

## Vegetable & Herb Availability from Angelic Organics

These times approximate when each crop is available. Shareholders do not receive every crop that is in season every week—it would never fit in the box! We offer the more popular crops (tomatoes, melons, etc.) most

weeks they're in season, and provide more unusual crops like fennel and rutabagas a few times each season. Our boxes contain a balanced selection of about twelve to sixteen different items each week.



\* Sweetens with frost

\*\* Cannot survive frost

Early November begins Extended Season

Herbs	June	July	Aug	Sept	Oct	Nov	Dec
Anise Hyssop							
Basil**							
Cilantro							
Dill							
Lemon Balm							
Oregano							
Parsley*							
Rosemary (mid-July to late fall; not available from Angelic Organics)							
Sage							
Summer Savory							
Tarragon							
Thyme							

Brassicas (Cole Crops)	June	July	Aug	Sept	Oct	Nov	Dec
Broccoli*							
Brussels Sprouts*							
Cabbage*							
Cauliflower*							
Kohlrabi*							

Onion Crops	June	July	Aug	Sept	Oct	Nov	Dec
Garlic							
Garlic Scapes							
Leeks							
Onions							
Scallions							

Root Crops	June	July	Aug	Sept	Oct	Nov	Dec
Beets							
Carrots							
Celeriac							
Daikon Radish							
Fall Potatoes							
New Potatoes							
Parsnips*							
Radishes							
Rutabagas							
Sunchokes (Jerusalem Artichokes)*							
Sweet Potatoes**							
Turnips*							

\* Sweetens with frost

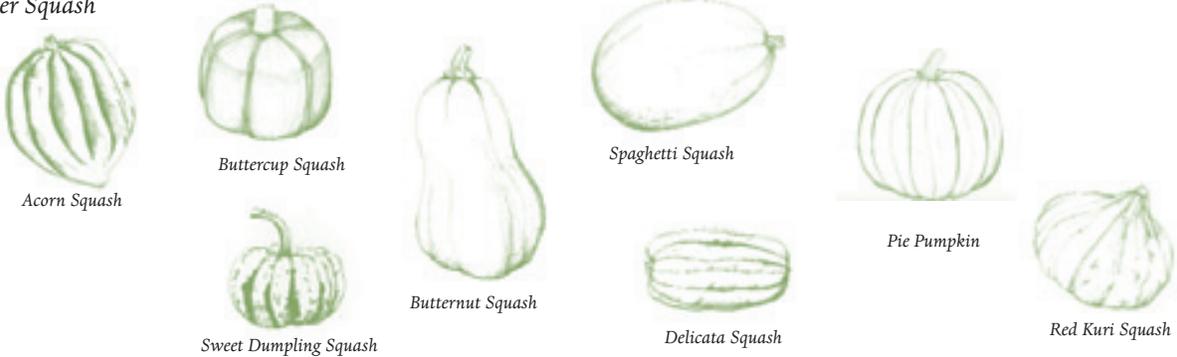
\*\* Cannot survive frost

Early November begins  
Extended Season

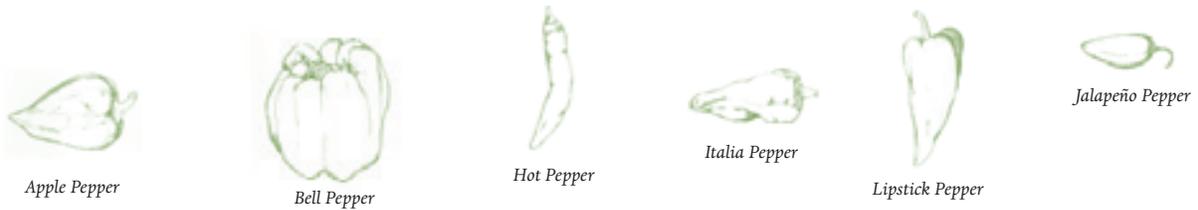
# Illustrated Vegetable Identification Guide

