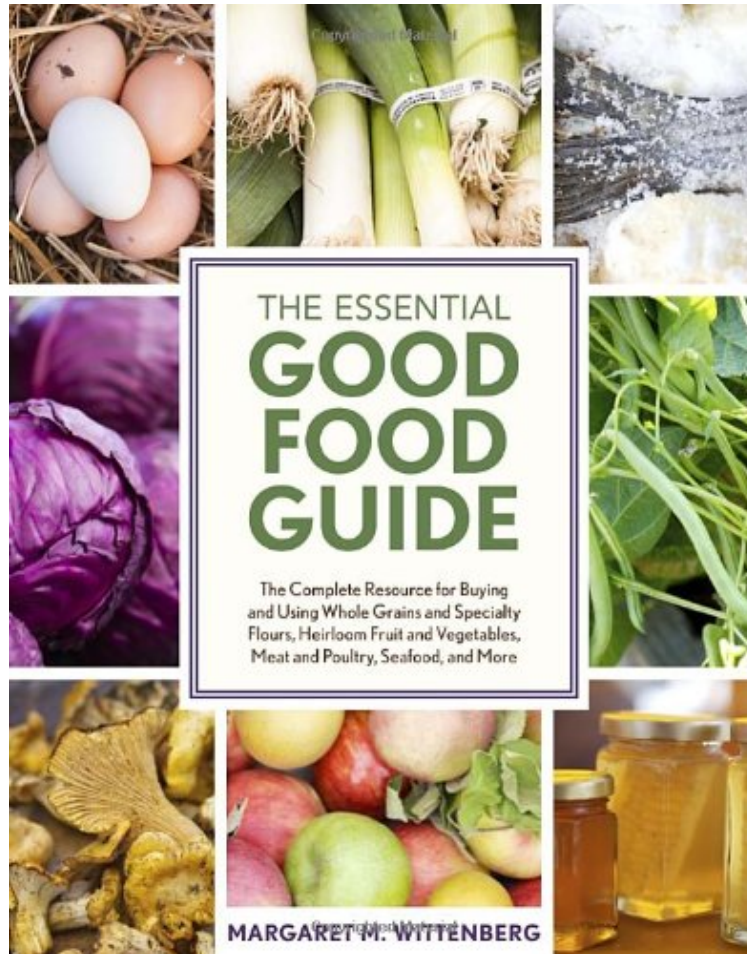


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The Essential Good Food Guide: The Complete Resource for Buying and Using Whole Grains and Specialty Flours, Heirloom Fruit and Vegetables, Meat and Poultry, Seafood, and More

Margaret M. Wittenberg

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Margaret M. Wittenberg : The Essential Good Food Guide: The Complete Resource for Buying and Using Whole Grains and Specialty Flours, Heirloom Fruit and Vegetables, Meat and Poultry, Seafood, and More before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Essential Good Food Guide: The Complete Resource for Buying and Using Whole Grains and Specialty Flours, Heirloom Fruit and Vegetables, Meat and Poultry, Seafood, and More:

9 of 9 people found the following review helpful. This book needs more than 5 stars By Janet K Hoadley Rather than a list of what to avoid, this is a reminder of the good food choices that surround us and what to do with it. Perhaps I'm

