A Grain of Salt

News About Good Salt, Natural Food and Other Health Related Issues

SPRING 2000

INSIDE

PRINTED ON RECYCLED PAPER WITH SOY-BASED INK

A Grain of Salt

published by
Happiness Press™
273 Fairway Drive
Asheville, NC 28805

E-mail: topsalt@aol.com
www.celtic-seasalt.com

1-800-TOP SALT
(1-800-867-7258)

Editors
Philippe & Selina DeLangre

Publication Manager
Sabrina Marie

RECONNECTING WITH

OUR FOOD

Why Organic Makes A Difference

What is your relationship with food? Do you joyfully prepare dinner then sit down with your family and savor the meal? If so, you are in a minority. In our hurried society, a person is much more likely to drive to a window and receive their meal like magic than to light the burner on their stove and sauté. We all recognize that food is essential to our life. But our relationship with food has changed drastically in the last fifty years. Drive thru windows are just one of the many "realities" that are transforming our experience of what food is.

From seed to dinner plate, food naturally takes time. Planting the seed, nurturing the seedling, protecting the plant and harvesting the fruit are time consuming tasks that once kept most humans busy. Once the food is harvested, it must be cleaned, chopped and cooked. This has been the process of creating food for centuries. Today, for many people around the world, this entire experience, with all the lessons it has to teach us,

Continued on page 8

Why Is WHOLE NATURAL SEA SALT Important for Good Health?

Many topics under the rubric of nutrition are fraught with controversy and the subject of salt is no exception. It has been fashionable in recent years for nutritionists to restrict the use of salt and this is one proscription endorsed by medical orthodoxy. Early research uncovered a correlation of salt intake with high blood pressure, but subsequent studies indicated that salt restriction may harm more people than it helps. A large study conducted in 1983 found that dietary salt did not have any significant effect on blood pressure in the majority of people. In some cases, salt restriction actually raised blood pressure.[1] A 1930's study found that salt deficiency led to loss of taste sensation, cramps, weakness, lassitude and severe cardiorespiratory distress on exertion.[2]

With few exceptions, all traditional cultures use some salt. Isolated primitive peoples living far from the sea or other salt sources burn sodium-rich marsh grasses and add the ash to their food. Salt provides not only sodium but also chloride, needed for the manufacture of hydrochloric acid, proper function of the brain and nervous system and for many other processes. The chloride component of salt also activates amylases, needed for the digestion of carbohydrate foods.

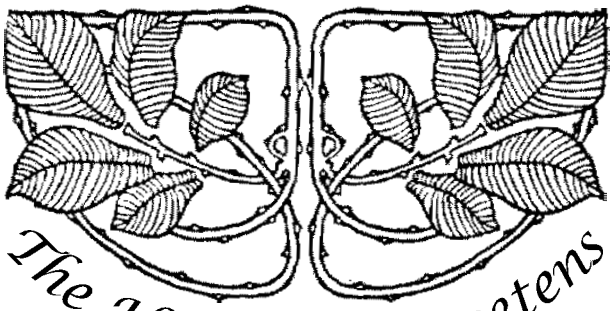
The need for salt varies according to the individual. People with weak adrenal glands lose salt in their urine and must have plentiful salt in the diet; but for others ex-

Continued on page 10

"The best and most health-promoting salt is extracted by the action of the sun on seawater . . ."

by Sally Fallon

STEVIA



The Herb that Sweetens

by Sabrina Marie

Who doesn't have a sweet tooth? Most of us are aware that refined white sugar can take a toll on our health, but a tempting fudge brownie can easily wipe thoughts of minerals and immune systems out of our mind. Refined white sugar makes it more difficult for our bodies to absorb the minerals and vitamins it needs. The body requires excess B vitamins to metabolize and detoxify sugar. The problem with sugar is that because it is stripped of nutrients, but contains calories, the body does not receive any of the nutrients it needs and expects from food. Studies have linked sugar with obesity, diabetes and other disorders. Sugar depresses the immune system. Refined white sugar may be converted to saturated fat. Sugar may contribute to candidiasis and aggravate some types of asthma, allergies, and arthritis.

Of course, that sugar is less than wholesome is old news. For this reason, many of us bake goodies using maple syrup, brown rice syrup, and barley malt syrup. These sweeteners are good alternatives, however, they all contain calories and they may not be options for everyone.

The new century has brought us a new sweetener. Not a newly created sweetener, fresh from experimental chemical labs, but a new old sweetener, originally from Paraguay. Used for centuries by South American natives to sweeten tea and for medicinal preparations, stevia, the sweet herb, has finally made its way to North America. This amazing sweet herb is being embraced by health practitioners and health food cooks alike for its many qualities that give it an edge over more traditional sweeteners.

Stevia is incredibly sweet, 30 to 100 times sweeter than sugar. A recipe for cookies sweetened with stevia may call for only 1/4 teaspoon to sweeten the whole batch. Stevia contains no calories. Stevia is a healthful alternative to artificial sweeteners for most diabetics because stevia does not affect blood sugar levels. Sandy Corlett, of the Diabetes Resource Center, says, "stevia is one of the sweeteners that we recommend. It is a much better choice than artificial sweeteners. "

The sweetening agent in stevia, called stevioside, does not feed yeasts in the intestines like sugars. All non-chemical sweeteners, even fructose, feed yeasts, which makes even fruit and brown rice syrup off limits to someone suffering from candidiasis, a condition of yeast overgrowth in the intestines.

Although it sounds like stevia may save us all from our detrimental sweet teeth, stevia is not the simplest sweetener to work with. It has a strongly sweet flavor which can quickly overwhelm a recipe. When trying to use stevia to sweeten baked goods like cookies, the recipe must be adjusted for the lack of bulk that stevia adds. Cakes and cookies sweetened with stevia do not brown as much as their sugar-sweetened counterparts. When testing stevia at The Grain & Salt Society, responses to this new sweetener were mixed.

I asked a few "testers" to share their stevia experience.

Cheryl, who does not have any specific health problems but is strongly affected by sugar said, "I am very excited about stevia. I loved the stevia sweetened cookies we tested. I think stevia gives me a good feeling, compared to the highs and lows of white sugar. I think it is going to play a role in my diet, especially for breakfast foods which are often overly sweet."

Jon, who is in good health though worried about weight gain said, "The stevia cookies were good, but they had a strong aftertaste. I think brown sugar is hard to beat, I wouldn't choose to eat stevia if there was a plate of brown sugar sweetened cookies being offered at the same time."

Christiana, who is currently on a completely sugar-free diet because of candidiasis, said, "I love stevia. I use the liquid extract in my tea. I think it's wonderful that even though I cannot eat any type of sugar or fruit, I can have a little taste of something sweet without affecting my health."

Nichole, a recent wholesome foods convert, said "Stevia is great. After testing all the sweets made with stevia, I wanted more. When it's used just right, it can be a great alternative to sugar. I also like that you need to use so little stevia, compared to the cups and pounds you must use of white sugar."