## FRUITING CROPS

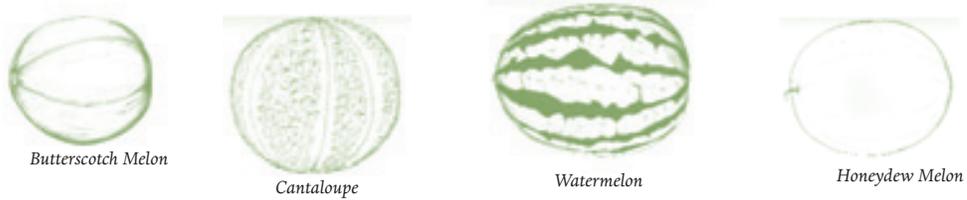
### Winter Squash



### Peppers



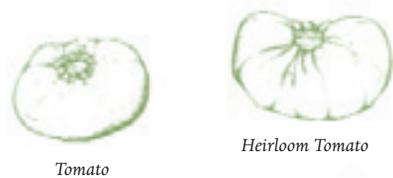
### Melons



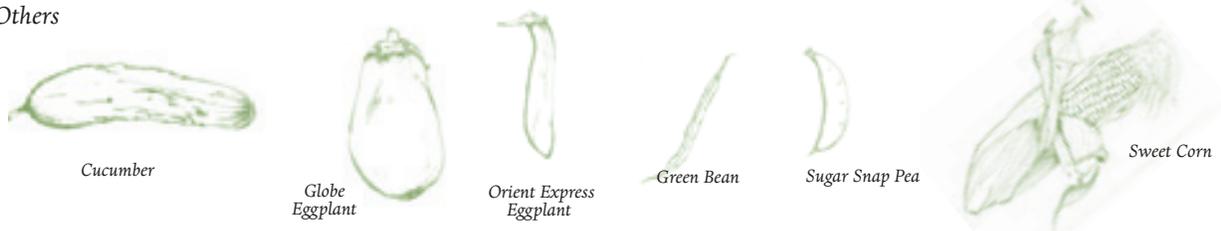
### Zucchini & Summer Squash



### Tomatoes



### Others



For further identification assistance, including photographs, visit [www.AngelicOrganics.com/vegetableguide](http://www.AngelicOrganics.com/vegetableguide).

## LEAFS & STEMS

### Head Lettuces



Butterhead



Loose-Leaf



Summer Crisp



Romaine

### Baby Lettuce Greens

#### Mesclun Mix



Loma



Blackjack



Marvel of Four Seasons



Salad Bowl



Tango



Rave



Red Sails

### Baby Mustard Greens

#### Mesclun Mix



Arugula



Osaka Purple



Tatsoi



Hon Tsai Tai



Mibuna



Mizuna



Red Russian Kale

### Cooking Greens



Swiss Chard



Spinach



Tetragonia



Curly Green Kale  
& Curly Red Kale



Toscano Kale



Red Russian Kale



Beet Greens



Choi

### Chicories



Endive



Radicchio



Escarole

### Stems



Celery



Asparagus



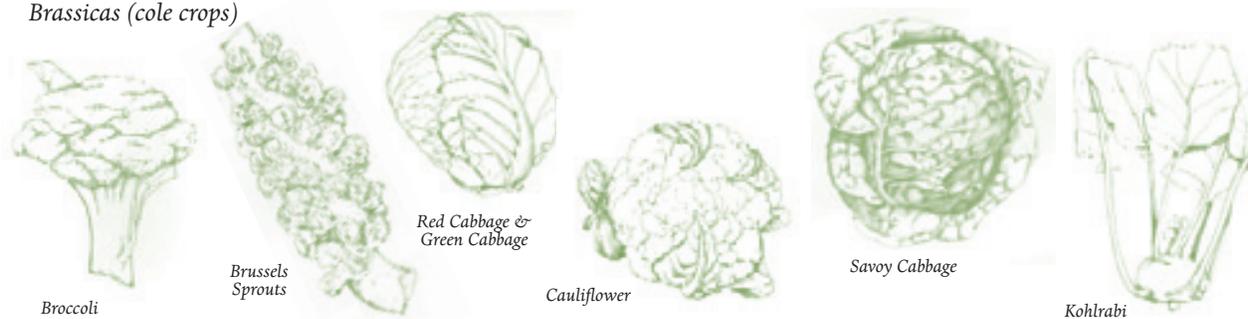
Fennel

For further identification assistance, including photographs, visit [www.AngelicOrganics.com/vegetableguide](http://www.AngelicOrganics.com/vegetableguide).

Herbs



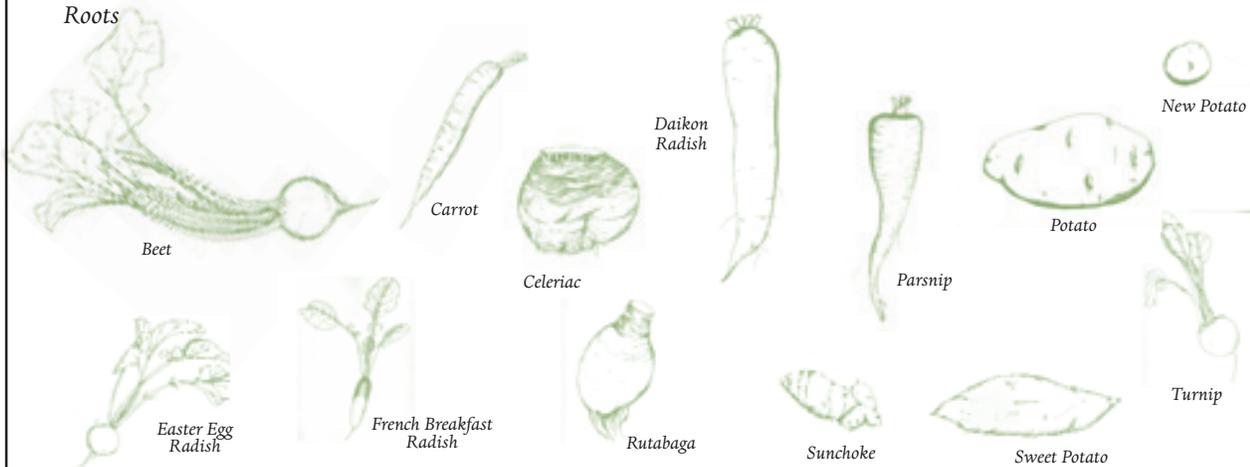
Brassicas (cole crops)



