

5 FOODS “THEY” SAY YOU SHOULDN’T EAT...RAW!

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NOTE- This is general information & wisdom about traditional nutrition- Always check with your health practitioner before making any change in your diet especially to raw foods. Always KNOW YOUR FARMER! Eat local! Eat organic! Make all dietary change very slowly. No one diet plan fits everyone. And remember, you cannot trust the government to protect you.

1) EGGS- While “grocery store, that is, factory farm eggs are loaded with pathogens, including Salmonella, E. coli 0 157 H7, Listeria and others, what you want is “run around the farm” chicken eggs or “pastured eggs. Avoid “pasteurized” or irradiated eggs.

2) LIVER- Examine for color, texture, overall condition, and smell. Know your source! Should always be “100% grass-fed” or “pastured” animals, preferably young and always organic. Mix into a blender drink, or even sear very lightly in lard or tallow.

3) HAMBURGER- Again, never eat factory farm-feedlot beef without cooking it to death! We are only talking about 100% grass-fed, organic beef from a known source, such as Thousand Hills Cattle Co. (This applies to good, organic, local, farm-fresh PASTURED PORK as well!). Over-cooking destroys nutrients and may create toxins.

4) CHEESE (AND BUTTER)- As with other foods these dairy products should only be from 100% grass-fed and organic dairies. The best cheeses are processed on the farm. This creates a living product filled with enzymes, vitamins, wholesome essential fatty acids and healthy probiotics.

5) WHOLE MILK- (reduced-fat milk is “junk food”) Right now under extreme scrutiny by the “food police”. Factory farm commercial dairy is toxic and allergy-producing. Pasteurization enables factory farms to sell “dirty milk”.

WHERE YOU CAN FIND MORE INFORMATION~

~”The Untold Story of Milk” Ron Schmid, ND

~”Traditional Foods Are Your Best Medicine” Ron Schmid, ND

~”Cereal Killers” Al Watson

~”21 Days to a Healthy Heart” Al Watson

~”Nourishing Traditions Cookbook” Sally Fallon & Mary Enig

~”Wild Fermentation” Sandor Katz

~”Pottenger’s Cats -A Study in Nutrition” Francis Pottenger, MD

~”Milk Diet-As a Remedy For Chronic Disease” Charles Porter, MD

www.eatwild.com www.westonaprice.org www.ftclfd.com www.realmilk.com

SLOW FOOD, HAPPY ANIMALS, HEALTHY PLANET~DOES IT GET ANY BETTER?

1) STEAKS- While it's generally OK to lightly sear the outer surface, the grill should be about medium heat and the degree of doneness should be 1-2 steps below where you would normally eat it if it were corn-fed. For instance if your CF preference is medium-well, we encourage you to go to medium or even medium-rare. You can always let the steak sit for a few minutes off the grill to congeal any liquids in the meat (if that bothers you). Sadly, cooking steaks "well-done" will almost invariably RUIN a GF steak. Additionally, well-done meat has lost most of the vitamins, enzymes, and other precious nutrients that are available in the meat less-well cooked.

2) ROASTS- And this applies to arm, rump, shoulder, loin or any others. It's fine again to lightly sear the surfaces, if you like that, but it's not necessary. Then place the roast in either a crock pot or roasting pan with 1-2" of water. At this point you can add seasalt and black pepper, which is about all you need to bring out maximal meat flavor. It's always OK to add garlic, onions or a full complement of "roast beef" companion vegetables too, celery, potatoes, carrots, or other root vegetables. I like to cook the roast at 225-275 degrees for enough time to get it cooked to your satisfaction. This means getting a meat thermometer and bringing the center of the roast up to 140 for rare on up to about 160 degrees. Serve the roast with the au jus on the side or make the drippings into a meat gravy. Good recipes for this on the THCC website. If you see a recipe giving you the time period to leave it in the oven, take that only as a primitive guide, ovens vary so much, that timing is too crude a method of determining doneness. The thermometer will also be right on. My two favorite ways to serve the slow-cooked roasts are as follows. If I'm having a party crowd and want a fairly casual meal, I'll put the appropriate number of roasts to cook as above taking them to about 140 degrees. I cool the meat slightly and slice it about the thickness of a quarter, using an electric meat slicer. I then serve it piled on a bun adding either BBQ sauce or just the au jus. it's SO good, people practically faint. The other way, is with the full complement of vegetables, usually using the crock pot on the lowest setting for a couple of hours. This provides a full meal and your family will think you are a brilliant cook!

3) HAMBURGER- The easiest of all and sometimes the most spectacular! . If possible, buy cuts such as roasts, shoulder meat, or sirloin and GRIND IT at home. Use a coarse grind and patty it very lightly. . Keep enough fat in it for flavor and mouth feel. Never buy GF leaner than 85%. The most important thing again, keep the fire medium (5-8 minutes each side), don't over-cook it, and be sure not to press the juice (all the flavor!) out of the patty with the spatula. When you use GF ground beef in a recipe, be sure to include the grease from browning it right into the recipe. GF fat is loaded with Omega 3 fat, CLA, and fat-soluble vitamins. It's where the "medicine" is so be sure to use it and use it joyfully!

~Nourishing Traditions- A Cookbook Sally Fallon and Mary Enig

~Grassfed is Best Jo Robinson

~The Omnivore's Dilemma Michael Pollan

~Pig Perfect Peter Kaminsky

~ The Cholesterol Myths Uffe Ravnskov

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