

Where Food Nourishes Body, Mind & Spirit!

December 2015

Joanne Irwin, M.Ed. 239-784-0854, 508-258-0822

joanneirwin72@gmail.com

www.plantbasednana.com

www.plantbasedchefchallengecapecod.com

Food for Life Instructor, Physicians Committee & Certified Plant Based Educator/Consultant

"Stepping out of the busyness, stepping out of the endless pursuit of getting somewhere else, is perhaps the most beautiful offering we can make to our spirit." Tara Brach

NEWS YOU CAN USE!

Green Nosh -
December

Green Nosh
Membership

Naples, FL Food
for Life Classes



Merry Christmas and Happy Hannukah

This past year has been very eventful for our Green Nosh Group – a movie showing of “Plant Pure Nation” at the Cape Cinema, the Plant Based Chef Challenge, and a growing Green Nosh membership. We are blessed to see an expanding interest in plant based nutrition; folks are awakening to the reality that food is the new medicine.

With so many past and present ‘to do’s’, it’s time for the NOW - stillness and brevity. I send you the warmest greetings for a beautiful and meaningful holy season, and health and joy in the upcoming New Year!

Green Nosh Gathering - November

Tasty, Healthy Food; Great Company, Vibrant Conversation, all the ingredients for a fun, wonderful evening!



We gather for hellos and intros for new folks, and then take turns sharing the tasty, healthy dishes folks brought to the Pot Luck Gathering.



Roasted Veggie Medley



Homemade Seitan-Turkey Roast and Butternut Squash Ravioli Chocolate Cake!!



Hearty, Healthy, Tasty Salads! And so much more!!!



December Green Nosh Happening To Celebrate & Give Thanks!

Sara Chase, one of our new members, has graciously offered the use of her Carriage Home in Harwich to host our December Green Nosh.

When: Saturday, December 12th, 5:30 pm

**Where: Sara's Carriage House
825 Rt. 28, Harwich Port 02646
Located between Julien & Deep Hole Rd, both go down to Red River Beach.**

Why: To celebrate each other and the success of our First Plant Based Chef Challenge, and to have fun with an always surprising and fun Plant Based Yankee Swap.

How: Just bring a gift with a \$10 limit for the Yankee Swap. Our Plant Based Dinner will be catered by the Green Lotus Café. We have all been busy cooking for the holidays; time to treat our members, and reward them with a much deserved 'cooking' break! So, let's enjoy the creative, wonderful talents of our own Nate Fanara who is catering our Gathering! This evening is on us!!!!

Please RSVP by Dec. 4th as we have to limit the number of guests to 20. (We're working on a larger venue for future events!!)

**RSVP either by phone or email to Joanne at
508-258-0822 or joanneirwin72@gmail.com**

Green Nosh Membership News

At our recent November Gathering, we raffled off plant based publications and DVD's donated by the many physicians, chefs, and advocates who graciously donated for our Chef Challenge. (Many prizes were not claimed so we had a fun raffle!)

We have the beginnings of a **revolving Library** - books, DVD's, magazines, and other materials of interest. **Linda Pine** has agreed to manage the Library. If anyone has a book/DVD/magazine that you'd like to donate, please bring to our next Gathering. We'll have a sign out sheet so we know who has what!!!

Our **membership dues** for the year are \$20. We allow guests to attend 3 Gatherings gratis so they can make sure that our Group is for them!!

We want your input. If you have additional ideas/suggestions as to how to make our Green Nosh group meaningful and helpful, please share. We want to hear from you!!

Together, we've made great strides in spreading the message across the Cape that food impacts health and wellness. We want that awareness to continually expand. It's happening all across this country, with some cities, like Naples, FL applying for Blue Zone designation. Wouldn't that be wonderful to replicate that right here on beautiful Cape Cod? We have a long way to go!!

Possible Plant Based Chef Challenge 2016: Quite a few of our restaurants have expressed interest in repeating the Challenge next year. We **MIGHT** make that happen, **BUT ONLY** if we have additional help from our members. We were a very small committee this year and, if this is to expand to additional restaurants, we need commitments from members and others who are willing to help pass out materials, collect voting slips, etc. A handful of us cannot do it alone.

If this is important to you and you can give some time to the Challenge, let me know. **AND**, if you'd like to be on our organizing Committee, please email or call me by the end of January.





Food for Life Classes in Naples, FL 2016

All Classes to be held at Cancer Alliance of Naples, 990 First Ave. South, Suite 200. Classes are FREE to the public, thanks to a grant from the Martin Foundation for Cancer Alliance.

Theme: "How Foods Fight Cancer and Enhance Survival"

February/March Series:

Thursdays from 11 - 1 pm
Feb. 25th, March 3rd, 10th and 24th

Registration is necessary as class will be limited to 20 participants.
(7 slots left!)

To register, either email or call instructor, Joanne Irwin at:
239-784-0854 or email: joanneirwin72@gmail.com



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Special Day Seminar in Naples, Florida

Tuesday, January 12th, 2016

10 – 2 pm

At Cancer Alliance of Naples (address above)

This 4-hour class is also for community members who benefit from the services and assistance of Cancer Alliance of Naples.

The focus of the series will be on how Foods Fight Disease and Learning about Alternatives to Meat and Dairy Products.

As usual, there will be education, printed material, cooking demonstrations, and enjoying all the prepared dishes.