Onion Crops



Roots



For further identification assistance, including photographs, visit [www.AngelicOrganics.com/vegetableguide](http://www.AngelicOrganics.com/vegetableguide).

# Vegetable Storage Guide

## Asparagus

Asparagus spears are best eaten shortly after harvest when their tips are still firm. If you must store asparagus, trim the base of the stalks and place the stalks upright in a jar filled with an inch of water. An alternative method is to wrap the cut ends of the stalks in a moist paper towel or damp tea towel, cover the bundle loosely in plastic, and put it in the refrigerator. Refrigerate asparagus for up to two weeks.

## Basil . . .

See Herbs.

## Beets

If your beets still have greens attached, cut them off, leaving an inch of stem. Keep these greens unwashed and refrigerated in a closed plastic bag. Store the beet roots, with the rootlets (or “tails”) attached, unwashed, in a plastic bag in the crisper bin of your refrigerator. They will keep for several weeks, but their sweetness diminishes with time, so try to use them within a week.

## Bell Peppers . . .

See Peppers.

## Broccoli

Wrap broccoli loosely in a plastic bag and keep it in the vegetable bin of your refrigerator. Don't use an air-

tight bag, because broccoli continues to respire after being harvested and needs some room to breathe. It keeps for over a week but is firmest and tastiest if used within a few days.

## Brussels Sprouts

Brussels sprouts keep longest if they are left attached to the stalk, and Angelic Organics distributes them this way. If you're short on refrigerator space, snap off the sprouts and store them unwashed in a closed plastic bag in the veggie bin. Even when they are left on the stalk, Brussels sprouts should be wrapped in plastic to prevent wilting. Their flavor is sweetest right after harvest, so try to use them within a few days.

## Cabbage

Cabbage is cleverly self-packaged. Just stick dry, unwashed cabbage in the refrigerator, preferably in the vegetable bin. The outer leaves may eventually get floppy or yellowish, but you can remove and discard them to reveal fresh inner leaves. Cabbage can keep for more than a month. Once it's cut, seal it in a plastic bag and continue to refrigerate it; it will keep for several weeks.

## Cantaloupe . . .

See Melons.

## Carrots

Remove the leafy-green tops, leaving about an inch of

stems. Refrigerate dry, unwashed carrots in a plastic bag for two weeks or longer.

### Cauliflower

Wrap dry, unwashed cauliflower loosely in plastic and store it in the refrigerator. It will keep for up to a week but will taste sweetest if used within a few days.

### Celeriac

Store unwashed celeriac in a plastic bag in the refrigerator, where it will keep for several weeks.

### Celery

Wrap unwashed celery tightly in a plastic bag and place it in the coldest part of the refrigerator, where it will keep for up to two weeks. Or, to keep your celery extra crisp, place it upright in a container filled with an inch of water, cover with a plastic bag, and refrigerate for up to two weeks.

### Celery Root . . .

See Celeriac.

### Chard . . .

See Cooking Greens.

### Chicories

Keep unwashed chicories in a perforated plastic bag in the refrigerator's vegetable bin for up to a week.

### Chile Peppers . . .

See Peppers.

### Choi

Refrigerate unwashed choi in a plastic container or loosely wrapped in a plastic bag. Choi keeps for over a week but is firmest and tastiest if used within a few days.

### Collard Greens . . .

See Cooking Greens.

### Cooking Greens

Cut beet and turnip greens from their roots; store roots separately. Keep dry, unwashed greens in a sealed

plastic bag in your refrigerator. Thicker greens will keep up to two weeks, but tender ones like spinach and beet greens should be eaten within a week.

### Corn . . .

See Sweet Corn.

### Cucumbers

Most cucumbers found in supermarkets have endured a journey of hundreds of miles from where they were grown. To keep them from drying out on their long trip, their skins are usually waxed. We don't like the idea of feeding shareholders wax, so we leave our farm-fresh cucumbers in their natural, wax-free state. Because they dehydrate faster than the waxy kind, be sure to get them into the refrigerator right away. If you store unwashed cucumbers in a sealed plastic bag in the vegetable crisper bin, they'll hold for at least a week. Cucumbers store best at around 45°F, but refrigerators are usually set cooler than this. Keep cucumbers tucked far away from tomatoes, apples, and citrus—these give off ethylene gas that accelerates cucumber deterioration.

