

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



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February 14-16, 2006

## FDA Wants To Redefine 'Whole Grain'

Multigrain, oat bran, cracked wheat, or seven-grain. Which has the heart-healthy whole grains recommended by the government?

To answer that question, the Food and Drug Administration came out last week with a proposed new definition of whole grains.

The agency wants to make it easier for people to choose foods made from whole grains. The choice is not easy, given the bewildering array of slogans and logos in the supermarket.

For example, Cheerios and other General Mills cereals have their own "whole grain" emblem. Companies from Bruegger's Bagels to Snyder's of Hanover pretzels use black-and-gold labels shaped like a postage stamp saying a product is a "good source," an "excellent source" or a "100 percent source" of whole grains. Quaker Instant Oatmeal has a small green banner saying, "Made With Whole Grain Oats."

"It's very important that consumers are able to have a consistent and uniform terminology of what constitutes a whole grain," said Barbara Schneeman, director of the FDA's office of nutritional products, labeling and dietary supplements.

Whole grains are vital to a healthy diet, according to federal guidelines. They say three servings each day of whole grains will cut the risk of heart disease and type 2 diabetes. A serving is about an ounce – a half-cup of oatmeal, a slice of bread, a cup of cold cereal flakes.

While the FDA is trying to make things clearer for consumers, the agency seems to be causing confusion in the food industry. The definition is just a draft, but if the FDA makes it permanent, many companies may have to change their food labels.

The FDA says a company can make factual statements, such as saying a product has 100 percent whole grains or 10 grams of whole grains. But the agency says a product should not claim to be an "excellent" or "good" source of whole grains.

The FDA did not say whether companies should start changing their labels.

"We would have to look at a particular product to

understand whether something is being used appropriately," Schneeman said.

The agency recently refused a request from General Mills to define an "excellent" or "good" source of whole grains, saying those terms apply to specific nutrients but not to whole grains.

The industry reacted cautiously.

People are bewildered by the clutter of claims in ads and on packages, said K. Dun Gifford, president of Boston-based Oldways Preservation Trust, a think tank. Gifford helped create the black-and-gold Whole Grains Council stamps, which he said offer simple descriptions, not scientific health claims, to help consumers.

Robert Earl, senior director of nutrition policy at the Food Products Association, said the FDA's move is "something we're going to need to digest and discuss among our members."

"The agency has certainly been clear in this document about what is a whole grain and what is not a whole grain," Earl said.

It is not clear whether the definition will last. The FDA opened a two-month comment period on it, but officials said they did not know when, or if, the change would go into effect.

The definition says a whole grain must retain its basic structure. It applies to corn, rice, oats and wheat and lesser-known cereal grains, such as bulgur, millet and sorghum. It does not include soybeans, chickpeas, sunflower seeds and other legumes or oilseeds.

The tricky part is what's done to the grain during processing. If it's intact, ground, cracked or flaked, it still is a whole grain. Rolled or "quick" oats are still whole grains. Popcorn is a whole grain. Pearled barley is not a whole grain; too much of its bran layer has been removed.

In addition, pizza or bagels labeled as "whole grain" or "whole wheat" ought to have dough made entirely from whole wheat or whole grain flour, the FDA said.

### Harvest Blend Regular

- Artichokes
- Baby Carrots
- Cucumber
- Yellow Onions
- Watercress
- Spinach
- Green Leaf Lettuce
- Purple Potatoes
- Pink Lady Apples
- Valencia Oranges
- Kiwi
- Bananas
- 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!

# Recipes

## Poached Chicken with Watercress Cream Sauce

- 4 boneless, skinless chicken breasts
- 2 shallots, finely chopped
- 1/2 cup dry white wine
- 1 1/2 cups chicken stock
- 1/2 tsp thyme
- 1/2 tsp parsley
- 3/4 cup heavy cream
- 2 tsp cornstarch
- 1 bunch watercress, washed, leaves stripped from the stems

Scatter the chopped shallot on the bottom of a saucepan that is large enough to hold the chicken breasts in one layer. Season the chicken and place on top of the shallots. Pour over the wine and the stock, adding enough stock so that the chicken is covered. Add the thyme and parsley and bring the stock just to a simmer over medium heat.