Investigating stevia, we learned that all stevias are not alike. Stevioside is often extracted using alcohol or chemicals. The extract may then be bleached to make it appear completely white. Look for organic stevia that is unbleached and extracted with a

Continued on next page

Would you like to read more about refined white sugar? Try the following books for more information.

Sugar Blues by William Duffy, published by Warner Books

Get the Sugar Out: 501 Ways to Cut the Sugar in Any Diet by Ann Louise Gittleman, published by Crown Publishers

Healing with Whole Foods by Paul Pitchford, published by North Atlantic Books

Fats that Heal, Fats that Kill by Udo Erasmus, published by Alive Books (contains the astonishing information on how sugar converts to saturated fat)

Books about Stevia:

The Stevia Cookbook by Ray Sahelian, MD and Donna Gates, published by Avery Books

Sugar-Free Cooking with Stevia by James and Tanya Kirkland, published by Crystal Health Publishing

Baking with Stevia by Rita DePuydt, published by Sun Coast Enterprises (Our favorite stevia cookbook).

natural water filtration method.

Stevia is available in three forms: liquid extract, powdered extract, and powdered extract combined with a bulking agent, such as maltodextrin. This last form is used to package stevia in small envelopes similar to the packaging of Nutrasweet and Sweet N' Low. For your recipes, liquid extract and powdered extract work interchangeably.

Although stevia is just beginning to reach the American public, a number of countries have enjoyed its sweetness for decades. Japanese food manufacturers began using stevia in the mid 1970's. According to Donna Gates in ***The Stevia Cookbook***, by 1988, stevia sweetened products represented approximately 41 percent of the market share of potently sweet substances consumed in Japan. In spite of the fact that it has been used safely for centuries by South American natives, and for over twenty years in Japan, stevia cannot be sold in the U.S. as a sweetener. Stevia is currently available as a dietary supplement, but no information about its sweetening abilities will be found on its label.

If you are interested in experimenting with stevia, you may choose to begin by using the recipe on the back page as a guide. Substitute raisins or chocolate chips for nuts. As you begin to widen your stevia repertoire, the cookbook ***Baking with Stevia***, by Rita DePuydt may be of help. Suggestions from seasoned stevia bakers include:

1. whisking stevia into egg whites before adding to a cake batter helps to get good volume and crumbly texture;
2. one cup of sugar can be replaced by 1/4 to ½ teaspoon stevia, but adjustments will be needed to replace the bulk of sugar – applesauce can be used to replace some of this bulk;
3. flavors such as lemon and vanilla help to ameliorate the sometimes sharply sweet characteristic of stevia;
4. for blender drinks, sauces, creams, and puddings, add the stevia in the beginning because adding it later may cause thinning;
5. very small amounts of stevia may be used to sweeten salad dressings and dinner sauces, measure a dab of stevia with a toothpick! Z

References

Gates, D. and Sahelian, R., M.D. The Stevia Cookbook. Garden City Park, NY. Avery Publishing Group, 1999.

Elkins, R. Stevia: Nature's Sweetener. Pleasant Grove, UT. Woodland Publishing, 1997.

DePuydt, R. Baking with Stevia. Oak View, CA. Sun Coast Enterprises, 1998.

Letter from Selina

Do you ever feel bombarded with contradictory information about health? In the "Information Age" we have learned that information doesn't mean "communication of knowledge" as it once did. Information needs to be sifted through and researched further if one is to discover the knowledge (often hidden) within. When a study announces the latest health food, one must question: who financed the study and who interpreted the study?

In researching issues of health, as we do for each issue of ***A Grain of Salt***, we find that contradictions, in scientific studies and in opinions of "experts," are the norm. Instead of publishing another strong opinion, we attempt to write articles that illustrate the whole picture of a health issue. I hope to empower by presenting more than one method or study or belief system.

You probably feel that you could change some part of your life for the better. Perhaps you are considering dietary changes or adopting a more positive attitude. We have all tried to make changes and failed at least as often as we have made successful changes. Whether we choose to make changes in our spiritual life, our dietary choices, or our physical program is a personal choice. But making the decision to change requires intuition and good judgement in order for the decision to result in consistent and successful change. Each person must make this decision in his or her own way. I believe that the trick to making successful changes is to find the method or belief system or food that works for you, that fits your view of the world and your physical needs. No one method or belief system has been found to be the answer for everyone.

Every time I read an article that is slated for publication in ***A Grain of Salt***, I pray for the guidance to read it with discernment. God has provided us with an abundance of resources to use as tools to reach our full potential. I hope in this publication to describe some of these tools and provide you with ways to use these tools for yourself.

In this publication, we try not to bombard you with another strong opinion about what changes you *need* to make. We hope to empower you to make decisions that work for you. This is one reason we enjoy interviews which present a completely different perspective, whether it be from a farmer, a manufacturer, or a psychologist. Perhaps this perspective will teach you something about our food delivery system or perhaps it will teach you something about yourself.

We strive to provide you with the resources you need to tap into the issues presented by the articles. This is why we offer our products alongside informative articles. Although I have been approached by our vendors wanting to place adds in our newsletter, I feel this would change the energy of our publication. I consider ***A Grain of Salt*** an opportunity to reach other students of life. Just as we are students, we can be teachers as well.

I welcome you to be a part of the growth of this publication. Whatever you have to contribute is welcome. Perhaps you know of a group, a health practitioner or an individual who may be interested in this newsletter. Call, write, or e-mail us their name and address and we will send them a trial issue. Or, perhaps you have a topic that you think would be of interest to others. You may know of a speaker or health practitioner who you feel would make an interesting interview. We would love to hear from you. Let us be a society of resources. Z

NATURALLY LEAVENED BREAD MAKES A DIFFERENCE

BY JACQUES DE LANGRE

From the files of Jacques de Langre, founder of our company, we present a researched lecture regarding the difference between yeasted breads and naturally leavened breads. Although written in the 1980's, this information is more than ever important for us to consider in our search for good health. Interestingly, more and more bakers across the U.S. are becoming interested in naturally leavened bread. In our Fall edition, we will interview one of these bakers, Lynn Gordon of French Meadow Bakery, a former student of Jacques'. Ms. Gordon has discovered some recent scientific research regarding natural yeasts that we believe will be very interesting to you.

Natural Leaven or Commercial Baker's Yeast?

There are two methods for leavening bread and they differ totally in the way they act on the flour, as well as on the taste and nutritional effect of the resulting bread and, in the end, on the health of the consumer.

The aim of bread fermentation is to transform the various nutrients freed by the milling of the grain and to modify them for optimum assimilation during digestion.

A Definition of Natural Leaven

Wild yeast, or multi-micro flora are the natural air-borne ferments that are generated or seeded in a dough left exposed to a clean and cool atmosphere under specific conditions of moisture and temperature and the exclusion of larger specimen. Within that fertile medium, lactic bacteria of the various beneficial types are found: *B. Pastorianum*, *B. Delbrucki*, *B.Ternoas* well as saccharomyces such as *S.Pastorianus*, and *S. Cervisiae*. This type of microflora consumes little energy and multiplies quite slowly. Its growth duplicates the cycle of human breathing and that of wheat embryo germination. Wild yeast also naturally enriches the bread, due to an additional development of nutrients by the beneficial enzymes and ferments.

