



Cook, Eat & Talk



Welcome back !

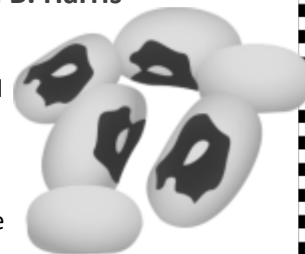
Week 3

Today we will focus on pickles and relishes. Both are great ways to increase healthy vegetables and fruits in your diet — especially when you make them from scratch. Why? Because when you make your own, you 'll be using fresh ingredients that have more nutrients in them. And, you won't be adding harmful flavorings and preservatives. We'll also be talking about why it's important to identify these by reading food labels when you do buy processed foods at the grocery store.

Pickled Black-eyed Peas, The Welcome Table, Jessica B. Harris

Ingredients:

- 1 lb dried (and then cooked) or 3 (16-ounce) cans black-eyed peas
- ½ cup extra-virgin olive oil
- ½ cup red wine vinegar
- ½ small green bell pepper, minced
- 1 clove garlic, minced
- ½ small red bell pepper, minced
- 1 tsp minced habanero or other hot chile, or to taste
- 4 scallions, including green tops, sliced thin



Instructions:

Place the black-eyed peas and all of the remaining ingredients in a nonreactive bowl. Stir well to make sure that all of the ingredients are well mixed. Cover with plastic wrap and refrigerate for at least 5 hours. Serve chilled or at room temperature. They will keep for several days, covered, in the refrigerator.

Willie May's Green Tomato Chowchow The New African-American Kitchen, by Angela Shelf Medearis

Ingredients:

- 2 cups washed, cored, quartered green tomatoes
- 1 cup chopped white onion
- 2 cups chopped green cabbage
- 1 ½ cups apple cider vinegar
- 1 large cucumber, peeled and chopped
- ½ cup sugar
- 1 TBS salt
- 1 TBS pickling spice

Instructions:

- 1) Place small quantities of the vegetables in a food processor and, working in batches pulse 7 or 8 times until all the vegetables are finely chopped; do not over-process. Place the vegetables in a large bowl and set aside.
- 2) In a large pot, bring the vinegar, sugar, salt, and pickling spice to a boil.
- 3) Add the vegetables to the vinegar mixture. Boil for 8 to 10 minutes, stirring occasionally.
- 4) Put the chow-chow in an airtight container and refrigerate immediately.



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Bring It to the Table: Read the label first!



Nutrition Facts	
Serving Size 2/3 cup (55g)	
Servings Per Container About 8	
Amount Per Serving	
Calories 230	Calories from Fat 72
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	12%
Dietary Fiber 4g	16%
Sugars 1g	
Protein 3g	
Vitamin A	10%
Vitamin C	8%
Calcium	20%
Iron	45%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

Nutrition Facts on labels give you good information, but don't stop there. Read the ingredients list, too.

Real wheat bread lists Whole Wheat Flour as the first and only wheat ingredient.



On food products, the list of ingredients lists things in order of how much of them is in the item. The first ingredient should be the main ingredient ... but read on.

Hidden sugar. To hide the amount of sugar, producers will use different types of sugar so they can list them separately as "lesser" ingredients. Look for the last three letters o-s-e. Ingredients ending with these letters are usually sugar (lactose, fructose, glucose etc.) Food producers can hide other ingredients this way, too.

Labels can legally deceive you. For example, "white" bread and "wheat" bread. Most wheat bread is white bread with coloring added. Only 100% whole wheat bread is truly "wheat bread." A lot of people are spending extra money for fake wheat bread.

By the way, these phrases on labels mean absolutely *nothing*:

- "All natural ingredients" or "100 percent natural"
- "No artificial preservatives" (so they use *real* preservatives?)
- "Real fruit." If a package shows a picture of something, it doesn't mean it has it in it.

The best advice is to not eat any processed foods. But if you must, a short list of potentially harmful ingredients and phrases to avoid includes:

- Artificial colors
- Artificial flavorings
- Artificial sweeteners
- High fructose corn syrup
- Sodium nitrates or nitrites
- Monosodium glutamate (MSG)

A general rule of thumb: **Choose the product with the shortest list of ingredients!**



Artificial sweeteners

Fake sweeteners like aspartame, sucralose (Splenda) and saccharine cause a host of health problems, everything from brain fog and bladder issues to diabetes and cancer. Also, they stimulate the appetite so you may end up eating more instead of less.



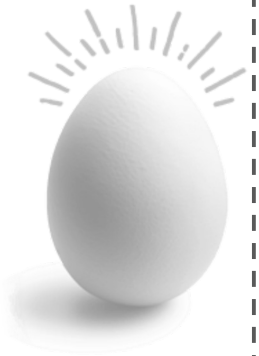
What to eat? Fruits, vegetables, whole grains! Lean meats, eggs, nuts and seeds, legumes (beans and peas)! Real cheese, unsweetened dairy products (milk and yogurt)!

Healthy Food Heritage: Eggs, the perfect food.

Eggs have "HBV" protein, complete protein with High Biological Value that provides a complete range of amino acids. Eggs also have all the B vitamins: B1, B2, B3, B5, B6, B12, choline, biotin and folic acid. And, they are a rich source of most minerals including some, like selenium and iodine, that can be difficult to obtain from other foods. The nutrients found in an egg are distributed fairly evenly between the yolk and the white.

