

May 2004



Hi all,

I'm sending this to you because you're a member of WAPF or someone I've talked to about kombucha, kefir, whole foods or improving health. We all have different needs but what we have in common is an interest in improving our health through eating good foods. I'm planning on sending out a newsletter occasionally, maybe 4-6 times a year. If you don't want to get another one, just hit Reply and let me know. But please read through this first one before deciding.

Topics in this newsletter:

1. Good places to shop - featuring Cambrian meats
2. Featured recipe - I know liver's good for me, but yuck!!
3. NZ cheese made from homogenised milk
4. How can I learn more about whole foods?
5. My dream for a healthier NZ

Good Places to Shop

Sometimes the hardest thing about eating good food is knowing where to buy it. One of the newer pages on DietNet is the Where To Shop page <http://homepages.paradise.net.nz/rwgully/resources/wheretoshop.htm>. At the moment it's incomplete, with a lot of areas not covered. If you live in one of those areas, or know of a good place that ships nationwide, please help to improve the page.

A place I've started buying from lately is Cambrian Meats in Tauranga www.cambrianmeats.co.nz - they have a great range of eco farmed meats and ship to anywhere in NZ. The animals are raised organic, but they are not certified organic. This means they can keep their prices much lower, while still providing very high quality meat. They focus on the health of the land, as good meat only comes from healthy animals raised on grass full of nutrients.

Their range includes beef, lamb, chicken and venison. Beautiful liver is only \$5.50 a kilo, and makes supermarket liver look very inferior. Not on their price list, but available if you ring in your order on the 0508 number are kidneys, and beef & marrow bones for making stock.

Recipe - Liver and Onions

Before you grimace and skip to the next section, remember that organ meats have lots of advantages. Most importantly, they are full of nutrients, including some that are hard to find in other foods. The societies studied by Weston Price prized the organ meats and the fat above other parts of the animal. I recommend eating them at least once a week. And for those on a tight budget, what other meat can you get for your family for only \$5.50 a kilo? Because it is so high in nutrients, a kilo of liver goes a lot further than a kilo of any other meat. And if you team it with pumpkin, you have a nourishing, economical meal.

I know Liver and Onions is a rather old fashioned dish, but it's simple and tasty, especially when put with a sweet vegetable like pumpkin or kumera. The sweetness of the veges offsets the strong taste of the liver and makes a pleasant combination. This is the amount I use for two adults, so adjust for your family's needs.

First, prepare your vegetables. If you're in a hurry, go for mashed pumpkin. Chop up into small pieces and take the skin off. Boil up in some salted, filtered water while cooking the liver and onions. Drain well and mash with a large dollop of butter and some paprika.

If you've got a bit more time, some roast vegetables are nice. Chop up pumpkin as above, or some kumara, or any combination of pumpkin, kumara, toka toka or potato. Toss them in whatever good fats you've got to hand - chicken fat, lard, tallow, extra virgin olive oil - and some sea salt. Bake at around 200C for 1/2 to 3/4 of an hour, depending on how big you cut the veges.

Chop an onion in half, then slice each half thinly. Cook up in a fry pan with a generous amount of butter, till softened. Meanwhile, slice the liver (200gm for two people) as thinly as you can. Cut each piece in half, so you end up with pieces that are roughly 3-4 cm by 3-4 cm, and maybe 1/3 cm thin. Push the onions to one side, add a little extra butter and fry up the liver quickly on both sides, till just browned. You want the liver just cooked, so that it doesn't get tough. Mix the onions through, add a dash of sea salt, and serve straight away with the vegetables.

This is quite a rich dish, so a green side salad goes with it nicely.

This recipe comes from my Whole Food Cooking course, which I'm partway through writing. This is designed to help introduce people to the principles of whole food cooking, in a step by step, easy to implement way, and will be available soon.

Homogenised cheese?

It never occurred to me that anyone would bother to homogenise milk before turning it into cheese. But it turns out that Anchor make their Mild, Colby, Edam and Tasty cheeses from homogenised milk. Thankfully, I have had confirmation from Mainland that their Mild, Cheddar and Tasty cheeses are all made from non-homogenised milk.

Learning more about real food

- Some of you already know and love Nourishing Traditions, by Sally Fallon. For those who don't, it's my most highly recommended book. It's not only a superb whole food recipe book, but is also packed with a wide range of nutritional information. Some local libraries have it now and it's also available for sale around the country. Golden Bay Organics in Takaka gborganics@excite.com and Tall Poppy Books in Invercargill service@tallpoppybooks.co.nz are stocking it. And if both are out of stock, sometimes I have a spare copy or two. Please let me know of any other places who're stocking it.
 - Other great books include:
 - Nutrition and Physical Degeneration, by Weston Price
 - The Untold Story of Milk, by Ron Schmid
 - Cholesterol Myths, by Uffe Ravnskov
 - Fluoride; Drinking ourselves to death, by Barry Groves
 - Wild Fermentations, by Sandor Ellix Katz
 - On the net, check out www.diet.net.nz and www.westonaprice.org
 - Contact your nearest WAPF chapter leader and ask for more information:
 - Alison Ellett in Auckland: (09) 420-8548, ellett@xtra.co.nz ellett@xtra.co.nz
 - Susan Galea in Wellington: (04) 528 5886, susangalea@hotmail.com susangalea@hotmail.com, www.realmilk.co.nz
 - Bari Caine in Invercargill: Bari Caine (03) 213-0420, greenleaf@lycos.com greenleaf@lycos.com, www.organiclifestyle.net
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A healthier NZ