Baking by Principle

In baking as in all natural processes, the laws of life must be respected; it is vital for the fermented bread to retain the dynamic character that originally develops within the wheat berry as it evolves toward its germination. Just as the breathing cycle consists of an oxidation, followed by a reduction, the same cycle is reproduced in the five day cycle of the germination of wheat. Natural leavened bread (seeded with wild yeast or natural leaven) also duplicates this cycle: The rising of the dough corresponds to an oxidation (like wheat germ growth), followed by a reduction (during the baking of the loaf) identical to the development of the miniature sprout of wheat. We readily see that of the two methods available for leavening bread, only natural leaven faithfully follows God's laws of the universe.

Beware of White Sourdough

There is also the question of sifting out the bran: Today, many loaves of sourdough 'French' bread are being offered but they are made with white flours that are almost totally demineralized. The pseudo mycelium (vegetative part of the thallus of the fungi, composed of several filaments) cannot feed on such debilitated flours and the bread tastes excessively sour which tells us that, besides lacking the essential nutrients, it is unfavorable to the digestive process.

Another problem sometimes occurs in natural baking: An excess of lactic bacteria may develop and give the bread a definite sourness. Although these bacteria are natural, they have proliferated in excess because the starter or sour dough sponge was not cared for daily. Excess proliferation is a result of a lack of aeration or scrupulous daily feeding (refreshing) or else is due to the storage of the starter in warm areas or areas contaminated with vinegar or other acetic acid products. Since lactic bacteria are anaerobic, they can only develop in the absence of air. When these have exceeded their limit, a "lactic bread" or "acetic bread" is obtained, excessively sour that becomes more sour with aging, with definitely harmful results.

How Baker's Yeast Works

Commercial yeast is an isolate "mushroom-type" microorganism whose cells are high in moisture and consist of vacuolated protoplasm. Their reproduction cycle is extremely rapid and thus one gram of compressed yeast contains several trillions of yeast cells. In a dough seeded with 1% of commercial yeast, the number of these cells can double in 6 hours at 80 degree Fahrenheit. If the fermentation is allowed to continue, the proliferation will reach a concentration of 150,000,000 cells per cubic centimeter regardless of how little seeding was done at the start.

With commercial yeast, rising of the dough is lightning fast, coupled with a reduction (baker's yeast is a strong reducer), followed by a strong oxidation during the baking and often accompanied by an alkalinization. This is increased even more when a portion or all of the bran is removed. We witness here a phenomenon totally opposed to the normal laws of life. The end result of this biological decay (staling of bread), is a deficient oxidative energy that changes into a glycolysed energy, as evidenced by monster, or anarchistic, cells that are an exact duplicate of human cancer cells, according to the research of Dr. Warbourg, M.D.

Candida and Anemia are Related to the Consumption of Yeasted Bread

Rickets and anemia can be caused by the consumption of yeasted whole wheat bread. These chronic calcium deficiencies are corrected and even totally eliminated when the whole wheat bread is naturally leavened. In the natural leavening process, the phytic acid and the phytates are hydrolysed by the phytases of the bran in an acid environment and transformed into phytin and soluble phosphatic acids of magnesium, calcium and iron which are totally assimilable and beneficial.

In the case of yeasted bread, with a pH

Continued on page 11

An Interview with David Krishoch of King Arthur Flour Company

Commercial flour is big business. Few flour companies pay attention to whether or not their flour is going to make a good bread for the consumer. Often, big bakeries get the pick of the best flour, and what's left may be sold to consumers. There is one flour company that stands out from the rest in its commitment to quality– King Arthur Flour Company. We talked with David Krischoch, director of sales for the bakery food service division about how flour is made and what types of flours make good bread.

Although we believe in the use of freshly milled flour, it was intriguing for us to learn the processes of commercially milled flour. This "insider's look" into the commercial flour industry helped us to better understand why freshly milled organic flour is important. The following interview gives a rare look into one of the most commonly used foods on the planet.

Thank you for talking with us, David. To start, will you give us the big picture of flour milling. How does wheat become flour?

After wheat is harvested, it needs to go through a period of "sweat" for 6-8 weeks, usually by resting on a concrete block in the field. The farmer has just picked a live plant that is still engaged in enzymatic activity. Before milling, this enzymatic action needs to slow down. If the wheat was ground the same day it was harvested, it would have different baking qualities than if it went through a gradual stop on the enzymatic activity.

The wheat is usually delivered to the miller at this point. Next, the wheat is tempered in warm water. It is placed in a large bin with the water or it is sprayed with water. Tempering softens the bran coat and toughens the endosperm so the miller can get a nice separation. Generally it's tempered at 80° - 90° for eight to sixteen hours.

Do they let it dry before they mill it?

No. It is milled moist.

What about mold problems?

Millers often put chlorine in the tempering water to prevent mold. Organic millers won't do that, they use hotter water and a couple of other processes that I'm not familiar with to get away from using chlorine in the water.

Is wheat usually milled on metal surfaces?

Yes. At the top of the mill, is the "first break," two steel rollers that have sharp teeth that roll towards each other. These rollers try to squeeze the endosperm from the bran. There will be some flour from this process, but just a minuscule amount. Then comes 2-4 sets of smooth reducing rollers which gradually grind all of the endosperm into flour. In between each set of rollers there's a box, bigger than this room [ten by ten square feet], that has different sieve layers on it so that the finer stuff can be blown off to be flour, while the coarser grains can be piped back to the reducing rollers. The process continues until you get all the grain the consistency of the final flour.

Isn't the flour wet?

The grains are wet when they first go in, but you have to remember that it's about 100° so the grains dry pretty fast.

So now that we've got the flour, what happens?

A miller will get 72 pounds of white flour out of 100 pounds of wheat. After the flour is milled, you will have straight grade flour, bran, and germ. The germ will be resold. The bran and junk parts will be sold for mill feed.

That 72 pounds of straight grade flour is further refined, by sifting, into premium flour, high grade and ok flour. Millers refine their flour because the best baking quality flour will come from the center of the grain, at the heart of the endosperm. And the baker will pay the most for premium flour, also called patent flour.

Of course, the more nutritional flour comes from the outer edges of the endosperm. There are higher protein levels in the flour that comes from the edge, but it's not bake-able protein. The best baking protein produces nice extensibility and elasticity in a dough. In a loaf of bread, it produces good volume and an incredible mouth feel.

What happens after the miller has sifted the flour?

After the last sifting, treatments are added. Enrichers, such as thiamine and iron, and dough conditioners like potassium bromate, are added along with bleach, benzoyl peroxide. Then the flour goes into a bag. It might be a five pound bag, a fifty pound bag, it might go into a tank truck.