### Daikon Radishes

If the greens are still attached, remove and refrigerate them in a plastic bag and use them within a week. Wrap the unwashed root in a separate plastic bag and place it in the refrigerator, where it will keep for up to two weeks.

### Eggplant

Eggplant prefers to be kept at about 50 degrees, which is warmer than most refrigerators and cooler than most kitchen counters. Wrap unwashed eggplant in a towel (not in plastic) to absorb any moisture and keep it in the vegetable bin of your refrigerator. Used within a week, it should still be fresh and mild.

### Endive and Escarole . . .

See Chicories.

### Fennel

Cut off the stalks where they emerge from the bulb, and if you want to use the feathery foliage as an herb, place the dry stalks upright in a glass filled with two

inches of water. Cover the glass loosely with a plastic bag and store it in the refrigerator for up to five days. The unwashed bulb will keep in a plastic bag in the refrigerator for at least a week.

### Garlic and Garlic Scapes

Like onions, garlic can be eaten fresh or dried. Dried garlic will keep for several months in a dark, dry, well-ventilated place at a cool room temperature. Fresh green garlic must be kept in a plastic bag in the refrigerator and should be used quickly, because any accumulated moisture in the bag will cause it to spoil. Store unwashed garlic scapes in a loosely wrapped plastic bag in the refrigerator for up to two weeks.

### Green Beans

Store unwashed beans in a perforated plastic bag in the vegetable bin of your refrigerator for up to two weeks.

### Green Peppers . . .

See Peppers.

### Herbs

Except for basil, set unwashed bunches of fresh herbs (with stems) upright into small jars filled with 1 to 2 inches of water. Then cover the herbs loosely with plastic wrap and refrigerate for up to two weeks. Roll up unwashed smaller sprigs or loose herbs in a dry towel, place the bundle in a plastic bag, and store it in the refrigerator's vegetable bin for up to a week.

Now for fresh basil. It is a warm-weather crop and is very sensitive to cold temperatures. Do not refrigerate fresh basil, as it will turn black very quickly. To keep just-harvested basil fresh for many days, strip the lower leaves off of stems and place the stems in a glass of water on the kitchen counter. Wrap the stripped leaves (or all your basil, if your fresh basil arrives without adequate stems) in a dry paper towel (damp leaves will quickly turn black) and keep in an airtight container at about 50 degrees. (Room temperature is also okay.) If you have more basil than you can use in a few days, try chopping it and adding it to butter, cream cheese, or your favorite pasta sauce. Make a batch of pesto—or simply purée extra basil with a bit of olive oil and freeze it in ice cube trays.

### Honeydew . . .

See Melons.

### Hot Peppers . . .

See Peppers.

### Jerusalem Artichokes . . .

See Sunchokes.

### Kohlrabi

If you plan to use it soon, wrap the whole unwashed kohlrabi—stem, stalks, leaves, and all—in a plastic bag and keep it in the refrigerator. Otherwise, remove the stalks and greens from the bulb and use them within a week. Store the bulb in another plastic bag in the fridge and use it within two weeks.

### Kale . . .

See Cooking Greens.

### Leeks

Loosely wrap unwashed leeks in a plastic bag and store them in the vegetable bin of your refrigerator. They will keep for at least a week.

### Lettuce . . .

See Salad Greens.

### Melons

If your muskmelon, honeydew, or butterscotch melon seems a bit short of ripe, keep it at room temperature for a few days or until there is a sweet smell coming from the stem end. Once the melon ripens, store it in the refrigerator.

Handle watermelons carefully. When harvested at their peak ripeness, they can crack or split easily if bumped or roughly handled. Refrigerate watermelons right away. (Watermelons do not ripen off the vine and do not emanate a ripe smell.)

Cut melon should be covered in plastic wrap, chunks or slices should be kept in an airtight container, and both should be refrigerated. Eat all melons within a week.

### Mesclun . . .

See Salad Greens.

### Onions and Scallions

**Sweet mild onions** should be kept in a plastic bag in the refrigerator, but beware the fatal moisture accumulation that causes them to spoil. Eat them within a week or two.

**Red and yellow storage onions** will keep in any cool, dark, dry place with adequate air circulation for several months if they have been cured. (Angelic Organics typically cures storage onions.) Uncured storage onions should be stored like sweet mild onions. (Be sure to store onions and potatoes in separate places. Moisture given off by potatoes can cause onions to spoil.)

**Scallions** should be stored unwashed and wrapped loosely in a plastic bag. Put them in the refrigerator where they will keep for a week. To keep scallions longer, chop off about three-quarters of the tender green tips; the end closest to the root is less perishable.

### Parsnips

Refrigerate unwashed parsnips in a loosely wrapped or perforated plastic bag. Stored in the vegetable bin of your refrigerator, they can keep up to two weeks.

