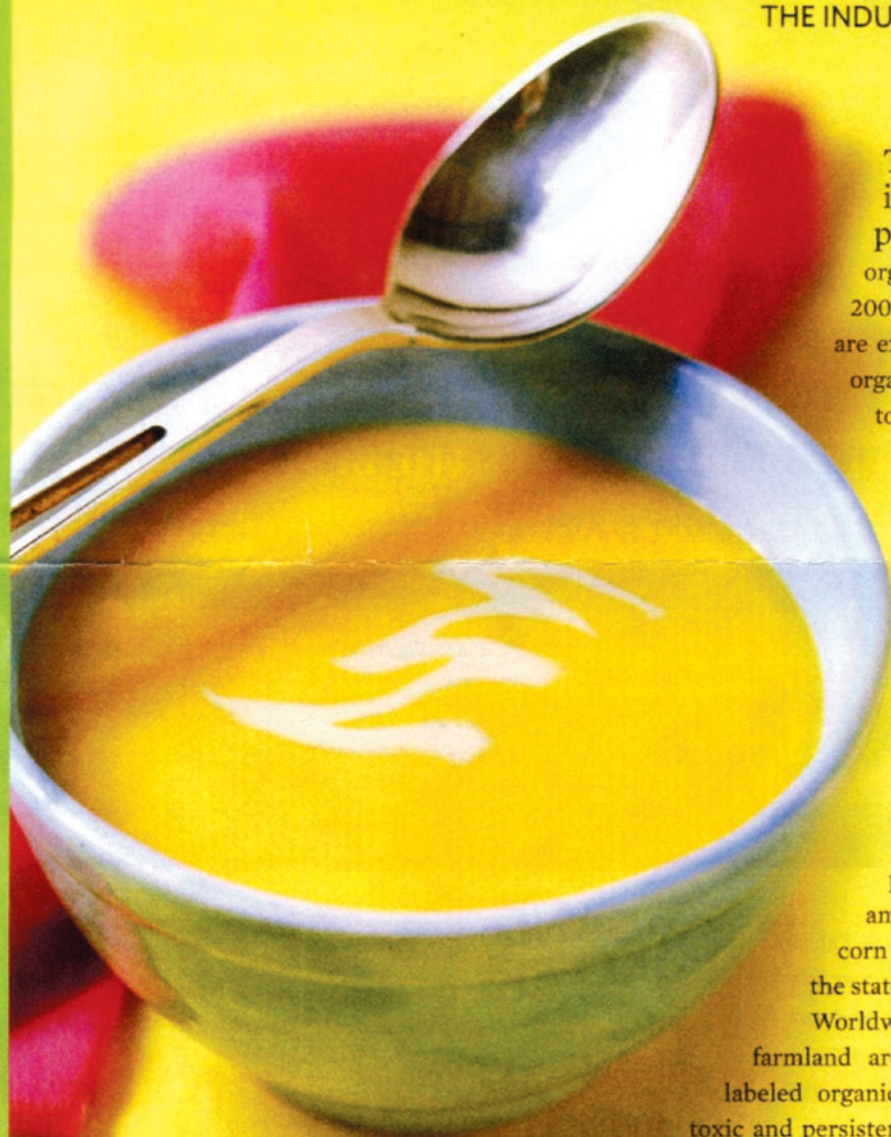




buyorganic! • by Lisa Fabian

a taste of ORGANIC

THE INDUSTRY CONTINUES TO GROW



The demand for organic foods is expanding—and at a brisk pace. Latest figures reveal that the organic market has grown 28 percent since 2003, and by the end of this year, Americans are expected to spend \$16 billion dollars on organic foods. Fruits and vegetables claim top ranking for amount spent, followed by dairy and other beverages. Though meat, fish, and poultry are currently the smallest category, they grew the most last year—by 55 percent.

All of this comes as no surprise, since eating organic benefits not only the consumer but also the environment. The use of conventional pesticides can damage the earth by leaching into groundwater and local streams. Foods grown organically require less energy to produce and often yield greater amounts. A performance test for organic corn yielded 13 percent more per acre than the statewide average, for example.

Worldwide, more than 76.5 million acres of farmland are being managed organically. To be labeled organic, a food must be produced without toxic and persistent pesticides, synthetic fertilizers, sewage sludge, bioengineering, or ionizing radiation. For organic meat and dairy, no growth hormones or antibiotics can be used. A stiff \$10,000 fine faces those who misuse the organic label.

Recipes are analyzed by Anna Karianthra, MS, I.D. Nutritional values vary depending on portion size, freshness of ingredients, storage, and cooking techniques. They should be used only as a guide. Star ratings are based on standard values (SVs) that are currently recommended: ★★★★★ Off the charts (100 percent or better), ★★★★★ Top source, ★★★ Excellent source, ★★ Good source, ★ Fair source

CARROT AND GINGER SOUP

Courtesy of Organic Valley, www.organicvalley.coop

45 minutes prep time ■ Serves 8

- 2 Tbsp Organic Valley Cultured Unsalted Butter
- 1 organic leek, trimmed, cut in half lengthwise, and then into 1/4-inch slices
- 2 lbs organic carrots, sliced diagonally
- 1 organic sweet potato, peeled and cut into 1-inch cubes
- 2 cloves organic garlic, minced
- 2 Tbsp organic ginger root, grated
- 1/2 tsp organic curry powder or nutmeg
- 5 c low-sodium organic vegetable or chicken stock
- 1 c cooked organic rice (white, jasmine, or brown)
- Salt and organic white pepper, to taste
- 1 c Organic Valley Original Soymilk (or Heavy Whipping Cream)

Heat the butter in a soup pot and saute the leek until translucent, but not brown. Add the carrots and sweet potato, and toss for 2 minutes on medium heat.