What's the purpose of adding bleach?

Just so it's whiter. Benzoyl peroxide, which is basically pool bleach, has no affect whatsoever on the bake-ability.

What enrichers are required to enrich flour?

Enrichment requires niacin, thiamine, riboflavin, reduced iron and folic acid.

And they come in white powders?

Yes, the miller buys a big box that looks like laundry detergent. And he just mixes the different nutrients into the flour according to a formula.

How exactly are these ingredients, the enrichers and the dough conditioners, mixed in?

The flour comes down a conveyor belt and there's a hopper system loaded with the treatments and enrichments. The miller turns a switch and the designated hoppers will sprinkle a very specific amount of treatment down into the flour.

Why are dough conditioners added to the flour?

Dough conditioners will help hold the gluten matrix together and allow the dough to be easily worked. Dough made from con-

Continued on page 6

The Scoop on Flour

Continued from page 5

ditioned flour will be more extensible, it will not fight the baker when its being kneaded or shaped.

There are many kinds of dough conditioners. L-cysteine is a dough conditioner ground up from human hair. Potassium bromate is a very popular conditioner added to almost all baking flour.

Ascorbic acid is a dough conditioner that helps in the development of a nice gluten network. The problem with ascorbic acid is that as soon as we put moisture into the flour and add ascorbic acid, it starts working. Bakers want the dough conditioner to work primarily in between the proof box and the first two or three minutes in the oven. This is when the loaf may undergo oven spring, and it's when the loaf is most fragile. Potassium bromate works great at that moment, it gives strengthening ability to the dough, while the ascorbic acid has already died.

So that's the process? The wheat is sweated, tempered, milled and treated, then ready to sell?

The last step is the aging process. After the flour is milled, it has to oxidize. Ninety percent of the oxidation occurs within the first day or two. However, to complete the oxidation process requires about ten to fourteen days. The aging process can happen in the freezer, in a bag, even in a refrigerator.

Why does the flour need to be aged?

It allows the dough to develop a good gluten network. When the baker first adds water, the gluten matrix is all jumbled up; as he mixes and kneads, he re-organizes the matrix to be more uniform. By kneading, the baker tears apart all the mishmash and lines it back up so that a shell forms over the top of the dough. When the yeasts produce gas, this air-tight shell traps the gas and the dough rises.

If the flour is not sufficiently aged, it's called green flour, and the dough is very difficult to work with. Bakers call this type of dough "buckled." People who use green flour will always see a smaller volume. The gluten matrix will not develop as tightly with green flour so some of the gas that is produced by the yeasts will escape through the top of the loaf of bread, and the dough won't rise as much.

Does the home miller need to age their flour the way professional millers do?

I think that most home bakers would not notice the difference between green and aged flours. Not because they're not good bakers, but because it wouldn't be as big a deal to them. Maybe they're only baking 2-3 loaves once or twice a week, while the commercial baker is making 50-60 loaves every day. The commercial baker is more accustomed to what that final volume should be.

How many varieties of wheat come to the miller?

There are over 500 varieties of wheat varieties grown in the U.S., about 48 of these are commercially viable. The miller in Salinas, Kansas may get 12 or 15 different varieties but they would all be hard wheat. Generally, one mill is going to mill hard wheat and another miller is going to mill soft wheat.

What are the primary different varieties of wheat?

There are six classes of wheat in the U.S. There are two broad classifications: spring or winter, based on when the wheat is planted.

Spring wheat is usually hard. There is spring hard red wheat and spring white hard wheat. The only reason it's called red or white is the color of the kernel. (White bakes a little better and lacks a phenolic compound which can make whole wheat flour bitter). Winter wheat can be hard or soft, and red or white. Soft winter wheat is used to produce cake and pastry flours.

What distinguishes King Arthur Flour from other flours?

King Arthur Flour is 210 years old. We began by importing flour from England. Since day one we've never allowed any treatment to the flour, no bleach and no bromate. Historically millers have added a wide variety of unnatural whitening substances, such as chalk, kaolin (clay), and even crushed bone.

Our flour has always been a hard wheat, it hasn't been a junk flour. A lot of all purpose flour is made up of several flours of different protein contents mixed in a bag . Hopefully the protein level will be ten, but few flour companies guarantee their protein levels. King Arthur flour has always been hard wheat and it's always been 11.7 protein, and we've never varied from that.

Modern bakers often believe they need high gluten flour, which is high protein flour, to get the best bread. This type of flour always comes from spring wheat. In fact hard red winter wheat produces a better product, and it's cheaper. Spring wheat comes from the upper Midwest, it's planted as soon as the field thaws in April or early May. Spring wheat requires a lot of fertilizer so it will grow fast.

Winter wheat, which is planted in the Fall, grows about 4 inches and then goes dormant. It overwinters, and in the springtime it starts to grow again. Winter wheat is harvested by the fourth of July. It has a more mellow gluten, it's not as tough, and it produces a better quality bread, especially if you're only using flour water and salt.

Does King Arthur offer organic flour?

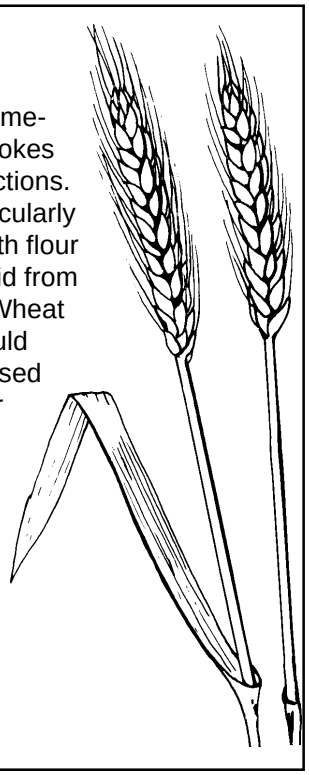
Not yet, but in the next six months, we will have a 50 pound bag of organic flour. Our organic flour line will start in big bags. Our ultimate goal is to bring it out on the grocery shelf, but that is going to be an uphill battle.

How many bakers are requesting organic?

That's interesting because we're doing a survey here next week to find that out ourselves. Right now, the organic flour that we're getting in a 50# bag costs twice as

Continued on page 7

"Wheat sometimes provokes allergic reactions. This is particularly the case with flour that is rancid from oxidation. Wheat flour should ideally be used right after grinding." Paul Pitchford, ***Healing with Whole Foods***



The Scoop on Flour

Continued from page 6

much to the baker as non-organic flour. A 50# bag is going to cost them $15- $18. They can buy a comparable non-organic flour for about $9 or $9.50 per 50 pounds.

What about stone milling? Does King Arthur carry any stone milled flour?

Stone milling produces a great whole wheat flour, but only about 5% of flour use in the United States is whole wheat. Making stone ground white flour presents several problems. A stone miller can't make white flour in one pass. After the flour is stone-milled, the miller must separate the bran and the germ. A lot of bakers would like to use organic, stone-milled white flour, but there's very few people who go to the trouble to make it.

