

# Journey School Food Community CSA Newsletter

## Week Thirty-Seven: September 29, 2007

### Food Nutrition

We all seem to expect it. Logically it must be true. If we are what we eat, a reasonable postulate would be that our food (animal or vegetable) is what it eats. Our food's nutrition comes from the environment in which it was grown. Surely I'm writing to the choir on this, but a growing body of evidence is supporting this idea. At least it supports the idea that the nutrient value of food can be changed and, in general, the industrialized diet (whether conventional or organic) has lowered the nutritional level of the food produced by focusing on increasing yield.

We've talked about our free-range eggs before as they relate to cholesterol - new results are in from Mother Earth News about eggs from hens raised on pasture. Read the whole article at [www.motherearthnews.com](http://www.motherearthnews.com). They tested 14 flocks and found eggs from pastured hens contain:

- 1/3 less cholesterol
- 1/4 less saturated fat
- 2/3 more vitamin A
- 2 times more omega-3 fatty acids
- 3 times more vitamin E
- 7 times more beta carotene

In the store how do you know that the eggs you buy are from pastured hens? Free range is not necessarily the same thing. Free range has been defined by the USDA to mean "access to the outdoors." In other words, industrialized free range can mean a large barn containing thousands of chickens with a small chicken sized door at one end that opens to a small fenced yard void of vegetation. Cage free eggs are even worse. That designation requires just 1.5 square feet of space per laying hen. Journey School chickens are raised outdoors with portable fencing and movable coop with each bird having more than 150 square feet of pasture each.

The Organic Center in Oregon has recently released a report titled "Still No Free Lunch". Read the whole report or the real cool 2-page consumer summary at [www.organic-center.org](http://www.organic-center.org). Basically the report shows that as crop yield increases nutrient density decreases. For example, twice as much bread would have to be consumed today to get the same nutrition as in past. The report links taste to antioxidant level. In general, the better tasting vegetables contain more disease fighting chemicals. Organic foods are generally higher in nutrient value (up to 30% for antioxidants). One can only assume that farming beyond organic would produce foods even higher in nutrient density. Growing heirloom varieties that mature slower allows larger root systems to develop as organic amendments are slowly degraded by the soil web releasing a full complement of nutrients needed to grow strong and tasty in the sun.

Taste for me is paramount. If it's good I'll eat more of it and I feel good afterward. I'm glad to see that what we know to be true is finally being shown scientifically.

Garden Fresh Minestrone Soup from [www.cdkitchen.com](http://www.cdkitchen.com)

4 cups vegetable or chicken broth  
4 cups fresh tomatoes, diced  
1 tablespoon fresh basil leaves, chopped  
1/2 teaspoon dried oregano leaves  
1 teaspoon salt  
1/4 teaspoon pepper  
1 cup sliced carrots  
1 fresh corn, sliced from cob  
1/2 chopped onion  
1 cup diced zucchini  
1 cup diced yellow squash  
2 cups coarsely chopped cooking greens  
2 cloves garlic, finely chopped  
1 bay leaf (remove at end of cooking)  
1 1/2 cup uncooked rotini or macaroni pasta

\*\*\*Garnish\*\*\*

Basil Pesto

Fresh Grated Parmesan cheese

Mix all ingredients except pasta in 4- to 5-quart slow cooker. Cover and cook on low heat setting 7 to 8 hours or until vegetables are tender. Stir in pasta. Cover and cook on high heat setting 15 to 20 minutes or until pasta is tender. Sprinkle each serving with Parmesan cheese and pesto, to taste.

## Fish Tacos

1 egg  
1/4 cup milk  
1/4 cup water  
1/4 cup flour  
1/2 tsp. salt  
1/2 tsp. baking powder  
1/4 tsp. dry mustard  
2 lbs. white fish fillets \*\*\*\*\*  
Oil for deep frying  
24 fresh corn tortillas  
Lime wedges

Cucumber Salsa:

1 cup English cucumber, peeled and diced  
1/2 cup red onion, diced  
1/2 cup Roma tomatoes, diced  
1 tbsp. fresh jalapeno chile, minced  
1/4 cup red wine vinegar  
1 tbsp. fresh cilantro leaves, chopped  
Salt and pepper

Beat the egg with milk and water. Add flour, salt, baking powder and mustard and beat until smooth. Cut fish into pieces about 2-1/2 to 3 inches long and 1 inch wide. Dip fish in batter until well-coated. Fry in oil heated to 375 degrees until golden brown and crisp.

Warm tortillas one at a time on griddle until hot and soft, or wrap in foil and heat in a 350 degree oven. Combine all salsa ingredients together with salt and pepper to taste. Place each piece of fish on a hot tortilla. Top with cucumber salsa, and serve with lime.

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[www.lpl.arizona.edu/~bcohen/cucumbers/recipes/](http://www.lpl.arizona.edu/~bcohen/cucumbers/recipes/)

\*\*\*\*\*check out Loki Fish at the Farmers Market this weekend for Salmon instead of white fish. YUM!