Poach for about 10 minutes. Remove the chicken, cover and keep warm. Remove any fat from the cooking liquid and boil over medium-high heat until the liquid has reduced by two-thirds. Put the cream, watercress and cornstarch in a blender and purée until smooth.

With the processor running, pour the reduced cooking liquid and shallots through the feed tube and process until the shallots are puréed. Pour the watercress cream back into a saucepan.

Place over medium heat and boil the sauce gently for 2-3 minutes or until the mixture is slightly thickened. Taste and adjust seasoning. Add the chicken breasts and simmer for about 3 minutes to reheat the chicken.

## Hot and Sour Shrimp with Watercress and Walnuts

- 1/2 lb large uncooked shrimp, peeled, deveined, butterflied
- 2 tbsp dry sherry
- 1/2 tbsp grated peeled fresh ginger
- 1/4 cup chicken stock
- 1 tbsp soy sauce
- 1 tbsp ketchup
- 1/2 tsp cornstarch
- 1/2 tsp rice vinegar or white wine vinegar
- 1/2 tsp sugar
- 1/2 tsp oriental sesame oil
- 1/4 tsp cayenne pepper
- 3 tbsp peanut oil
- 1 tbsp chopped walnuts
- 1 bunch bn watercress, trimmed
- 1 med bell peppers, cut into 1-inch squares
- 1 garlic cloves, minced
- 4 green onions, cut diagonally into 1-inch-long pieces

Combine shrimp, 1 tbsp sherry and grated ginger in large bowl. Cover and refrigerate for 30 minutes. Mix remaining sherry, chicken stock, soy sauce, ketchup, cornstarch, rice vinegar, sugar, sesame oil and cayenne pepper in small bowl.

Heat 2 teaspoons peanut oil in wok or heavy large skillet over high heat. Add walnuts and stir-fry for 1 minute. Transfer walnuts to plate using slotted spoon. Add watercress to wok and stir-fry until

just wilted, about 1 minute. Divide watercress among plates. Add 2 teaspoons peanut oil, bell peppers and garlic to wok and stir-fry for 1 minute. Add remaining 2 teaspoons peanut oil, shrimp mixture and onions and stir-fry for 1 minute. Stir stock mixture, add to wok and cook sauce until clear and thick, stirring frequently, 2 minutes.

Spoon sauce and shrimp over watercress. Sprinkle with walnuts and serve.

## Stacey's Fabulous Purple Potato Gratin

- 4 slices bacon, chopped
- 1 leek, sliced
- 2 lb purple potatoes, thinly sliced
- 3 tbsp all-purpose flour
- 1/2 cup milk
- 6 ounces crumbled goat cheese
- 3/4 cup grated Parmesan cheese



Preheat oven to 400 degrees F. Place bacon in a large, deep skillet. Cook over medium high heat until it starts to brown. Stir in leeks and cook until just tender. Toss potatoes with flour and stir into leek mixture, coating thoroughly.

Pour in milk and stir in goat cheese. Cook until cheese is melted and mixture is bubbly. Pour into a 7x11 inch baking dish and sprinkle with Parmesan cheese. Bake in preheated oven for 45 minutes, or until top is golden brown and potatoes are tender.

## Perfect Purple Potato Salad

- 2 lbs purple potatoes, cut into bite size chunks
- 2 tbsp extra virgin olive oil
- 2 tbsp apple cider vinegar
- 1 cup chopped celery
- 2/3 cup raw pistachios
- 1/2 red bell pepper, diced
- 1/2 cup diced cucumber
- 1/2 cup diced sweet onion
- 2 tbsp extra virgin olive oil
- 2 tbsp lemon juice
- 1 tbsp minced Anaheim chile or Jalapeno
- 1 tbsp each fresh chives, thyme, parsley, and oregano, finely minced
- black pepper and salt to taste

Put the potato chunks into a 4-quart (4 liter) saucepan with enough water to cover and a pinch or two of salt. Cover the pan and bring it to a boil over high heat. Turn the heat down to simmer and cook 5 to 7 minutes until the potatoes are just tender.

Drain off the water and put the potatoes into a large mixing bowl. Add the olive oil and vinegar to the hot potatoes and mix well. Add the remaining ingredients and toss well to distribute flavors evenly. Adjust seasonings to taste.