The average miller makes money on the bran and the germ as well as the flour. What doesn't become flour can be sold for mill feed, and the miller can get $40-$50 a ton for it. The traditional mill is able to clearly separate the bran and germ from the endosperm while stone milling is not able to do that.

What do the falling prices of wheat foretell about the future?

Bigger farms are the future. The family farmer is really getting squeezed out. What really controls much of wheat and flour movement across the country is the railroad. Whether the miller is in Albany or Portland, freight weight can make or break them. Generally, the rail system does not want to move less than 50 or 100 freight cars per 1 shipment of wheat. A small farmer can only fill two or three cars. To the rail system, it would be a hassle to deal with a small farmer, so the freight company may suggest that the small farmer put all his wheat in the co-op's bin, and maybe the co-op will have enough to fill the train. It's getting incredibly difficult for the small farmer.

Small farmers may also have a hard time with their seed ordering procedures. Six to eight months ahead of planting time, the farmer has to put in his seed order for exactly what varieties he wants. Most of his seed comes from the wheat he planted the season before. If a farmer plants 100 acres, he may retain 10 acres of that wheat as seed crop for his next year. The farmer can be in a catch-22 situation because if he changed varieties the year before, he may hold back 10 acres, but he won't know if the new variety makes a good flour. Furthermore, armers today are being paid less a bushel than they were 30 years ago.

We talked earlier about the matrix that forms as a baker kneads the dough. What happens with the matrix in a whole wheat bread dough? If the flour doesn't age, do you still get the bucklng problem?

With whole wheat, it's not as noticeable because generally on a whole wheat bread you're not going to see as much volume anyway. The truth is, it's harder to make a good whole wheat bread than a white bread. Whole wheat flour is full of sharp particles. As the baker is mixing a whole wheat bread dough, it's very easy to over-mix because those sharp fragments will tear the gluten matrix apart.

The whole wheat bread baker must use an entire different technique than the white bread baker. The commercial baker who uses yeast throws everything in the commercial mixer, lets it mix for 10 or 15 minutes and then the dough is done.

Whole wheat bread bakers who use natural leavening are involved in a much longer process. This type of baker may mix one of his breads five or ten minutes in the machine and then let it ferment for maybe 3-4 hours. During this bulk fermentation, he does a fold. He will gently pour the dough out onto the table and fold it. In this way, the baker creates strength in the dough, without mixing. He could do this in the mixer if he added more mix time, but it would be a tougher bread and it wouldn't have the nice open cell structure that he's trying to develop. The baker may do a fold two or three times during the bulk fermentation and then handle the dough very carefully when he starts to divide it and shape it.

We've really enjoyed talking with you, David, you've taught us a lot. What's your favorite type of bread?

Oh, I'll eat any kind of sourdough, and I eat a lot of whole wheat. With the finest sourdough, you should barely notice that you're even eating it, it should just hang on your tongue at the very end. Traditionally in this country, people have thought sourdough should really have a punch. Optimally, a good sourdough should just leave a little taste on your tongue. Z

[Editor's Note: I enjoyed this interview immensely. I had never heard of the sweating or tempering processes before, and neither did I know exactly how a mill worked. When I read the interview over, I realized that no where in the process of making flour do the nutrient components govern the process. In other words, there are many processes throughout turning flour into bread that exist so that the bread is more "bakeable." This is a very different approach than the approach I learned from Jacques de Langre. He taught me the importance of fresh, stone ground flour and naturally fermented bread. Everything that Jacques did in the process of bread making was to enhance the digestibility and availability of the nutrients in bread. The surprising result was a delicious loaf of bread. If you'd like more information on naturally leavened breads, please see our Fall 1999 A Grain of Salt. Also we carry a teaching video by Meredith McCarty about the making of naturally leavened breads. Bread from Natural Bridge Bakery, the subject of one of the articles in our Fall 1999 edition, is available once a month from The Grain & Salt Soceity. -SD]

A Grain of Salt

The common phrase "you can take that with a grain of salt," meaning it may be true, but it's probably not, is not commonly heard in our office. We have discovered that a grain of Celtic Sea Salt is a precious thing, invaluable to our health. In this publication, we endeavor to present articles about healthy foods and other health related issues. In the past, people interested in these concerns often met with the attitude: "healthy food – it's not worth a grain of salt to think twice about what I eat!" Thus, our name has a double meaning. A grain of salt, when it's whole unprocessed Celtic Sea Salt, is a valuable thing. And the pursuit of good health is the natural pursuit of a human being. When we say "take it with A Grain of Salt" we mean you can take it to heart!

Reconnecting with Our Food

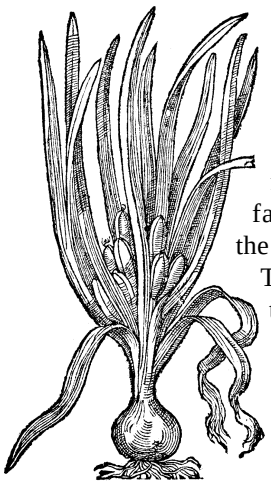
Continued from front page

An article by Sabrina Marie featuring an interview with Tony Kleese, executive director of Carolina Farm Stewardship Association

has been condensed to a drive past a window and an exchange of money.

In the years that I have spent working with people, teaching them about healthy food and how to prepare it, I have come to the conclusion that the loss of a solid relationship with food, the lack of a deep understanding of how the food came to be on the dinner plate results in a lessening ability to truly nourish ourselves. I talk to people who are daily swayed by the latest scientific study. In general, our relationship with food has grown so weak that often we can no longer judge for ourselves what foods are nourishing and what foods aren't. A dependance on convenience foods, which are usually high in fat and high in sugar, certainly can disturb our bodies' natural inclinations to desire the food that properly nourishes us. However, Tony Kleese, of the Carolina Farm Stewardship Association, suspects that our relationship with food is hurt by our lack of experience with raising food. "At one point farming was the only way of life," Kleese said when I asked about this connection, "This generation is at least two generations away from the ability and experience of growing our own food. I personally think that the absence of this knowledge is contributing to our basic insecurities in society today. We've lost one of the core abilities of providing for ourselves. And now we're totally reliant on other people to provide us with our food."

Our connection to food, as a society, is further diminished by modern agricultural methods. The use of chemical pesticides and fertilizers allows farmers to ignore the health of the soil. Time honored techniques for food growing, like crop rotation, are abandoned as the soil, which was once a complex ecological system full of beneficial microorganisms, becomes only a "growing medium." Farming has become "agribusiness" and small farms have all but disappeared. Modern science surely has much to contribute to the age old process of growing food. At the same time, the growing of food with respect for the soil, the water and the seasons has much to teach modern man.



Few of us have the time to reclaim this core experience and begin growing a garden large enough to feed our family. But we can still consciously strengthen our relationship with food. Nourishing this relationship, we strengthen our intuition about healthy foods, we understand the true length of time involved in creating our dinner, and we enrich our human experience of life.