New research shows that eating eggs does not raise blood cholesterol. If high cholesterol is an issue, fast foods, sugars, unhealthy fats and processed foods are most likely the dietary culprits.

Cage free? Organic? Free range? When buying eggs, try to find a local source that raises their hens free range. This means, the birds run free outdoors and eat bugs – a diet that makes eggs even richer in the healthy omega-3 fats that we all need. Don't fall for the "cage free" label. This can simply mean that the hens are not raised inside cages within their unlit, unsanitary, inhumane and foul-smelling factory-style warehouses. And, while it might be preferable if hens eat organic, vegetarian feed, being outdoors and eating those insects is what makes the best egg.



Food Industry's Secret Weapons: Sugar, Salt & Fat

Adapted from Salt, Sugar, Fat: How the Food Giants Hooked Us by Michael Moss – review by Joanna Blythman in The Guardian, Feb. 23, 2013

New York Times journalist Michael Moss spent three-and-a-half years working out how big food companies get away with churning out products that undermine the health of those who eat them. He interviewed hundreds of current and former food industry insiders – chemists, nutrition scientists, behavioral biologists, food technologists, marketing executives, package designers, chief executives and lobbyists.

What he uncovered is chilling: a hard-working industry composed of well-paid, smart, personable professionals, all keenly focused on keeping us hooked on ever more ingenious junk foods; an industry that thinks of us not as customers, or even consumers, but as potential "heavy users."

How do the food giants do it? Moss found that junk food is a legalized type

of narcotic. By deliberately manipulating three key ingredients – salt, sugar and fat – that act much like drugs on the brain's pleasure zones, the food and drink industry has created a need for a never-ending procession of money-making products.

The exact formulations of addictive junk foods (and drinks) are not accidental but calculated and perfected by scientists "who know very well what they are doing."

Their job is to establish the necessary "bliss point," the precise amount of sugar, fat or salt guaranteed to "send consumers over the moon."

Sugar, with its "high-speed, blunt assault on our brains", is the "methamphetamine of processed food ingredients", he believes, while fat is the opiate, "a smooth operator whose effects are less obvious, but no less powerful."

Without salt, he observes, "processed food companies cease to exist."



More than three-quarters of the salt Americans eat comes from processed food. The salt we add in small quantities to homemade food is not the problem.

Note: New research has found that traditional fats like real butter, bacon drippings, lard and whole non-homogenized milk are good for most of us, as are avocados, olive oil and other healthy oils. (Better yet if from organic sources!) Fats to avoid? Hydrogenated oils, margarine and anything with a long list of ingredients you can't pronounce!

Food Justice & GMOs



crops to save money and rely on proven seed stock. When their seeds show evidence of containing the GMO's DNA, the current US legal system allows companies like Monsanto to sue the farmers unless they pay royalties. Seems unjust doesn't it? Well, it is unjust. However, since agribusiness entities have lots of influence with the political system, the courts often rule in their favor, leaving both small farmers and the public on the losing side.

The good news is that an international movement to ban GMOs is gaining ground. Several dozen countries have already banned the use of GMOs; more countries are moving in that direction.

Our Kitchen Table supports banning GMOs in favor of biodiversity. The more biological diverse our diet is, the better off we will be. We also support transparency on the GMO issue. Most of us are eating GMO foods right now and don't even know it. In the US, food labels do not have list GMOs. Many states are attempting to pass legislation to require that GMOs are labeled, but the agribusiness sector is spending billions to defeat such efforts.

Our Kitchen Table practices food justice that rejects the use and proliferation of GMOs by:

- Providing heirloom seeds and plants to families involved in our home gardening program.
- Ensuring that our Southeast Area Farmer's Market vendors sell only non-GMO produce
- Working on public policy issues that promote greater transparency and justice in our food system.



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Genetically Modified Crops Grown in the US

Percentage of each crop that is GMO, 2010



Genetically Modified Organisms (GMOs) are deeply entrenched in our current food system. Most of us don't even know when we are eating something that contains GMOs. So what is the big deal? And what do GMOs have to do with food justice? The corporations behind the development and proliferation of GMOs would certainly like us to quit asking questions. Since Our Kitchen Table is a food justice organization, it's our mission to ask such questions. GMOs are plants or animals created through the gene splicing techniques of biotechnology. This experimental technology merges DNA from different species, creating unstable combinations of plant, animal, bacterial and viral genes that cannot occur in nature or in traditional crossbreeding.

GMOs are part of the current food system in a big way, as reflected by the above info-graphic. And, they are something that the public has had little or no say in. Genetically modified organisms cause numerous problems.

1 Since most GMOs are not fully tested, we don't fully understand their impact on human health over a long period of time. According to

sources like the Organic Consumers Association, GMOs have been linked to:

- Thousands of toxic and allergenic reactions.
- Thousands of sick, sterile and dead livestock.
- Damage to virtually every organ and system studied in lab animals.
- Increased likelihood of allergies.
- Damage of the immune system.
- Damage of the liver.

2 The growth of GMO plants causes genetic pollution when GMO plants infect the DNA strain of non-GMO plants. This contamination may pose public health threats by creating "super weeds" that require greater amounts of more toxic pesticides to manage; threaten extinction of rare plants and their weedy relatives that we need for crop and plant bio-diversity. These weeds are not only the traditional relatives of our domesticated plants; they also assist us in overcoming crop blight.

3 GMO plants and seeds create huge problems for small farmers if, through naturally occurring cross-pollination, GMOs being used at neighboring farms contaminate their plants. Farmers save seeds from their