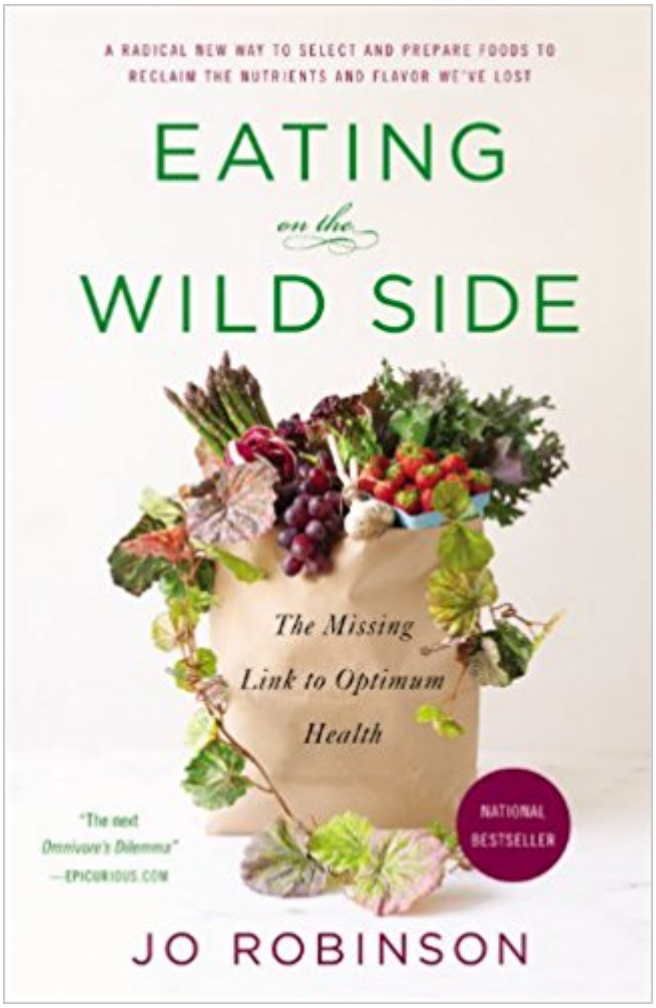
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Eating On The Wild Side: The Missing Link To Optimum Health



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Synopsis

Winner of the 2014 IACP Cookbook Award in the category of "Food Matters."The next stage in the food revolution--a radical way to select fruits and vegetables and reclaim the flavor and nutrients we've lost.Ever since farmers first planted seeds 10,000 years ago, humans have been destroying the nutritional value of their fruits and vegetables. Unwittingly, we've been selecting plants that are high in starch and sugar and low in vitamins, minerals, fiber, and antioxidants for more than 400 generations.EATING ON THE WILD SIDE reveals the solution--choosing modern varieties that approach the nutritional content of wild plants but that also please the modern palate. Jo Robinson explains that many of these newly identified varieties can be found in supermarkets and farmer's market, and introduces simple, scientifically proven methods of preparation that enhance their flavor and nutrition. Based on years of scientific research and filled with food history and practical advice, EATING ON THE WILD SIDE will forever change the way we think about food.

Customer Reviews

Photos from Jo's Personal Garden Black Tomatoes

For some, locavorism isnÃ¢â ¬â„¢t enough. Farmed food of any sort lacks the full panoply of flavors and textures that wild foods bring to the table. Moreover, wild foods offer some nutritional advantages and may be richer in some vitamins and minerals than their cultivated cousins. Some laboratory studies have concluded that medical benefits, including protection from cancer cells, can be found in vegetables such as brussels sprouts. Despite her impassioned advocacy for eating foods culled from woodlands and creek beds, Robinson is not so doctrinaire as to believe that everyone has the time or the access to such foods. So she offers a guide to buying the best, most flavorful produce in supermarkets. Robinson guides readers through ranks of greens, explaining how to judge lettuces by color and why to select loose spinach rather than the bagged variety. Such guides can benefit grocery shoppers who lack the means of foraging their dinners. --Mark Knoblauch --This text refers to an out of print or unavailable edition of this title.

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