



# The Apple Press

*Caring For Tomorrow Today*

Volume XXIII Numbers 5/6—7/8

SUMMER 2008

About the

## *Apple Press*

**The newsletter of Preventive Medicine Group, the private medical practice of:**

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**The practice emphasizes family care, healthy eating and nutritional supplements, healthy lifestyles, anti-aging medicine, energy medicine, acupuncture and preventive medicine. This complementary and alternative medical practice also offers non-surgical therapy as an option in the treatment of cardiovascular disease.**

**Published bi-monthly**

Editor: Maria Ann Patrick

**Preventive  
Medicine Group**

32 Years of Caring For  
Tomorrow Today

**1976—2008**

## EATING LOCAL

If you talk to someone in their 70s or 80s or older, chances are they grew up on a farm and grew their own fruits and vegetables or knew many people who did. Most people from that generation (and before) were much more self-sufficient than we are today in terms of providing for their own dietary needs in terms of what they raised and what they canned or stored for winter months. In the post World War II economy, grocery stores became a central distribution source for food items to the emerging suburbs of America. Even so, there still existed many small local farms within a short distance of suburbia that had roadside stands to sell freshly picked produce. Often, these stands were within a mile or two of home. Little by little, these small farms or large tracts of land were sold off for more housing developments, auto dealerships, shopping malls and highways. Now, to find a roadside stand selling produce freshly picked from the fields out back are a rarity or require driving miles.

At the same time, grocery stores have begun to offer mammoth produce departments providing every fruit and vegetable imaginable year around. It is the global economy and long distance transportation that allows us to have fresh pineapple and berries in January. In terms of nutritional variety, we are probably

the most abundant society in the history of mankind. We do not worry about growing and storing food. We just go to the 24/7 grocery a mile from home and stock up whenever we want or need to with food that traveled an average of 1500 miles to get to us.

Over the past four or five decades, small family farms have succumbed in extreme numbers to a big business farming industry governed by a few major companies. In the course of this happening, the types of seeds and plants raised are becoming controlled, hybridized, genetically modified and designed to pair well with pesticides and herbicides owned by the same companies. Six companies, Monsanto, Syngenta, DuPont, Mitsui, Aventis and Dow, now control 98% of the world's seed sales and invest heavily in research the purpose of which is to increase food production capacity in ways they only can strictly control. Eighty percent of the beef-packing industry is controlled by four companies. In the last 100 years, more than 1,000 varieties of uniquely American seeds and breeds have declined and are currently at risk of extinction. The mammoth scale of big business agriculture in this country is beyond the average consumer's comprehension and spreading throughout the world.



## EATING LOCAL (cont'd.)

In the midst of this, there exists the growing movement to “eat local.” Eating local from the consumer viewpoint means becoming aware of where the food we eat was raised and by whom. Was it transported hundreds of miles by air, rail or truck at a great environmental cost? Is it available from farmers who live in one’s own state, often a few counties away? The power of the consumer to pursue locally grown food as much as possible can make a tremendous difference in the lives of real, local people — farmers struggling to provide what looks and tastes good at a reasonable price in the face of agribusiness and concentrated animal feeding operations (i.e. factory farms).

From the perspective of the farmer, eating local saves farmland while contributing to the local economy. Raising food stuff for local consumption allows the preservation of strains of seed and animal breeds that are a heirloom or heritage from past generations, even if they don’t fit the product description of a major corporation. This in turn allows people interested in protecting the land through sustainable farming or more organic methods to do just that and earn a living. From the perspective of the grocer, it allows many who choose to do so to offer locally grown produce and animal products and know the people who raised it. Writes Gary Paul Nabhan, author of **Coming Home to Eat**, “By providing new markets for heirloom flavors, we are enabling biodiversity to be maintained through what we might call culinary conservation.”

Barbara Kingsolver in her book **Animal, Vegetable, Miracle**, notes that many people complain that local and organic foods are more expensive without realizing how heavily subsidized conventional foods are and how much we are

paying for them before they ever get to the market. Eating local eliminates the middlemen saving on transportation, energy, unnecessary packaging and advertising which together accounts for more than 20% of total food cost. Additionally, there is the environmental toll. She writes that buying your goods from local businesses rather than national chains generates about three times as much money for your local economy.

Anyone interested in good food, good nutrition and good sense needs to broaden their thinking to include the concept of eating locally. We may not be able to do it 100% but we need to stop relying entirely on food that has been transported from thousands of miles away. Local food uses less resources, supports the local economy and may be less susceptible to foodborn illnesses. You know what you are getting, you can find out who raised it for you and, it tastes better!

Many local farmers are committed to chemical-free farming and organic standards without being certified organic basically due to the extra cost certification subtracts from an already slim profit margin. Getting to know the farmer that sells to you allows you to find out how cleanly and sustainably the food has been produced. Several studies, including research done by Allison Byrum of the American Chemical Society, have shown fruits and vegetables grown without pesticides and herbicides contain 50-60% more antioxidants than their sprayed counterparts.