reading as a food snob. We know what we believe in, and produce. So many food books anymore are less about educating about food and more about converting to the author's food choices. In *The Essential Good Food Guide*, author Margaret M. Wittenberg has made an outstanding effort in just answering questions. She describes organic, biodynamic, heirlooms, local and other food claims. Clearly, she has her preferences - we all do! - but this strives to give information and let you, the reader, decide rather than trying to tell you what you should buy. It's an easy read, with every day language to help you navigate the food ocean of information and choices we're blessed to have. There's concise, fantastic information on storing fruits and vegetables at home, including what should not be refrigerated, what's ok to freeze or get canned. She points out why eating fresh, raw food *and* cooked food can be a benefit. Many items that one only finds direct from the farmer are covered here. If you're looking at something like our farm shares, or CSA shares, or diving in to farmer's markets, this book is a gold mine of information. She includes edible flowers (yes we have those!) and herbs, and introduces readers to things many have not been aware of. Unlike many healthy food books, she includes not just produce and herbs, but grains, meats, dairy and all of the food groups, allowing the reader to decide what they want to eat. Extensive information on flour (and dozens of options for making flour) and breads is included also. Pastas, beans, nuts and more all get thorough treatment as to storage and introduction to what many see as unfamiliar items. I even found a few I'm looking into offering in farm shares! The section on meats mentioned rabbit too - a few extra gold stars there! There was mention made of many claims from non genetically reared to kosher and beyond. While balanced, I thought it stopped short of telling consumers at this time genetically reared animals (those with genes from other animals) aren't commercially available (i.e. all meats are not genetically modified), it's a small point in an otherwise very enjoyable read. Seafood, too, gets a thorough treatment, including some great information on aquaculture. The dairy section held a surprise - with mention of not just cattle and goats but sheep, water buffalo and a pretty comprehensive cheese guide. Eggs, culinary oils, seasonings and sweeteners all get a look. While there's a few minor points, in the overall scheme of things, it's really not worth mentioning. This is an awesome book that scores an out of the park home run. Understand what it is and isn't - it's not a cookbook, really. Although there are many ways listed to use grains, flours and other things to say it's a cookbook sells it short. It's a guide to the range of tastes, colors, looks and opportunities that can make up our food supply. It's a guide to what we do at SlowMoneyFarm and how to take that and make it delicious meals for your family. It has information and processing tips to eliminate the middleman - you take that role - and eat fresher, better and healthier. While I previewed the copy on NetGalley for free, I have also ordered a hard copy, and put the book in our store front - a few pennies to our projects if ordered there. In many reviews, few get recommended to hold those spots - we're selective because I want great value for folks when I recommend a book. This is a great value. So much so I'm considering including a copy for free to our customers at the higher levels of farm shares. It's that valuable. It's not just hundreds of food options but how to best *use* those food options. Excellent resource! 0 of 0 people found the following review helpful. Good Guide. By anne sue If you are looking for a standard guide for fruits and vegetable buying this is not it, however it goes into detail about the lesser known fruits and veggies. It also goes over some of the vocabulary that is helpful like Organic and heirloom. It has a table for when each fruit or vegetable is in season. 0 of 0 people found the following review helpful. Great resource By Carol C. Joy Great reference resource. Lots of details. I will probably use the section on grains to try different ones.

The definitive guide to buying, storing, and enjoying whole foods, in full color for the first time and revised and updated throughout. Make smart choices at the store and at the stove. An inspiring and indispensable one-stop resource, *The Essential Good Food Guide* is your key to understanding how to buy, store, and enjoy whole foods. Margaret M. Wittenberg shares her insider's knowledge of products available at national retailers and natural foods markets, providing at-a-glance buying guides. Her ingredient profiles include detailed preparation advice, such as dried bean cooking times, cooking ratios of whole grains to water, culinary oil smoke points, and much more. She also clarifies confusing food labels, misleading marketing claims, and common misperceptions about everyday items, allowing you to maximize the benefits of whole foods cooking. With full-color photography, this new edition of *The Essential Good Food Guide* is fully revised with the most up-to-date advice on organics, heirloom grains and legumes, gluten-free cooking options, and the new varieties of fruits and vegetables popping up at farmers markets across the country to help you make the most of your time in the grocery aisle and the kitchen.

Margaret Wittenberg has compiled an astonishingly thorough and comprehensive guide to help you be a wise consumer of the great variety of food now available from grains, beans, and nuts to produce, oils, sweeteners, dairy products, meat, and fish. She gives very practical tips for identifying, buying, storing, and preparing the foods that are both most satisfying and most nutritious. I will keep a copy of this book in my kitchen. Andrew Weil, MD, founder and director of the Arizona Center for Integrative Medicine and author of *True Food* What I love about Margaret Wittenberg's *The Essential Good Food Guide* is that it's a great read, as well as a great resource. Her in-depth experience in the world of natural foods gives her the credibility to share her knowledge of every imaginable ingredient, including how it is processed and its nutritional values. This book is an outstanding tool for any home cook

or chef with an interest in making healthy food. Nell Newman, cofounder and president of Newmans Own Organics From amaranth to olive oil, quinoa to wakame and wild rice (and everything in between), *The Essential Good Food Guide* is the Larousse Gastronomique of natural food ingredients, insight, and inspiration in one definitive volume. Heidi Swanson, author of *Super Natural Every Day* At last we have Margaret Wittenberg to answer our most basic questions about any food we see: What is it? and What do I do with it? *The Essential Good Food Guide* is an extraordinarily comprehensive guide to foods, ingredients, and their handling. Sophisticated cooks as well as beginners will be grateful to have this indispensable book at hand. Marion Nestle, professor of nutrition, food studies, and public health at New York University, and author of *What to Eat* Margaret Wittenberg has been at the leading edge of the healthy eating movement in this country since it hovered at the fringe of public awareness. I can't think of anyone I would trust more to write this book the sustainable seafood section alone is worth the price. *The Essential Good Food Guide* will likely become a cornerstone of every good cooks library. Mollie Katzen, author of *The New Moosewood Cookbook* About the Author MARGARET M. WITTENBERG is a globally recognized authority and educator on natural and organic foods with more than thirty-five years of experience in the industry. She is a former member of the USDA National Organic Standards Board and has served on many other boards focused on organic agriculture, seafood sustainability, agricultural environmental standards, and farm animal welfare. In 2005, Margaret was honored with the National Audubon Societys prestigious Rachel Carson Award in recognition of her lifelong work. Equally talented in the kitchen, Margaret enjoys spending much time cooking and gardening at her home in the Texas Hill Country. Learn more at www.essentialgoodfood.com. Excerpt. Reprinted by permission. All rights reserved.

