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Calcium & Cardio Key To Kids' Bone Growth

Doctors should evaluate children for the amount of calcium they get and encourage them to exercise to help prevent an epidemic of broken bones later in life, the American Academy of Pediatrics advises.

National data show that most American children over age 8 don't get enough calcium, a deficiency that increases their risks for developing osteoporosis in adulthood, the academy said in a report released Monday in the journal Pediatrics.

The bone-thinning disease is associated with aging and afflicts 10 million Americans, mostly older women. National data show it is responsible for more than 1.5 million bone fractures each year.

There's also evidence suggesting that fractures may be on the rise in U.S. adolescents, perhaps because calcium-deficient diets and little exercise already have weakened their bones even if they haven't yet developed osteoporosis, said Dr. Craig B. Langman, who treats pediatric bone problems at Chicago's Children's Memorial Hospital.

"We really should be having more recommendations to pediatricians to think about long-term bone health in kids. This is an excellent first step in doing that," said Langman, who was not involved in the report.

Calcium is needed for bone formation, and weight-bearing exercise strengthens bones. For children, it could include soccer, basketball, football, running -- essentially any repetitive activity in which the arms or legs

bear the body's weight.

"You can take all the calcium you want, but if you don't do any weight-bearing activity, you don't have good bone health," said report co-author Dr. Frank Greer, a member of the academy's nutrition committee and pediatrics professor at the University of Wisconsin.



U.S. youngsters are deficient in both for several reasons, Greer said: They drink sodas instead of milk or calcium-fortified juice; they're spending more time on TV, computers and video games, instead of exercising; and many schools have phased out organized

physical activities.

Milk and other dairy products are the most common calcium sources in traditional Western diets, but there's no evidence that they are superior to other sources, such as broccoli, Swiss chard and collard greens, the report said.

Still, children tend to avoid those, too, Greer said.

The Pediatrics report recommends doctors screen for calcium intake and bone health three times during childhood: at age 2 to 3 after weaning from breast milk or formula; at age 8 to 9, before the adolescent growth spurt; and again during puberty or teen years, when the peak rate of bone mass growth occurs.

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Harvest Blend Regular

- Celery
- Carrots
- Hass Avocado
- Yellow Onions
- Lacinto Kale
- Spinach
- Romaine Lettuce
- Baby Bok Choy
- Jonagold Apples
- Bosc Pears
- Sweet Limes
- Bananas
- Valencia Oranges
- Kent Mango

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

OO News

We'll send out an email regarding some of these items soon, but as a special bonus for those of you who actually read the newsletter, you get to find out about these shocking items first. (Everyone now: *Whoooooo!*)

First, we now take Discover card. If you would like to switch your credit card billing over to Discover, call us and we will get that set up for you.

Second, we're continuing to have troubles with our dairy supplier not being able to provide us with the items we've ordered, which makes it difficult for us to fulfill your orders. We hope to figure out a solution soon. In the meantime, unfortunately, whole chickens are unavailable.

Finally, we'll likely be making some minor route changes in late February, mostly in the northwest and southeastern parts of town. Only a few of you will actually switch delivery days, but some of you may start receiving your produce at different times. We'll let you know when this will start!

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Screening can include simple questions about diet, milk consumption, amount of exercise, bone fractures and family history of osteoporosis, the report said.

The report includes sample questions and recommendations for daily calcium intake at various ages. It comes three years after the academy issued guidelines for vitamin D, which is needed to help the body absorb calcium.

The 2003 guidelines recommend vitamin D supplements for babies who only get breast-milk and older children at risk for deficiency.

Many U.S. youngsters are vitamin D deficient too because they don't drink vitamin D-fortified milk and lack adequate exposure -- without sunscreen -- to sunlight, which is needed for the body to produce the vitamin. Doctors say only 10 to 15 minutes of sun exposure weekly is needed for adequate vitamin D production.