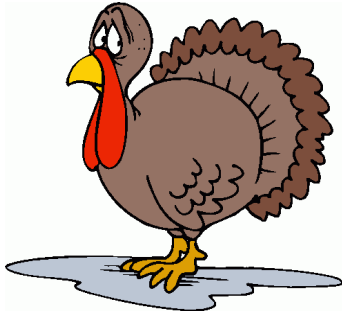
Cancer Alliance is reserving 10 seats for the wider Naples community.

Please email Joanne to register for this one-day event!

(More series scheduled for April!)

So you know: 280,000,000 turkeys were killed for this Thanksgiving dinner. Think of the impact on our planet's resources - feed needed, water used, methane gas into the atmosphere from fecal material. Read on.....

How much do you know about your Thanksgiving turkey? The approximately 46 million turkeys consumed every year come from a factory farm.



But if Thanksgiving is truly about offering gratitude for what we have, it seems fitting to also be grateful to the turkey that many of us will eat for dinner. We ought to think about how that turkey lived before ending up on our tables. With that in mind, let's first take a look **at the life of a turkey in an industrial farm.**

Turkeys on factory farms are hatched in incubators mostly on large farms in the Midwest or the South. A few days after hatching, turkeys have their upper beaks snipped off. Once the beak is removed, the turkey can no longer pick and choose what it wants to eat. In their natural environment, turkeys are omnivores. But in a factory farm, turkeys are fed a steady diet of corn-based grain feed laced with antibiotics.

Industrially produced turkeys spend their first three weeks of life crammed into a brooder with hundreds of other birds. In the fourth week, turkey chicks are moved from the brooder to a giant window-less room with 10,000 other turkeys where bright lights shine 24 hours a day. With the lights constantly blaring, natural sleeping, eating, and fertility patterns are completely disrupted and the turkeys are, for the most part, kept awake and eating non-stop. Turkeys have an instinct to roost, or to clutch something when they sleep, but on the floor of a crowded room there is no such opportunity. If this is starting to sound like torture to you, you're on the mark.

As a result of these unhealthy and crowded living conditions, farmers must feed the turkeys a constant supply of antibiotics. Pesticides are also widely used to inhibit the spread of disease. Antibiotics are also known to promote weight gain in farm animals and this connection is being made in humans now as well. In an effort to maximize the more profitable white breast meat, farmers have genetically selected and bred the white breasted turkey, which become so top heavy that they can no longer stand or reproduce and, as a result, all industrial turkeys are created by artificial insemination. Turkeys are then brought to slaughter, often in a brutal way.

If that wasn't enough to make you reconsider your Butterball, there's more. Thanksgiving is also a time when we honor the abundance of the harvest represented by the bounty on our tables. But supporting a Big Turkey farm (or any factory farm) contributes to the devastation of our natural environment and imperils the safety of our food supply.



According to the USDA, factory-farmed animals in the U.S. produce 61 million tons of waste each year—130 times the volume of human waste. The Environmental Protection Agency reports that hog, chicken, and cattle waste has polluted 35,000 miles of rivers in 22 states and contaminated groundwater in 17 states. Polluted runoff from factory farms and other industrial farms is the biggest water pollution problem in the U.S., according to the EPA.

Human health is impacted in other ways by factory farming. Just this past August, Cargill announced a recall of 185,000 pounds of ground turkey due to *Salmonella* contamination. With recalls and food-borne illnesses on the rise as a result of conditions in factory farms, it seems wise to avoid these foods for that reason alone.

Factory farmed meat is also implicated in long-term health consequences. Resistance to antibiotics is now a growing concern among many in the medical field and it is largely due to the 29 million pounds administered to factory-raised animals every year. As it stands today, one out of six cases of *Campylobacter* infection, the most common cause of bacterial food poisoning, is resistant to the antibiotic most used to treat it. And nearly all strains of *Staphylococcal* infections have become resistant to penicillin, while many are developing resistance to newer drugs as well. Indeed, 80 percent of all antibiotics used in this country are used on factory-farmed animals according to an FDA report.

And finally, there is the nitty-gritty of nutritional value in these factory-farmed foods. Studies show that pastured-based meat and dairy are far more nutritious than their conventional counterparts. They are richer in antioxidants; including vitamins E, beta-carotene, and vitamin C and contain far more Omega-3 fatty acids. Turkeys that are raised on grass and allowed to roam around and practice normal turkey behavior are healthier, safer to eat, good for the environment, and get to live a happy life. Our best option is to eat high quality meat and a lot less of it.

So in the spirit of Thanksgiving, let's be grateful to the turkey that we're eating and opt out of supporting a system of abuse and environmental destruction. Eat a pasture-raised turkey or make a vegetarian alternative for this year's Thanksgiving feast.

Author: Kristin Wartman is a journalist who writes about food, health, politics, and culture. Her work has appeared in *The New York Times*, *The Atlantic*, Huffington Post and many others. Kristin's first book, *Formerly Known as Food*—a critical look at how the industrial food system is changing our minds, bodies, and culture—is forthcoming from St. Martin's Press. *Eat Wild* is a valuable resource for pasture-raised meat and animal products. *Brooklyn Based* also lists pasture-raised turkeys available for sale in New York City. *Slow Food USA* has information and resources for heritage breed turkeys. *Meatless Monday* offers 10 tips for cooking a meatless Thanksgiving.

A petition has been created by *Occupy Big Food* to tell Butterball—the number one producer of turkeys in America—that Americans are no longer going to purchase turkeys that are inhumanely treated, or support a factory-farm system that creates dire environmental and health consequences. Please go to *Occupy Big Food* for more information and sign the petition.