The Intrinsic Value of Whole Foods Every day, discoveries are being made that underscore the truth that keeping foods whole, not processed or fractionated, is vital to our overall health and well-being. Increasingly, we are learning that isolated nutrients dont always have the same health benefits as the whole foods from which they were derived. And beyond the familiar vitamins and minerals most of us know about, whole plant foods, including herbs and spices, contain an almost bewildering array of healthful compounds known as phytonutrients or phytochemicals (phyto means plant). Pigments, flavor components, and aromatic qualities that we once thought were primarily of benefit to plants helping them either to better flourish or to protect themselves have turned out to be powerful antioxidants that can help moderate damage to our own cells. Phytonutrients have also been found to enhance our immune response, help repair DNA damage from toxic exposures, and enhance cell to cell communication. Unlike protein, fat, vitamins, and minerals, the vast array of phytonutrients may not be essential for keeping us alive, but their positive effects on health, such as helping prevent cancer and reducing inflammation are unmistakable and certainly make living life that much more enjoyable. Some of the most studied phytonutrients may sound familiar: -Carotenes, including alpha- and beta-carotenes, beta-cryptoxanthin, lutein, lycopene, and zeaxanthin as found in red, orange, and yellow vegetables and fruits-Polyphenols, including flavonoids (anthocyanins, catechins, flavanones, and isoflavones) and nonflavonoids (ellagic acid, coumarins, tannins, and lignans) as found in a wide variety of fruits, vegetables, beans, nuts, whole grains, tea, culinary herbs and spices, dark chocolate, and red wine-Isothiocyanates and indoles, as found in cruciferous vegetables such as cabbage, broccoli, arugula, chard, kale, bok choy, collard greens, cauliflower, rutabaga, turnips, radishes, watercress, and brussels sprouts Scientific studies have repeatedly shown the powerful positive effects of eating a good diet, starting from the maternal nutrition we receive while still in the womb and continuing through all stages of life, including our senior years. Eating a good, nutritious diet high in phytonutrients, maintaining a healthy weight, and getting sufficient exercise are essential for reducing the incidence of myriad chronic noncommunicable health conditions such as cardiovascular disease, hypertension, stroke, diabetes, cancer, dental diseases, and osteoporosis. And a good diet is not a numbers game involving basing ones diet choices on how high or low a food is in fat, cholesterol, sodium, and the like. Food manufacturers can process food in a variety of ways to make it look good on a nutrition facts label, but that doesnt mean the food within the package is inherently nutritious or even good for you. The lowest rates of coronary heart disease, certain types of cancers, and other diet-related chronic diseases have been found in cultures where the everyday diet is based primarily on whole foods. This diet is high in fruits, vegetables, whole grains, whole grain breads and pastas, beans, nuts and seeds, and includes some unrefined healthy oils. It has low amounts of eggs, red meat, fish, poultry, and dairy products in the form of cheese and yogurt. Not only is eating such a diet the most nutritious remember that phytonutrients are present only in whole plant foods it is also the most delicious which helps motivate us to maintain such a diet. The trick is to know all the fabulous good food possibilities available in every category of food. And that is exactly what this book is all about. Rather than being about what foods to avoid and why, it is an introduction to or a reminder of what good food is and what to do with it. It is a weaving together of descriptions, cooking suggestions, and just enough history, food science, and nutrition to give a glimpse of the wonders each food has to offer. It is an appreciation of food for its possibilities: its bringing together of people to the table, its melding of cultures, its nourishment of body and soul, its celebration of the people and plants that make it all happen, and, of course, its extraordinary flavors. Each chapter focuses on specific foods and related ideas that I personally have found to be essential to an intuitive style of wholesome, delicious cooking. Youll experience an abundant world of food within these pages, which I hope will serve as a catalyst for the development of your own natural connection to foods. Your path of discovery will bring you not only sheer enjoyment

but also better health and well-being. Now, its time to turn the page and get out your fork. Explore and enjoy the possibilities!