There are numerous ways to regain this relationship. Conscious cooking of fresh vegetables brings an awareness of necessary attention to detail. Broccoli must be rinsed, the stems peeled and sliced, the florets separated. Planting a small garden can teach us how difficult the raising of food is and how delicious and full of life fresh-picked tomatoes, squash and peppers are. We can also strengthen and inform our relationship with food by understanding and supporting the organic food movement.

Organic farmers are attempting to restore a harmonious relationship with the soil and surrounding ecologies. I spoke with Tony Kleese about organic farming and why it is important to our society.

What does organic mean?

Organic is an ecological production management system that relates to how food is produced. Instead of imposing the farmer's will on the land, this management system attempts to enhance the natural system already at work on the land. Organic farmers don't use synthetic chemicals or fertilizers because these substances do not enhance the natural ecological system.

How does this "management system" apply to milk and other dairy products labeled "organic"?

There's a livestock category in the organic standards, so any livestock product, whether it be milk or chicken, must maintain the same standards. The animals must have access to fresh air, the outdoors, and grass. Their feed has to be 100% organic, farmers cannot use hormones or antibiotics in a subtherapeutic manner. [Hormones cannot be used and antibiotics can only be used for a short time period when the animal is sick.] An organic farmer doesn't let an animal suffer if it gets sick. For instance, if the farmer is producing milk, they will pull the sick cow from the herd and give it antibiotics, but that milk can't be sold as organic. The cow is removed from the herd for a specific amount of time to allow the antibiotics to be completely removed from its system.

What are the initial steps that a farmer must go through to become certified organic?

First, his or her field has to be three years without synthetic fertilizers or pesticides, or other prohibited substances on it. There's an application process that the grower goes through that requires maps, seed and soil and weed and pest management strategies, information on how they plan to market the product, information about their equipment. . . it's a lengthy application. This gives the organic certifier association a clear picture of their farm.

In our case, that application comes into our office, it is reviewed by our certification coordinator and a committee member, and they put their comments on it. Then, the application goes to an inspector. The inspector then goes to the farm and evaluates the validity of the information on their application. The inspector fills out a report and sends that back to the committee. That report is evaluated by the coordinator and a committee member, and at that point, the certification is issued.

Are some chemical sprays "acceptable" on organic produce?

"Chemical" is a very obscure word. No synthetic material is allowed in organic production, except for a very few items used in food processing. Instead of listing everything an organic farmer can or can't use, the organic industry says that you can use everything natural, except for a few natural but potentially harmful items like arsenic. Arsenic is an organic, natural substance, but you can't use it in organic agriculture.

Do organic growers have to take care of

Continued on page 9

their soil in specific ways?

Taking care of the soil is huge part of being an organic farmer. We have a Sustainable Agriculture Conference every year, and last year we had a gentleman named Dr. Joe Lewis from the USDA research station in Tifton, GA. Dr. Lewis has shown in his research that in a healthy, balanced soil system, the plant's immune system has the ability to identify when it's being attacked. Once it senses an attack, the plant will send messages out to beneficial insects to come and take care of the pest problem. When you use high nitrogen chemicals and fertilizers, it throws that whole immune system off base.

The organic industry believes that if a grower maintains a healthy soil system, the pest problems will be less chronic. That's not to say organic growers have no pest problems. When a pest disease or an insect problem gets out of hand, it's a clue that there's something out of balance. The key to organic agriculture is to enhance the balance. A close examination of the natural systems reveals that there is a system of checks and balances. Insects and fungus break down plant material so it can be recycled and used by other plants. If the plant is healthy, it doesn't send out signals to be broken down.

Is there any relationship between pesticides & herbicides and cancer?

Nothing has been brought to the plate that can give a definitive yes or no on that. Animal studies have indicated a connection.

In general, the organic industry tries not to enter the argument of whether or not chemicals are bad. Instead, we advocate for an approach to farming and agriculture that enhances natural systems.

Interestingly, agriculture is an inherently unnatural process. If you plant one to five or even ten crops, you're not doing what would naturally occur. At this time, organic is the method that grows food in as natural a way as possible.

I think it's important for people to realize that the life we live today is based on the fact that we can grow our own food. There are two basic social contracts that we agree to when we choose, as a society, to be agrarian, to live in one place and grow food. First, we agree to pay farmers enough money to make a living so they can continue to grow food. Second, we agree not to deplete our natural resources to the point where survival is threatened. I would say that it today's world, we're not meeting either one of those. The organic industry is trying to set up a system that meets those two criteria, a system of sustainable agriculture.

What is important about small scale farming as opposed to large scale farming?

There's an economic benefit to small communities. If there are a number of small businesses, they each provide infrastructure. In downtown areas of rural agrarian communities of North Carolina, there was at least a hardware store and a farm supply store. These businesses supplied the farmers that lived in the surrounding area. When these farms go out of business, and these farms get consolidated, the need for resources gets thrown out the window. The money that was generated by these small farms will go to some headquarters somewhere, it won't stay in the community.

That would be my argument for small farms. Small businesses of all types help to spread the wealth out. When wealth is centralized, money stays out of small communities. From a social context, if you can pay your local farmer to grow food for your community that's much better than paying a corporation to pay people to grow food.

What can the consumer do to assist farmers in making a living?

Right now, conventional farming is not a viable way to make a living. The commodity prices for conventional food are lower than the cost of production. In any business, if the production costs are higher than the price charged for the product, the business will fail. The agricultural subsidy system that helped prop up food prices for farmers for years is now being phased out. Right now we're witnessing a farm crisis that will probably surpass the 1986 farm crisis. Large corporations are buying up the land as small farms go out of business. The small farmers will be under contract to raise products for the larger corporations.

We know our doctors, we know our lawyers, we know our dentists, but we don't know our farmers. I would encourage all consumers to seek out their local farmers, to encourage the stores that they shop at to buy locally grown foods, and to encourage their state and legislatures and government officers to support a local agrarian food system. Z

Carolina Farm Stewardship Association (CFSA) is a non-profit membership association of farmers, gardeners, and consumers dedicated to ecological farming methods and development of a healthful, sustainable agriculture. CFSA certifies organic farms in North and South Carolina and conducts educational activities. Many states have organizations like CFSA which are designed to provide consumers and growers alike with educational opportunities.

What's It Like to be an Organic Farmer?

I farm because I've always been drawn to work with the earth and soil which have always seemed intriguing and mysterious.

I farm organically because organic agriculture makes sense to me. I believe in growing things by working with nature and the systems nature has already set up instead of trying to control those systems. I like to think I work with nature instead of trying to fight its diversity and abundance. Also, organic farming is a more accessible way for me to get into farming. Organic farming can be done on a small scale. You don't have to have hundreds of acres or own a huge tractor (or be a man) to farm organically.

The hardest things about farming are the long hours of physical labor at the end of the season. Most of the season, from March to September the hard work doesn't bother me; in fact I love it. But come September, I get tired and feel overwhelmed. Then winter comes, and winters, as far as I can tell, are for resting up for the next season.