In 1976, the government passed the Farmer-to-Consumer Direct Marketing Act resulting in over 3,500 active farmers’ markets in this country. Do you know where the farmers’ market is closest to you? Have you been there? Other options

to support include roadside stands, U-pick operations, artisanal products, buyers’ clubs, local food groups and community supported agriculture (CSA) where you buy a share of a farmer’s output for the growing season. You can find your nearest farmers’ markets and local producers on the USDA website [www.arms.usda.gov/farmersmarkets](http://www.arms.usda.gov/farmersmarkets). Also, [www.localharvest.org](http://www.localharvest.org) and [www.csacenter.org](http://www.csacenter.org). In particular, log on to [www.northunionfarmersmarket.org](http://www.northunionfarmersmarket.org) which is a network of farmer’s markets in this area, one of which is probably close to you! The U.S. nutritional assistance program for women with infants and children (WIC) give coupons redeemable at farmers markets as does the Seniors Farmers Market Nutrition Program (SFMNP). Consider purchasing heirloom meat from heritage livestock breeds (American Livestock Breeds Conservancy, [albc-usa.org](http://albc-usa.org).) Grow your own heirloom plants. (Seed Saver Exchange, [seedsavers.org](http://seedsavers.org).) For information on farms, farmer’s markets, community supported agriculture (CSA) programs, eating local restaurants, cafes, caterers, retailers and specialty food producers in northeastern Ohio, log on to



## The Book Worm

Enjoy grilling? Please don't focus just on meat & poultry! Check out **The New Vegetarian Grill** by **Andrea Chesman** for 250 recipes for vegetarian entrees & sides that are grill-worthy along with grilling basics and adapting recipes to the grill. Remember, don't eat charred or blackened food due to potential carcinogens.

The book **Raw** by **Charlie Trotter & Roxanne Klein** presents the philosophy and preparation of the raw food culinary genre at the highest culinary level using basic raw food techniques such as juicing, dehydrating and blending. Stunning, spectacular photographs. Suggested wine pairings. Author Charlie Trotter is of the world class Chicago restaurant of the same name. Beautiful book!

## Tip Top Tips

**Walking in water** gives the leg muscles a lot of work to do and provides 12 times as much resistance to movement as walking with feet on hard ground. The faster you walk in water, the greater the resistance. A lap pool 4-4.5 feet deep provides the best environment. This form of exercise is especially good for people with arthritis, weak muscles or before and after surgery since water's buoyancy takes the weight off joints.

**Land walking** provides maximum benefit when intervals are incorporated according to Japanese researchers who recommend interval walking 30 minutes daily, 5 times a week, ideally. Walk 3 minutes at 3 minute intervals (5 times) at high intensity (at least 70% of maximum possible speed without running) throughout the 30 minute walk. The rest of the time, walk normal speed.

## The Wise Old Apple

***"Don't complain about growing old — many, many people do not have that privilege."***

(Earl Warren)

**THE LONGER I LIVE,  
THE MORE BEAUTIFUL  
LIFE BECOMES!**

(Frank Lloyd Wright)

***"I was always taught to respect my elders and I've now reached the age when I don't have anybody to respect!"***

(George Burns)

**JOY IS A LIGHT  
THAT FILLS YOU WITH HOPE  
AND FAITH AND LOVE.**

(Adela Rogers St. Johns)

***Fill your life with as many moments and experiences of joy and passion as you humanly can. Start with one experience and build on it.***

(Marcia Wieder)

**THERE NEVER WAS NIGHT  
THAT HAD NO MORN.**

(Dinah Maria Mulock Craik)

## The Recipe Corner

From **Animal, Vegetable, Miracle** by Barbara Kingsolver.

### Melon Salsa

1 medium cantaloupe  
1/2 medium red onion  
2 teaspoons white vinegar

1 red bell pepper  
1/4 cup fresh mint leaves  
1 small jalapeno pepper  
1-2 tablespoons honey

Dice melons and peppers into 1/4 inch cubes. Finely mince onion and mint. Toss with honey and vinegar. Allow to sit at least one hour before serving over grilled or baked chicken breast or fish filet.

For more **Animal, Vegetable, Miracle** recipes, visit [www.AnimalVegetableMiracle.com](http://www.AnimalVegetableMiracle.com).



# WHAT ARE YOU DOING THIS SUMMER?

## How about one of these things?

*In the space below, write down five things that in your mind you know you should be doing as part of an organized, well-balanced, healthy lifestyle — things that you have not yet accomplished but have known for some time you should do. They can be little things or big things. They can even be things that may not have anything to do with health directly, but by accomplishing them you would have reduced stress or increased organization in your life thus enabling your life to be more relaxed and/or complete and orderly.*

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*Now, go back and look at this list and pick out one or two things. These things are going to be what you will begin accomplishing in your life NOW. Once you have worked one or more of these things into your life sufficiently, pick another item from your list. Everyone has things that we would feel better if we did, but we just haven't done for one reason or another. Honestly, don't we have a nagging, interior feeling bordering guilt, concern or cover-up about it? Wouldn't it be nice and feel better if we could just get it over and done with now? Be serious about this and by the end of the summer, you will feel so much better for having done it! Whatever it is! APPLE guarantees you will benefit in mind, body and spirit! At the very least, you will benefit from just having taken action on the subject. The days are long, it's sunny and bright — go to it! You will be glad you did!*