We hear a lot these days about how obese and unhealthy our population is, especially children. There are some people fighting to improve our diets and our food supply, but sadly many others seem to see the solution as increased health care. What that actually means is increased disease care - Ritalin for children with ADD, prozac for depression, statin drugs for high cholesterol and operations when the drugs don't work any more. While there is certainly a place for disease care, let's focus on prevention. Most unhealthy states can be reversed, or at least reduced, by eating a nutrient rich diet.

There are three ways that we can help people to improve their health through whole foods.

1. Education - the main goal of DietNet. Most main stream nutritional information is misleading or just plain wrong. Telling people the truth about what good food is the first step. One of the tools on the site is the NZ shopping guide <http://homepages.paradise.net.nz/rwgully/basics/guide.doc>.

2. Availability - Once people know what they want to eat, they need to be able to get hold of the right foods. As well as the Where To Shop page on DietNet, we need sources of hard to find foods like kefir, kombucha and raw dairy. Many of you have kombucha or kefir now that has been sent to you by me or someone else on this list. One of my goals is to have people throughout the country who are using these healthy foods and sharing them with others.

3. Supporting each other - It's not easy eating a whole food diet. There's a lot of work involved, and this makes it harder for many people to stick with. Imagine how much easier it would be if you had two or three like minded people living nearby. One of you might be an expert on making fermented veges, one might make beautiful sour dough bread, another might love making lacto fermented soft drinks or grow more vegetables in their garden than they can eat themselves, a fourth might be busy all week, but have time to drive out to a farm at the weekend to collect raw milk. Sharing the workload would make things easier and build a sense of community. Sometimes you might just want someone to pop by and see if they can help figure out why your kombucha has turned up its toes. You might be able support each others businesses or look after each others kids sometimes, without worrying about what rubbish they might be eating.

That's a lot of what this newsletter is all about - putting you in touch with each other. I know you won't all be interested, and some of you won't want your details shared. If there is enough interest, I'd be happy to set up a group on Yahoo, for support, swapping recipes and ideas or just generally staying in touch. Otherwise, in each newsletter, I'll include a list of who's receiving the newsletter, where they are and what they're into. I won't show your contact details, but if you spot anyone on the list you've like to get in touch with, email me and I'll forward your email on.

If you don't want to be a part of any of this, just let me know. If you think anyone else would be interested in the newsletter, or being part of a community group, please pass this on to them. If you would like a Yahoo group set up, have info on good places to shop, have an interest or business you'd like added to your details for next time, want to be added to the list, or have any other feedback, please drop me a line.

Regards, Deb
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www.diet.net.nz

This list is not to be used for commercial purposes. If you list your business, and somebody wants to contact you, that's great. But please don't approach anyone with your business ideas uninvited.

GO	Red Beach, Hibiscus Coast	Kefir
LM	Hatfields Beach, Hibicus Coast	Kefir
AE	Helensville	WAPF; raw dairy
NC	Helensville	Kefir
PA	Albany, Auckland	Kombucha
KC	Birkdale, Auckland	Kefir
NM	Birkdale, Auckland	Kefir
MH	Coatesville, Auckland	Kefir; Kombucha
TB	Manurewa, Auckland	Kefir; Kombucha; NT; Home schooling
JG	Papatoetoe, Auckland	WAPF
AL	Ranui, Auckland	Kombucha
NC	St Heliers, Auckland	Interest in Kefir & Kombucha
AA	West Harbour, Auckland	Kefir; Water Kefir; Kombucha
PF	Cambridge	Kefir; Kombucha; NT
LW	Pirongia	Kefir; Kombucha
TN	Rotorua	Kefir
CL	Eltham, Taranaki	Kombucha; Home schooling
JG	Tauranga	Kombucha
CA	Waipukurau	WAPF
SG	Martinborough	Kombucha
SG	Upper Hutt	WAPF; raw dairy
JK	Lower Hutt	Kefir; Water Kefir
PM	Lower Hutt	Kombucha
JB	Lower Hutt	Kombucha; Bowen technique
LI	Karori, Wellington	Kefir; Kombucha
KC	Thorndon, Wellington	Kombucha
MA	Brooklyn, Wellington	Kombucha
LJ	central Wellington	Low carb whole foods; advice on bodywork
DG	Kilbirnie, Wellington	Kefir; Kombucha; WAPF; DietNet
BH	Nelson	Kefir
IM	Greymouth, West Coast	Kefir
RM	Christchurch	Kefir
LW	Dunedin	Kefir; Kombucha; NT
JS	Mosgiel, Otago	WAPF
BC	Invercargill	WAPF
GT	Invercargill	WAPF

NT=Uses Nourishing Traditions

WAPF = member of the Weston A Price foundation: www.westonaprice.org