

Natural Health News

Sustainable Eating

The term sustainable implies the ability to continue to do something, over time, in the same way, without producing negative consequences. I propose the concept of sustainable eating, in which we make decisions about the type of foods we eat by considering the source, the growing conditions, and the delivery method as well as the taste, nutritional value and cost. Therefore, sustainable eating means choosing organic, local, whole foods.

As naturopathic doctors, we have an important role in educating our patients about food choices. While it may be apparent that we would teach about the nutrients necessary for one's health, it is also important to promote food choices that support the environment. We provide the best service when we advocate for the health of the planet as well as for the health of our patients. I see these factors as tightly intertwined—healthy people = a healthy planet.

Why Organic?

Organic farming is better for the environment, and organic food is better for people. By promoting natural ecosystems and avoiding the use of pesticides, organic farming leads to healthier soil and

healthier food. Organic food is higher in nutrients and more flavorful. When people eat organic food, not only do they avoid toxic chemicals, but they are also supporting farmers who are working hard to protect the environment.

Why Local?

Local food isn't shipped over long distances before being consumed. This means less fuel used in transportation, and we all know how important it is to reduce our dependence on oil. Also, because it gets to the consumer quickly, local produce can be picked ripe, rather than picked green. This means more nutrition and better taste. Plus, eating foods that are in season locally keeps you in touch with natural growing cycles.

Why Whole?

Whole, unprocessed foods are those foods that still resemble how nature made them. Learn how your food is grown; choose ingredients in their original forms. Once a food has been processed, refined and packaged, it is much less nutritious.

Why CSAs and Farmer's Markets?

Two great ways to have a fresh supply of organic and locally-grown produce are to shop at farmer's markets or to

Eatwell Farm's CSA Coming Soon to the Nabe

To find out more about Eatwell Farm's CSA:

Call 800-648-9894.

Email office@eatwell.com.

Visit www.eatwell.com.

Pick up a brochure at SOMA Acupuncture or the Potrero Hill Neighborhood House.

join a Community Supported Agriculture (CSA) program. At a farmer's market, you can choose foods from a variety of farms all in one place, and enjoy the gathering of your community. In a CSA, you pre-pay a fee, and receive a box of produce every week, as well as a newsletter filled with great recipes and information about the farm.

Eatwell CSA Coming to the Nabe

In support of the health of our community, SOMA Acupuncture & Natural Health Clinic is teaming up with the Potrero Hill Neighborhood House and Eatwell Farm to provide Potrero Hill residents with the convenience of a new pick-up site for organic, local vegetables and fruit. Once a week, Eatwell will be delivering boxes of produce to the Neighborhood House. Please see the sidebar for more details about Eatwell Farm and to learn how to sign up.

Amy Day, ND

May Is Eat Local Month Are You Ready for the Challenge?

Every time we buy groceries, we make choices. Our choices are made for different reasons: nutritional, economical, environmental, ethical, political. Organic or non-organic? Processed or whole? Regular or low fat? And now, local or global.

Serious Consequences for the Environment

Recently my awareness has been focused on the importance of eating locally grown foods. For me, the primary reason to do so is the issue of transportation and how it affects our consumption of oil—a precious resource that needs to be

How to Find a CSA or Organic Delivery

Visit www.localharvest.org for additional information.

Eatwell Farm, Dixon
800-648-9894

www.eatwell.com

\$20 - 23 delivered to pickup sites

Cidre Loche, Big Bend
408-772-3664

\$30 delivered to you

Farm Fresh To You, Capay
800-796-6009

\$21.50 - \$29 delivered to you

Purisima Greens, Half Moon Bay
650-726-5101

\$18 delivered to pickup sites

Bay Area Organic Express, San Francisco, 415-ORGANIC

www.organicexpress.com

\$29 - \$39 delivered to you.

90% of produce comes from different farms in California

conserved. Our food travels an average of 1500 miles, and food transport accounts for 25% of all the miles driven by heavy goods vehicles on our roads. In the last 10 years, “food miles” have risen dramatically, and have a significant impact on climate change, traffic congestion, accidents and pollution.

Eat From Our Foodshed

There is a group called Locavores, who is presenting the May challenge of eating locally, and their web site, www.locavores.com is both educational and helpful in locating sources of local food. It makes perfect sense to me to eat foods primarily grown in our foodshed—an area that consists of about 100 miles from San Francisco. At first, that didn't sound too hard. Here in California we are blessed with an abundance of farms and crops to choose from as well as an ocean to provide us with fresh seafood.

So off I went last week to Rainbow Grocery to see what local food I could fill my basket with. Two hours later I was surprised at how difficult it is. Much of the produce was organic, but it was grown in Mexico or Chile. Forget about breads and grains. They come from Oregon and Minnesota. Olive oil? Not all Napa Valley oil comes from olives grown here. Coffee? Well, if you travel to Hawaii, you can bring some

local coffee home, but we definitely don't grow coffee in California. We do, however, have good sources of dairy products, seafood that's in season, meat, poultry and eggs.

Personally, I will take the challenge and see how well I do. Fortunately I'm already a member of Eatwell Farm, so I know that at least my produce is locally grown as well as organic and tasty.

Michele Hangee-Bauer

SOMA Acupuncture & Natural Health Clinic



Founded clinic in 1989. Integrates naturopathic medicine and acupuncture.

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