### Peppers

Place whole, unwashed peppers in a plastic bag, seal, and refrigerate for a week or more. Beware of any excess moisture in the bag that could cause peppers to spoil. Red, orange, and yellow peppers are fully ripe and need to be eaten sooner.

### Potatoes

Keep unwashed potatoes in a cool, dark, dry place—such as a loosely closed paper bag in a cupboard. They will keep for weeks at room temperature, longer if you can provide their ideal temperature of 40–50 degrees. Beware: If your refrigerator is set at the normal refrigerator temperature, somewhere in the 30s, the low temperature will convert the starch to sugars. However, new potatoes—which are young and thin-skinned—may be refrigerated if you don't plan to eat them within a few days. Do try to use new potatoes soon, because their delicate flavor wanes with time.

Moisture causes potatoes to spoil, light turns them green, and proximity to onions causes them to sprout. (You can still use a potato that has sprouted, however; simply cut off the “eyes” before use.)

### Pumpkins . . .

See Winter Squash.

### Radicchio . . .

See Chicories.

### Radishes and Young Turnips

Remove radish or turnip leaves if they are still attached. Store the unwashed greens in a loosely wrapped plastic bag in the crisper bin of your refrigerator. Because of their high water content, turnips and radishes deteriorate quickly. Store them dry and unwashed in a plastic bag in the refrigerator. Young turnips and most radishes should keep for a week. Black radishes will keep slightly longer. (See Daikon Radishes under a separate entry.)

### Rutabagas

Rutabagas store exceptionally well. Keep unwashed rutabagas in a plastic bag in the refrigerator for a month or longer.

### Salad Greens

Store unwashed lettuce or mesclun in a plastic bag in the refrigerator. To store lettuce or mesclun that you have already washed and dried, roll the leaves loosely in a kitchen towel, put the towel in a plastic bag, and place the package in the vegetable crisper bin. (Wet greens will spoil quickly, so make sure they are truly dry before refrigerating them.) If you have a salad spinner, wash and spin the greens before refrigerating them. Eat mesclun mix within three or four days, and use lettuce within a week.

### Spinach . . .

See Cooking Greens.

### Squash . . .

See Zucchini and Summer Squash or Winter Squash.

## Sugar Snap Peas

Eat sugar snap peas as fresh as possible, within four or five days of harvest. To store them, put whole, unwashed peas in a perforated plastic bag in the crisper drawer of your refrigerator.

## Sunchokes

Although sunchokes can overwinter in the ground, they store poorly after they've been harvested because of their delicate skins. If you can't eat them right away, keep unwashed tubers in a perforated plastic bag in your refrigerator crisper drawer for up to two weeks. If the skin looks shriveled after you take sunchokes out of storage, rehydrate them in a bowl of cold water.

## Sweet Corn

Eat it now! But if you must put off eating corn, leave the husks on and refrigerate the ears in a plastic bag for as little time as possible. After about four days most of the corn's sweetness is gone. Though it's still perfectly edible and tasty, corn at this stage is more suited for use in recipes than for eating right off the cob.

## Sweet Potatoes

Keep unwashed sweet potatoes in a cool, dark place, such as a loosely closed paper bag in a cupboard or cool basement, and use them within a few months. Do not store sweet potatoes in the refrigerator; cold temperatures can darken the potatoes and will adversely affect their taste. While rugged in appearance, sweet potatoes do not keep as long as regular potatoes because their fairly thin skins make them subject to spoilage. At room temperature, sweet potatoes should be used within two months.

## Tetragonia . . .

See Cooking Greens.

## Tomatoes

If your tomatoes smell fragrant and yield slightly when squeezed, they are ready to use. If not, store them for a few days at room temperature until they are ripe. Putting dry tomatoes in a brown paper bag may accelerate the ripening process; a sun-free spot on your counter will also work. You can dry tomatoes for long-term storage or can or freeze them in sauces or salsas.

Tomatoes tend to lose their flavor if stored for very long in a refrigerator, but if it's hot in your kitchen and you have some very ripe tomatoes, you're better off putting them in the fridge to prevent them from spoiling too fast on your counter and attracting fruit flies. If you eat only half of a tomato, you can wrap it in plastic wrap and place in the refrigerator; just try to finish it within twenty-four hours.

## Turnip Greens . . .

See Cooking Greens.

## Turnips . . .

See Radishes and Young Turnips.

## Watermelons . . .

See Melons.

## Winter Squash

Store winter squash in a cool, dry, dark place with good ventilation. (A porch or garage can work well as long as you don't let them freeze.) They should keep for up to a month or more, depending on the variety. (Delicata, pie pumpkins, buttercup, and red kuri have a shorter storage life than acorn, sweet dumpling, and butternut squash.) You can also incorporate winter squash into a beautiful arrangement for your table. They won't keep quite as long at room temperature, but if they're already on your table, you might be inspired to eat them more quickly. Once squash has been cut, you can wrap the pieces in plastic and store them in the refrigerator for five to seven days.

