cities for Men," with grades of "F" in health and quality of life and "C+" in fitness. San Francisco tops the Men's Health survey, and Honolulu is No. 2.

Baltimore residents seemingly would have had an easier time believing the Men's Health ranking.

When told of the Men's Fitness honor, they invariably reacted with shock, bewilderment or outright laughter.

"Baltimore lives on junk food. That's why
(Continued on page 2)

Harvest Blend Regular

- Collards
- Carrots
- Bacon Avocado
- Red Onions
- Celery
- Cucumbers
- Parsnips
- Romaine Lettuce
- Sundowner Apples
- Tommy Atkins Mango
- Bananas
- Orlando Tangelos
- Pomegranates

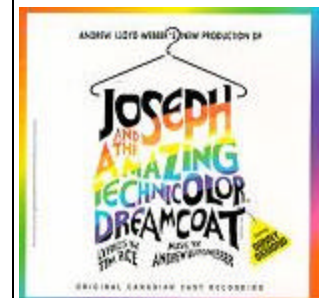
See the web site for details on our other options. Produce bag contents are subject to change based on availability.

Shameless Bragging

Some of you may have met our 7-year old "assistant" Mira helping Dave or Heather on occasional delivery runs.

We are proud to announce her professional debut, as the youngest member of the cast of *Joseph and the Amazing Technicolor Dreamcoat*, on stage this week at the Bob Carr Performing Arts Center in downtown Orlando.

We can't offer any deals on tickets, but go see Mira perform! Visit <http://www.ticketmaster.com/artist/803932> for information.



(Continued from page 1)

we're all standing here," said electrician Mark Smith as he surveyed the scene at Lexington Market.

The popular downtown lunch spot has dozens of kiosks selling fried chicken and cheap Chinese food.

While the city has seen significant reductions in violent crime, large sections remain plagued by poverty and drugs, and residents of less prosperous neighborhoods often have to depend on convenience stores and takeout food for sustenance.

"We don't eat well at all," said Tremonteria Morgan, a vegetarian. "We eat a lot of fried foods -- fried chicken and soul food. For

myself, I have to search high and low for a health food place. We have a lot of obesity here in our city."

The mayor looked on the bright side, attributing Baltimore's increasing fitness to its economic revival and the end of its precipitous population drop.

"You see some neighborhoods starting to grow again, and attracting younger people. With those younger people coming, there's a number of gyms now," O'Malley said.

"In every growing neighborhood, you look for two leading signs - one is a gym and the other is a Starbucks."

Recipes

These days, the potato has pretty much taken the place of the parsnip as a source of starch in our diets. In days of old, before potatoes were deemed edible, the parsnip was prized not only for its long storage life, but also for its sweet, nutty taste and nutritional value. Parsnips can be eaten raw as well as cooked.

Carrot & Parsnip Latkes

- 2 medium carrots, peeled
- 1 pound parsnips, peeled
- 1/4 cup all-purpose flour
- 2 large eggs, beaten
- 1 tsp minced chives or scallion
- 1 tsp chopped parsley
- salt and freshly ground pepper
- peanut oil for frying

Grate the carrots and parsnips coarsely. Toss with the flour. Add the eggs, chives, parsley, and salt and pepper to taste. Mix until evenly moistened. Heat 1/4 of peanut oil in a sauté pan until it is barely smoking. Drop in the batter by tablespoons and flatten. Fry over medium heat until brown on both sides.

Sweet and Goey Parsnips

- 1 pound parsnips
- 2 tbsp butter
- 1/4 tsp ground nutmeg
- salt and freshly ground black pepper

Scrape or peel the parsnips, then cut them into sticks about the size of your little finger. Dry well with paper toweling. In a heavy 10-inch skillet, melt the butter; then add the parsnips, shaking to coat. Sprinkle with nutmeg. Cover tightly and sauté on medium heat for about 5 to 10 minutes. The parsnips should be tender and goey, and slightly caramelized. Add salt and pepper to taste.

French Winter Vegetable Soup

- 6 cups water
- 3 tbsp extra-virgin olive oil

- 2 tsp kosher salt
- 1 medium onion, cut into 1/4-inch dice
- 1 pound potatoes, peeled and cut into 1/4-inch dice
- 3 medium leeks, white and pale green parts only, thinly sliced
- 3-4 medium carrots, peeled and cut into 1/4-inch dice
- 3 medium parsnips, peeled and cut into 1/4-inch dice
- 2 medium turnips, peeled and cut into 1/4-inch dice
- 1 small celery root, peeled and cut into 1/4-inch dice
- 1 small fennel bulb, trimmed, cored and cut into 1/4-inch dice
- 2 garlic cloves, smashed
- freshly ground pepper

In a large heavy saucepan, bring the water, 2 tbsp of the olive oil, and salt to a boil. Add the vegetables and garlic and simmer, half-covered, until the vegetables are very tender, about 30 to 35 minutes. Pepper liberally. Ladle into bowls and drizzle about 1/2 teaspoon of the remaining olive oil over each serving. The soup will keep for up to 4 days, covered, in the refrigerator.

Collard Greens With Red Onions

- 2 slices bacon, chopped (or 2 tbsp soy bacon bits)
- 2 medium red onions, coarsely chopped
- 1 1/4 cups chicken stock
- 1/4 cup cider vinegar
- 2 tbsp dark brown sugar, firmly packed
- 1/2 tsp crushed red pepper flakes
- 1 bunch collard greens, coarse stems and ribs discarded, leaves and thin stems washed, drained, and chopped
- salt and freshly ground black pepper

In a large, heavy bottomed pot, cook bacon over medium heat until crisp, transfer to paper towels and drain. Sauté onions in bacon drippings, stirring occasionally, until browned slightly and softened. (If using bacon bits, sauté collards in 3 tbsp of olive oil with bacon bits added.) Add stock, vinegar, brown sugar, red pepper flakes and bacon, stirring until sugar is dissolved. Add about half of the collards, tossing until slightly wilted, add remaining collards, toss to combine. Reduce heat to medium low, cover and simmer collards until tender, 30 to 45 minutes. Taste and adjust for seasoning with salt and pepper.