Recipes

Kale & White Bean Pasta with Almonds

- 8 oz small tubular pasta
- 1 bunch kale
- 2 tbsp olive oil
- 2 cloves garlic, minced
- 1 tbsp anchovy paste
- 3/4 tsp salt
- 1/4 tsp cayenne pepper
- 2 cups canned white beans, rinsed and drained
- 1/2 cup sliced almonds

In large pot of boiling water, cook pasta according to package directions. Drain, reserving 3/4 cup pasta cooking water. Separate kale leaves and stems. Shred leaves and thinly slice tender part of stems. In large skillet, heat oil over low heat. Add garlic and cook 2 minutes or until soft. Add anchovy paste and sliced kale stems, and cook, stirring occasionally, 2 minutes or until crisp-tender. Add kale leaves, salt, and cayenne and cook, stirring occasionally, 5 minutes or until tender. Add beans, almonds, and reserved pasta cooking water, and bring to a boil. Add pasta, toss until heated through and serve.

Braised Kale with Bacon

- 1 oz. smoked bacon
- 2 oz. onions, pared, fine dice
- 1/2 tsp. garlic, pared, minced
- 1/4 bay leaf
- 1/8 tsp. caraway seed
- 1 bunch kale leaves
- 2 oz. raspberry vinegar
- 1 cup chicken stock
- salt and pepper, to taste

Place bacon in braising pan; sweat until fat is rendered. Add onions, garlic, bay leaf and caraway seed. Cover; sweat for 3 to 5 minutes. Add kale leaves; toss to coat with fat. Deglaze with raspberry vinegar; reduce. Add stock. Cover; braise over low heat for 25 to 30 minutes. Remove kale; reserve. Reduce braising liquid to desired consistency. Add kale; toss to coat; season.

Ballistic Baby Bok Choy and Fried Tofu

- 8 oz firm tofu
- 3 tbsp corn oil
- 1 tsp chile powder
- 3/4 lb baby bok choy, washed and coarsely chopped
- 2 cloves garlic, minced
- 3 scallions, sliced

- 1/2 red bell pepper, julienned
- 2 tbsp water
- 2 tbsp soy sauce
- 1 dried shitake mushroom, rehydrated and sliced
- 3/8 cup coarsely chopped water chestnuts
- 1 1/2 tsp sugar
- 3/4 tsp cornstarch or arrowroot mixed with 1 tbsp water
- 2 cup cooked rice

Cut the tofu into 1-inch slices and place them on paper or linen towels; cover with more towels. Place a cookie sheet on top of the tofu and place several weights (such as canned goods) on top to help squeeze the excess liquid out of the tofu. Drain for 15 to 20 minutes. Cut the tofu into 1-inch cubes. Heat the oil in a large saute pan or wok to a medium-high heat. Saute the tofu cubes, turning them when necessary, to achieve a golden-brown color. Drain the cubes on paper towels and set aside.

In a large skillet with a cover, add the bok choy, garlic, scallions, bell pepper, and water. Cover and steam until the bok choy is tender, about 5 minutes. Add the soy sauce, tofu, mushrooms, water chestnuts, sugar, red chile, and the cornstarch mixture and toss to mix. Stir lightly until the sauce boils, reduce the heat, and allow it to simmer for 1 minute. Serve the mixture immediately over hot, cooked rice.

Skirt Steak with Lime Juice

- 1/2 cup olive oil
- 1/3 cup soy sauce
- 4 scallions
- 2 large cloves garlic
- 1/4 cup lime juice
- 1/2 teaspoon red pepper flakes
- 1/2 teaspoon ground cumin
- 3 tablespoons dark brown sugar or Mexican brown sugar
- 2 pounds inside skirt steak, cut into 3 equal pieces

In a blender, put in oil, soy sauce, scallions, garlic, lime juice, red pepper, cumin, and sugar and puree. In a large heavy duty, zip top bag, put pieces of skirt steak and pour in marinade. Seal bag, removing as much air as possible. Allow steak to marinate for 1 hour in refrigerator.

Remove steak from bag and pat dry with paper towels. Cook to desired wellness. When finished cooking, place meat in double thickness of aluminum foil, wrap, and allow to sit for 15 minutes. Remove meat from foil, reserving foil and juices. Slice thinly across the grain of the meat. Return to foil pouch and toss with juice. Serve with grilled peppers and onions, if desired.