## Zucchini and Summer Squash

Our unwaxed farm-fresh zucchini and summer squash respire through their skins, so they need to be refrigerated as soon as possible. Store them unwashed in a perforated plastic bag in the vegetable bin, or refrigerate them in a sealed plastic container that you've lined with a kitchen towel. In the refrigerator they keep for about a week and a half.

## Complementary Herbs & Spices

by Louise Frazier

### Herbs and Spices: an Introduction from an Anthroposophic Perspective

Locally grown herbs create a delicate palate of flavors that go excellently with Biodynamically grown vegetables, accentuating their innate qualities and helping to balance a certain one-sidedness. In harvesting, vegetables are separated from their mother plant and often roots, and stems and leaves are removed to bring the edible portion for meal preparation. Adding complementary herbs or spices restores the whole qualities of the plant for completeness in human nutrition. Revival of this age-old wisdom brings us knowledge of the herbs and spices that best complement the various vegetables and grains coming to us from farm and garden.

Full-bodied flavor and tantalizing aroma begin the digestive process, awakening our appetites and the anticipation of our metabolic organs hungering for goodness. It is the flavorings that we savor in remembering festive foods, be our menu vegetarian or with meat. What would Thanksgiving be without parsley, sage, rosemary, marjoram, and thyme in the stuffing or exotic cinnamon, ginger, and nutmeg in all-American pumpkin pie?

According to Udo Renzenbrink in *Diet and Cancer*, herbs and spices used as seasoning aid digestion, especially when they are tasted consciously, which results in better secretion of saliva, pepsin, gall, and pancreas. Most herbs and spices bring Cosmic forces into the terrestrial-lunar nature of some vegetables. Light is prominent in the green plants, and we also can find ourselves cooled or warmed by their effects. The herbs of the *Umbelliferae* family—which include caraway, celery, dill, fennel, and parsley—carry light as well as

warmth ether in their delicate, lace-like leaves and aromatic seeds. The *Labiatae*, or mint family members, retain much of the aromatic flowering processes within the realm of the leaves, leaving them aromatic and full of essential oils. This family comprises some popular herbs—basil, marjoram, mint, oregano, rosemary, sage, and thyme—widely used in Italian and Mediterranean cuisines.

Combining oregano and savory in meals during hot, humid weather lends us relief from these oppressive conditions. “Cool as a cucumber” is true, when it is balanced with mint or dill. Heavy cabbage is made more digestible with caraway seed; the watery nature of sauerkraut is aided by the fragrant fiery nature of juniper berries; chervil and caraway are good with moony cheeses. Savory accents beans, and basil and parsley complement tomatoes. Eating very hot and spicy foods can bring too much phosphorus into us, making us terrible fidgets, full of the will to do things. We must have a little phosphorus in us, however, so we can have will forces.

Herbs possess many qualities that are expressed to our senses as fragrances, pungent odors, or flavors—hot or spicy, bitter or delicate. The plant substances producing these effects are almost always small in quantity, evidencing the “dynamic” influences exerted by herbs, which make them such valuable members of our garden family. In forming essential oils, resins, and aromatic substances, herbs and spices have taken the flowering process into other parts of the plant such as the leaves, stems, roots, or seeds. Emerson tells us (in *Perpetual Forces*) that more servants wait on man than he’ll ever notice. Certainly we are well served by complementary herbs and spices.