The best things about farming are the early mornings – quiet, cool, kind of secret. I also love working outside all the time. Sometimes I think farming is just an excuse to be outside all day. And then I love a truck full of beautiful flowers and vegetables ready to go to market. And I love my customers who love my produce and say things like "these are the best peppers I have ever eaten."

Vanessa Campbell is a 33 year old organic farmer in Western North Carolina. From her 18 acre farm, she mostly grows flowers, peppers, winter squash and basil. Vanessa sells her produce at the Merrimon Avenue tailgate market in Asheville and belongs to a farmers' marketing cooperative that sells produce all across North Carolina.

WHOLE NATURAL SEA SALT

Continued from front page

cessive salt consumption causes calcium to be excreted in the urine and, hence, may lead to osteoporosis. Excessive salt in the diet also depletes potassium.

Some nutritionists contend that salt stimulates the glands in much the same way as sugar and can, thus, lead to a host of degenerative illnesses. A salt-free diet will often cure acne and oily skin. On the other hand, salt is a powerful enzyme activator. Dr. Edward Howell, noted enzyme researcher, observed that those whose diets are composed almost entirely of raw foods, like the Eskimos; do not need much salt; but those who subsist on a diet composed largely of cooked foods, like the Chinese, require greater amounts of salt to activate enzymes in the intestines.

Most discussions of salt ignore the issue of salt processing. Few people realize that our salt–like our sugar, flour and vegetable oils— is highly refined; it is the product of a chemical and high temperature industrial process that removes all the valuable magnesium salts as well as trace minerals naturally occurring in the sea. To keep salt dry, salt refiners adulterate this "pure" product with several harmful additives, including aluminum compounds. To replace the natural iodine salts that are removed during processing, potassium iodide is added in amounts that can be toxic. To stabilize the volatile iodide compound, processors add dextrose which turns the iodized salt a purplish color. A bleaching agent is then necessary to restore whiteness to the salt.

Sun dried sea salt contains traces of marine life that provide organic forms of iodine. Some researchers claim that this form of iodine remains in the bodily fluids for many weeks, whereas the iodine released from iodide salts passes through very quickly.[3] This may be why the late physician Henry Bieler found evidence of sodium starvation in the tissues of people who consumed large amounts of refined salt.[4] Both surfeit and deficiency of iodine can lead to problems with the thyroid gland, such as goiter, hyperthyroidism and hypothyroidism. Iodized salt will often relieve the overt symptoms of goiter – it will cause the thyroid gland to shrink back to normal or near-normal size – but it does not prevent other thyroid problems, such as obesity, low vitality, fragile teeth and bones, various sexual and mental problems, as well as heart disease and cancer.

Even most so-called sea salt is produced by industrial methods. The best and most health-promoting salt is extracted by the action of the sun on seawater in clay-lined ponds. Its light grey color indicates a high moisture and trace mineral content. This natural salt contains only about 82% sodium chloride; it contains about .5% all-important magnesium salts and nearly 80 trace minerals. The best and purest commercially available source of unrefined sea salt is the natural salt marshes of Northern France, where it is "farmed" according to ancient methods.

Clearly, unprocessed, whole sea salt, like Celtic Sea Salt®, not only adds significant flavor to dishes, but nutritional benefitsZSalt is truly an important part of a healthy diet, but one must chose the right salt.

Sally Fallon is the author of Nourishing Traditions, the Cookbook that Challenges Politically Correct Nutrition and the Diet Dictocrats (available from New Trends Publishing 877-707-1716 and from The Grain & Salt Society), and president of the Weston A. Price Foundation.

References

1 Holden, Robert A, et al, *JAMA*, Jul 15, 1983, 250:3:356-369

2 McCance, RA, *Nutr Rev*, Mar 1990, 48:145-147

3 DeLangre, Jacques, *Sea Salt's Hidden Powers*, 1992, Happiness Press, Asheville, NC

4 Bieler, H, MD, *Food is Your Best Medicine*, 1965, Ballantine Books, New York, NY

DO YOU LOVE SEA VEGETABLES?

Sea vegetables are packed with minerals, enhance the nutrients of bean and grain dishes, and have distinctive flavors. For years, we have been reporting on the amazing nutrient qualities of sea vegetables. We have given tips on how easily arame can be added to stir fry's, and how great fried or toasted dulse is in a sandwich. However, the numbers of our customers who eat sea vegetables, even once or twice a year, are very low! Why? Because the distinctive taste of sea vegetables is hard for some people to swallow. As sea vegetable lovers know, this taste can be moderated and improved upon by cooking methods and spicing.

To encourage more sea vegetable eating we are hosting THE SEA VEGETABLE CHALLENGE. We challenge our readers to come up with a wonderful sea vegetable recipe. Winners of the recipe contest will have their recipes printed in our Winter 2001 edition. The First Place winner will receive $50.00 gift certificate to The Grain & Salt Society®, Second Place will receive a $20.00 gift certificate and the Third Place will receive a $10.00 gift certificate. Start experimenting now!

Here's a clue to get you started. Dulse is delicious when lightly fried in ghee. To make, heat ½ teaspoon of ghee in a heavy-bottomed skillet. Separated leaves of dulse and add to the skillet. Cook until the dulse turns from purple to brown. This makes a delicious snack, and takes only moments to prepare. Dulse is one of the milder sea vegetables, although many first time sea vegetable eaters love arame. Other sea vegetables are hijiki, kombu, alaria and wakame. Good luck with your experimenting, and enjoy!

Send in your recipe by September 1, 2000. Winners will be announced in the Winter 2001 edition of ***A Grain of Salt***. Please make sure to include your name, address, and phone number on your recipe entry.

Continued from page 4

varying from 5.9 to 6.5, the reduction by hydrolysis of the toxic phytic compounds is insufficient, no better than 50%, a level that causes yeasted bread to be detrimental, especially for anemic people.

A full hydrolysis is possible only when the pH remains between 4 and 5.6 maximum, which is the case for natural leaven bread. At the median pH of 4.8 in a dough kept at a temperature of 64 degrees Fahrenheit; there remain only 0.78% (less than 1%) of the phytic acid compounds, which is a totally safe amount.

Sweet Tasting Bread Made with Sourdough Starter

It is quite easy to obtain a sweet tasting bread with a natural leaven fermentation for a base. The slower proofing of the dough at temperatures between 62° and 64° Fahrenheit, made from a leaven always stored at low temperatures of 47° to 50° Fahrenheit and regularly refreshed, will totally prevent the characteristic sour dough taste often associated with natural leavened bread.

Two Extra Benefits from the Natural Leaven Process

The limited growth of friendly lactic bacteria and the presence of other microorganisms will add little to the acidity, yet will create a good swelling of the gluten as evidenced by small but regular air cells in the crumb. As it ages, natural leavened bread will retain its moisture and keep well without refrigeration, quite opposed from the yeasted bread that stales and dries out within hours after its baking. With natural leaven, no dried out bread need ever to be thrown out.