Add the minced garlic, grated ginger, curry powder or nutmeg, stock, and rice. Bring to a boil, and then reduce heat to a simmer. Cover and cook gently for 20 minutes or until the carrots are soft. Puree the soup in a food processor or blender. Add salt and pepper to taste. To serve, drop one tablespoon of soymilk or cream into the middle of each bowl, and swirl gently.



Per serving: 172 Calories, 7 g Protein, 28 g Carbohydrates, 5 g Fiber, 5 g Total fat (2 g sat, 1 g mono, 1 g poly), 149 mg Sodium, ★★★★★ Vitamin A, ★★ Vitamin B3 (niacin), Biotin, Manganese, ★ Vitamin B1 (thiamine), B2 (riboflavin), B6, B12, C, E, Folate, K, Pantothenic acid, Copper, Iron, Magnesium, Molybdenum, Phosphorus, Potassium

BLACK-EYED PEA AND PASTA SALAD

Courtesy of Eden Foods, www.edenfoods.com

30 minutes prep time (not including chill time) ■ Serves 8

- 1/3 c Eden Organic Kamut Elbows
- 1 c organic sweet corn, fresh or frozen
- 1 can (15 oz) Eden Organic Black Eyed Peas, drained
- 1 can (14-1/2 oz) Eden Organic Diced Tomatoes with Green Chilies, drained
- 1/2 c organic green bell pepper, diced
- 1/2 c organic red bell pepper, diced
- 1/2 c organic green onion, finely chopped
- 1/4 c organic red onion, minced
- 1 medium organic cucumber, peeled, sliced, and quartered

FOR DRESSING

- 3 Tbsp Eden Red Wine Vinegar, Eden Organic Apple Cider Vinegar, or Eden Organic Brown Rice Vinegar
- 2 Tbsp cold water
- 3 Tbsp Eden Organic Barley Malt Syrup
- 3 Tbsp Eden Extra-Virgin Olive Oil
- 2 cloves organic garlic, minced
- 1/2 tsp organic dried oregano
- 1 tsp organic dried basil
- 1 Tbsp Eden Shoyu Soy Sauce, or to taste

Cook the elbows according to package directions. Rinse and drain. Blanch the corn for two minutes. Place the elbows, black-eyed peas, tomatoes, corn, green and red peppers, green and red onions, and cucumber in a large mixing bowl.

For the dressing, place all ingredients in a blender and pulse until thoroughly combined, or place in a glass jar and shake to mix. Pour the dressing over the salad and toss to mix. For the best flavor, chill one hour before serving.



Per serving: 162 Calories, 5 g Protein, 24 g Carbohydrates, 4 g Fiber, 6 g Total fat (1 g sat, 4 g mono, 1 g poly), 112 mg Sodium, ★★ Vitamin C, ★ Vitamin B1 (thiamine), B2 (riboflavin), B3 (niacin), B6, Magnesium, Phosphorus, Zinc

CORN AND BLACK BEAN CASSEROLE

Courtesy of Simply Organic, www.frontiercoop.com

45 minutes prep time ■ Serves 4 to 6

- 2 Tbsp organic olive oil
- 1 organic onion, chopped
- 1/2 c organic carrot, chopped
- 1/2 c organic celery, chopped
- 1 clove organic garlic, minced
- 1 c organic black beans
- 1 c organic kidney beans
- Pinch of cayenne pepper
- 2 Tbsp Simply Organic Cumin
- 1 can (15 oz) organic diced tomatoes
- 3 Tbsp organic low-sodium tamari or soy sauce
- 1/2 c organic Monterey jack or mild cheddar cheese, grated
- Organic salsa
- Low-fat organic sour cream or plain yogurt

FOR CRUST

- 1-1/2 c cornmeal
- 1/2 tsp salt
- 2 Tbsp nutritional yeast
- 3 Tbsp organic olive oil
- 1/2 c hot organic chicken or vegetable stock
- 4 Tbsp Simply Organic Cilantro

Preheat the oven to 350°. Heat the oil in a saucepan and saute the onion, carrot, celery, and garlic for 5 minutes. Add the beans and spices. Cook just until heated through and then set aside.

To make the crust, mix all of the crust ingredients together and pat into a 9-inch deep-dish pie plate. Pour the veggie and bean mixture into the crust. Combine the tomatoes and tamari or soy sauce, stirring to blend. Then pour mixture over the beans in the crust. Bake for 25 minutes at 350°. Sprinkle with the cheese and bake for 5 more minutes. Allow to set for 5 to 10 minutes. Then cut and serve, topping each serving with salsa and sour cream or plain yogurt.

Per serving: 378 Calories, 13 g Protein, 46 g Carbohydrates, 9 g Fiber, 17 g Total fat (4 g sat, 10 g mono, 3 g poly), 478 mg Sodium, ★★★★★ Molybdenum, ★★ Vitamin B1 (thiamine), Folate, Chromium, Copper, Iron, Magnesium, Manganese, Phosphorus, ★ Vitamin A, B2 (riboflavin), B3 (niacin), B6, C, K, Pantothenic acid, Calcium, Potassium, Selenium, Zinc