## Louise Frazier's Complementary Herbs & Spices Chart

Vegetable	Herbs and Spices
Asparagus	Chervil, Dill, Tarragon, Curry, Mustard, White Pepper
Beets	Basil, Caraway, Fennel Seeds, Horseradish, Tarragon, Allspice, Coriander, Ginger
Broccoli	Caraway, Dill, Mint, Oregano, Curry, Ginger
Brussels Sprouts	Basil, Borage, Caraway, Dill, Parsley, Mustard, Nutmeg, Paprika
Cabbage*	Caraway, Dill, Fennel Seeds, Mint, Savory, Thyme, Coriander, Curry, Ginger
Carrots	Basil, Chervil, Fennel Green, Parsley, Thyme, Coriander, Ginger, Mace
Cauliflower	Basil, Caraway, Dill, Fennel Seeds, Thyme, Curry, Nutmeg, Paprika
Celeriac	Basil, Dill, Fennel Seeds, Marjoram, Thyme, Allspice, Coriander, Nutmeg, Paprika
Celery	Basil, Chervil, Dill, Lovage, Parsley, Curry, Paprika
Chicories*	Basil, Dill, Fennel Green, Marjoram, Thyme, Parsley, Ginger, Nutmeg
Cucumber	Basil, Borage, Dill, Mint, Parsley, Tarragon, Allspice, Coriander, Mustard
Green Beans	Basil, Chives, Dill, Lovage, Oregano, Rosemary, Savory
Eggplant	Basil, Oregano, Parsley, Rosemary, Savory, Thyme, Curry, Pepper
Fennel Bulb	Basil, Lovage, Parsley, Coriander, Nutmeg, Paprika
Kale**	Caraway, Dill, Marjoram, Tarragon, Thyme, Allspice, Coriander, Nutmeg
Kohlrabi	Basil, Chervil, Chives, Dill, Fennel Seeds, Lovage, Parsley, Allspice, Coriander, Mace
Leeks	Caraway, Dill, Lovage, Sage, Thyme, Mustard, Nutmeg, Paprika
Onions	Anise Seed, Basil, Bay Leaf, Parsley, Thyme, Clove, Curry, Paprika
Parsnips	Chives, Fennel Seeds, Parsley, Thyme, Coriander
Peas	Chervil, Chives, Dill, Mint, Parsley, Rosemary, Thyme, Curry, Nutmeg
Peppers	Basil, Lovage, Oregano, Parsley, Rosemary, Thyme, Curry, Ginger, Mustard
Potatoes	Chervil, Marjoram, Parsley, Rosemary, Sage, Thyme, Mace, Paprika, Pepper
Pumpkin	Celery Leaves, Chives, Onions, Sage, Thyme, Curry, Ginger
Radishes	Basil, Borage, Chives, Dill, Lovage, Mint, Parsley
Red Cabbage	Basil, Bay Leaf, Caraway, Onions, Thyme, Clove, Ginger, Nutmeg
Rutabaga	Basil, Borage, Caraway, Dill, Marjoram, Parsley, Rosemary, Allspice, Mustard, Pepper
Spinach	Basil, Chives, Dill, Lovage, Thyme, Allspice, Nutmeg
Squash, summer**	Basil, Chives, Dill, Marjoram, Onions, Oregano, Coriander, Pepper
Squash, winter	Celery Leaves, Marjoram, Onions, Parsley, Sage, Thyme, Allspice, Curry, Ginger
Sunchokes	Anise, Chervil, Chives, Dill, Fennel Seeds, Parsley, Sage, Coriander, Mace
Sweet Corn	Basil, Cilantro, Oregano, Parsley, Rosemary, Thyme, Chili, Mustard
Sweet Potatoes	Leek, Sage, Thyme, Allspice, Chili, Ginger
Swiss Chard	Lovage, Marjoram, Parsley, Savory, Allspice, Nutmeg, Paprika
Tomatoes	Basil, Cilantro, Dill, Oregano, Parsley, Rosemary, Curry, Paprika, Pepper
Turnips	Basil, Borage, Caraway, Dill, Marjoram, Parsley, Rosemary, Allspice, Mustard, Pepper

- Use 1 to 3 herbs or spices in a recipe to enhance, not overpower, the flavor of the vegetable.
- **Coriander** or **Curry** may be added **before** cooking; all other herbs and spices should be added **after** cooking.
- Herbs and spices may be used as a **salt substitute**—with a little lemon to enhance, and with oil or unsalted butter.
- Use **Cilantro**—the green, pungent herb of the coriander plant—fresh in salads or sauces. Cook only with **Coriander**.

- Replace **Pepper** with **Allspice** for warmth in cold weather.
- Because **lettuce** is “water-filled” and neutral, it can be mixed with any herb or spice.
- **Garlic** dominates flavors—use little with vegetables. Let it grace meat or fish dishes.

\* *Chicories include Endive, Escarole, and Radicchio. Also for Choi, Napa/Chinese Cabbage, and Salad Greens use Chicories.*  
 \*\* *Summer Squash includes Zucchini; for Collards use Kale.*

# Simple & Good Whole Grain Cookery

by Louise Frazier

## Whole Grains: An Introduction from an Anthroposophic Perspective

In our history as gatherers, then cultivators, humankind and grains have long lived in partnership on the Earth. In our earliest days as nomads, we gained warmth and strength nibbling on grass-seeds, berries, and plants. Stands of wild oats, barley, millet, and other cereal grasses grew plentifully the world over, with tubers to nourish those in tropic areas. We soon learned to pound grains and soak them in water for a cereal mash. Priest-King Zarathustra is acknowledged as being the father of agriculture, with grains among the first plants grown under his tutelage over seven thousand years ago. He knew that Cosmic Forces of the Sun rayed into the grains and were able to work on within the human being, and he taught that “the Sun will rise in you when you enjoy the fruits of the field.” The ancient Egyptians and Greeks cultivated fields of grain and pounded and soaked grains for their breakfast mash. However, they soon discovered that the sun baked the leftover mash patties into a cracker form they could break off and eat later in the day.

With fire, cooking began, along with stews of grains and plant roots and greens. Seafaring Phoenicians and conquering Roman legions carried their grain mills with them to provide themselves with fresh, hearty grain cereals. The Scots made crowdie, at first a soaked mash and later a cooked oat porridge. Middle Eastern tabouli has its origins as cracked wheat mash. Kept for a long time out of the sun, grain mash began to rise, becoming lighter when baked, and then we had leavened bread. Cities grew around the miller and the baker, while people in the countryside invented many more dishes that combined vegetables and herbs with whole grains, even delicious puddings, sometimes with the addition of fruit. In the Alps, rye grains were roasted and carried in deep trouser pockets for lunch.