Bran Value

The high mineral and enzymatic value of bran is widely known and needs little elaboration. It is necessary however, to discuss the little known phytic acid and its detrimental effects on the body metabolism. Phytic acid is inherently present in whole rice and whole wheat and it can cause allergies and other severe illnesses. This toxic substance can only be neutralized and eliminated by the skillful fermentation of those cereal grains through highly principled baking. Thus, the natural baking method that drastically reduces phytic acid must be adopted universally if one is to obtain the most beneficial bread.

Digestibility

Bread and grain-based diets, especially at the beginning, give the illusion that they do not readily digest. Natural leaven bread, because of its inherent beneficial ferments, slowly recreates the population of friendly lactobacillus digestive bacteria in the absorption tract. The end result is a recovery of digestion and proper elimination by the effective action of friendly bacteria. Natural leaven bread provides more stable nutrition than that obtained mechanically by non-fermented (and thus non- pre-digested) bran and other raw or cooked roughage diets, since these only succeed in physically abrading and irritating the colon.

Z

Celtic Sea Salt® . . . for Horses!

A Canadian veterinarian is adding Celtic Sea Salt® to his treatment of horses and seeing surprising results, reports our Canadian chapter president, David Tocher. According to this veterinarian (who did not wish to be named) adding Celtic Sea Salt® to the diets of horses restores the proper balance of calcium to phosphorus. This results in the shrinking of swollen legs and ankles, shiny coats and the falling away of dead patches of skin on the horses' coats. Horses with bad feet also benefit from soaking in Celtic Sea Salt®. Tocher reports that 5 days after soaking treatment begins, the horses' feet start to heal and infections clear. In our Summer edition, David Tocher will report on the progress of these horses.

Letters to the Editor

Dear Editor

Every writer, talk show, in-house publication, etc. is getting on the soybean bandwagon. It was no surprise, therefore, to see your recent article on soy in A Grain of Salt. This is somewhat troubling to me. There is almost always the other side of the coin.

In this case, there is room for some doubt [about the healthful qualities of the soybean]. I have enclosed some articles for your information. I would certainly appreciate any comments you may wish to make about these articles.

Sincerely

a reader in Eureka CA

Sabrina Marie responds:

I am aware that some of the benefits of soy are being debated in nutritional circles. In my reading of the articles you sent, and in other articles about soy, I came to the conclusion that the studies that show harmful effects of soy use modern soy products, such as isolated soy protein, for their testing. In scientific testing, no distinction is drawn between fermented and naturally prepared soy foods, like miso and tofu, and modern processed products, like soy protein powders and soy protein isolate. My research and personal experience indicates there is a significant difference between the two.

Opponents of soy maintain that isoflavones damage the thyroid gland. Isoflavones occur in a wide variety of foods, including the grain millet which is considered a healing food. Perhaps there are many components of food that are beneficial when presented to the body in their whole food state, but damaging when isolated and consumed in excess.

The importance of scientific research cannot be rated higher than the importance of our own personal experiences. What we choose to eat is an immensely personal decision. My goal as a health writer is to provide information on foods that have nourished peoples for generations. There is much negative press about our various food options. I believe it is important for us to recognize that there are no bad foods, just unhealthy processing. Z

About The Grain and Salt SOCIETY®

It all started with health! And a man with a passion to help people. When Jacques DeLangre learned about the profound importance of grains and real whole, living salt, he dedicated his life to researching and teaching good health. Jacques founded both Happiness Press and The Grain & Salt Society to share information, ideas and good recipes.

Today, in ***A Grain of Salt***, we strive to continue Jacques' legacy: we research issues of health and good food, and share this information with our readers.

If you believe in good salt, good food and good health, join us in good company.

Membership Advantage

Junior Membership

50% discount on all varieties of Celtic Sea Salt®, a subscription to ***A Grain of Salt***, our quarterly publication and "members only" specials.

One Year Membership $15.00
Two Year Membership $25.00

Charter Membership

50% discount on all varieties of Celtic Sea Salt®, 10% discount on most other products offered by the Grain and Salt Society®, a subscription to ***A Grain of Salt***, our quarterly publicationand "members only" specials.

One Year Membership $30.00
Two Year Membership $50.00

Stevia-Sweetened Oatmeal Nut Cookies

1 ½ cups whole wheat pastry flour
½ tsp Celtic Sea Salt®*
1 tsp baking powder
½ tsp cinnamon
1 stick butter
5 tbsp baked sweet potato flesh
3 tbsp sesame oil*
1/4 tsp stevia powdered crystals*
2 eggs
2 cups organic rolled oats*
1 1/4 cups raisins
½ cup toasted and chopped pecans
½ cup shredded, unsweetened coconut
1. Preheat oven to 350°.
2. Whisk together flour, sea salt, baking powder and cinnamon.
3. Using a mixer, whisk butter, sweet potato flesh and oil until light and fluffy. (Alternately, 2 sticks of butter can be used, or 10 tbsp sweet potato flesh and 6 tbsp oil). Add the stevia and the eggs, whisking well. Stir in the oats, raisins, pecans and coconut. (Alternately, add chocolate chips, currants, dried cherries, walnuts, etc.).
4. Form 2 inch balls, and place on baking sheet lined with parchment paper. Bake for 20 minutes, or until lightly brown.

*Recipe adapted from **The Stevia Cookbook**, by Donna Gates and Ray Sahelian, MD*

Garbanzo Bean Cutlets

4 cups cooked garbanzo beans*
1 onion, diced
1 rib celery, diced
1 cup sliced mushrooms
1 clove garlic, minced
1-2 tsp extra virgin olive oil*
½ tsp cumin
1 tsp basil
1/4 tsp Celtic Sea Salt®*
2 tsp Chi Cuisine tamari*
1 tbsp extra virgin olive oil*
½ lemon, juiced (about 1 tbsp)
2 tbsp sesame tahini*
½ cup toasted walnuts, chopped
1. Preheat oven to 350°. (To cook garbanzo beans, soak overnight in 3 times their amount of water. Drain, add to pot with 3 times their amount of fresh water. Bring to a boil, then simmer for 40 to 45 minutes).
2. In a heavy-bottomed skillet, sauté onion in olive oil. Add garlic, celery, and mushroom when onions are clear. Continue to sauté, over medium heat, adding cumin, basil and Celtic Sea Salt® as vegetables begin to become tender. Cook until vegetables are tender, about 12 minutes total.
3. In a large bowl, mash garbanzos. When beans are mashed enough wo that they hold together well when pressed into a ball, add other ingredients and mix well.
4. Form into patties and bake for 30 minutes, until a bit crackly on the top.

*Recipe from **Open Sesame Cooking** by Sabrina Marie*

** An asterik (*) marks those ingredients available from The Grain & Salt Society.*

The Grain & Salt Society
273 Fairway Drive Asheville, NC 28805

BULK RATE PERMIT NO.59 ASHEVILLE NORTH CAROLINA