As time passed, the monoculture of grains became more common, with the reliance on one grain bringing famine and fear when crop failure occurred. This eventually led the Europeans to introduce the cultivation of the newly discovered South American potato in the sixteenth century. At first, the populace did not take to the potato, but farmers were forced by law to grow them “to keep the bellies of the peasants full.” New eating patterns were established as the potato replaced grains in the stew pot, and with this, the timeless tradition of whole grains as the staple of our diet became eroded. Whole grains were relegated more and more to their role in baked flour products.

A new art in baking came to the fore with the French chefs—Messieurs Brillat-Savarin and Cereime with their “haute cuisine”—which was still based on whole-grain flours. It is said that this cuisine underlies the high development of civilization at that time in France. And then, with the coming of the French Court and its decadence, came white flour, white asparagus, white refined food. In efforts to emulate royalty, western society sought more and more “refinement,” eliminating in the process the vitality of foods in their natural state.

Today there is a growing interest in the revival of food in its more natural form. Western traditions in North America mostly go back to the era of whole grains in bread or breakfast form, save for the Native American corn recipes adapted in the New World. Westward-bound pioneers found that whole-grain flours turned rancid when held for long on a shelf or carried in wagons, and they began to prefer refined flours. In Europe, where traditions also include the older grain-pot cookery of its ethnic groups, a wide array of dishes combining whole grains, complementary herbs, and vegetables or fruit is being revived.

## Louise Frazier's Whole Grain Cookery Chart

Grain (1 part)	Parts Water	Cook Time (in minutes)	After cooking, add 1 or 2 herbs or spices	Let Stand
Barley	2-3	30-45	Bay Leaf, Mint, Sage, Thyme, Allspice, Coriander, Mace	6-8 hrs
Corn	3-4	20	Oregano, Rosemary, Thyme, Chili, Mace, Nutmeg	6-8 hrs
Millet	3-4	12	Basil, Bay Leaf, Chervil, Lovage, Allspice, Coriander, Ginger	12 min
Oats	2	20	Caraway, Chervil, Fennel Seed, Oregano, Savory, Thyme, Coriander, Nutmeg	1-3 hrs
Rice & Wild Rice	2-2 1/2	20 or 40	Basil, Caraway, Oregano, Lovage, Thyme, Coriander, Curry, Paprika	20 min or none
Rye	2 1/2-3	30-40	Bay Leaf, Caraway, Marjoram, Rosemary, Tarragon, Thyme, Allspice, Mustard	6-8 hrs
Wheat/Spelt	2 1/2-3	30-40	Anise, Caraway, Marjoram, Rosemary, Sage, Thyme, Allspice, Coriander, Mustard	6-8 hrs
Buckwheat	1 1/4-1 1/2	15	Basil, Caraway, Marjoram, Oregano, Thyme, Clove, Nutmeg	15 min
Amaranth & Quinoa	3	20	Oregano, Sage, Thyme, Chili	10 min

To cook: a) measure grains, b) rinse in sieve, c) toast in cookpot, d) add water, e) cook, f) season, g) let stand, h) serve hot or cold.

- **Coriander** and **Curry** (Turmeric) may be added at the toasting (C) stage; all other seasoning should be done after cooking (E) and before "letting stand" (G).
- **Salt** toughens grains. Add only at the end of cooking or before heating to serve. 1/2 tsp to 1 cup raw grain.
- **Toast** rinsed grains, either in oven at 150° F or more efficiently in cookpot over low heat. Stir until aroma rises and grains appear dry and separate.
- **Cooking** times are after bringing to boil. 1 cup raw grains = 4 servings (or 6).
- **Standing** (in a warm place, padded cloth cozy, or European grain box) allows grain to swell, absorb water, and open to fullness.
- **Seeds**—for these seasonings, use the seed state: **Anise, Caraway, Fennel**, and all of the spices.

To cook **Cracked Grains** (Pilaf): Measure cracked grains, add slightly less water than indicated above, soak 1 to 2 hours, cook 10 to 15 minutes add herbs/spices, let stand 1/2 to 1 hour. (OR to save time, toast dry, add hot water to cook, let stand.)

**Buckwheat** is not a cereal grain, but the starchy, grain-like seed of an herbaceous plant of the rhubarb family. It requires special treatment to remove *rutin*, an allergen for some people. Stir buckwheat groats into boiling water for 1 min. or until water turns rosy, drain, toast in 2 tablespoons of oil (for 1 cup of groats), add water, cook.

**Amaranth** and **Quinoa** are not starchy (cereal) grains; instead, they are high protein—best accompanied by a starchy grain or a vegetable. Use one part amaranth or quinoa to four parts starch.

**Wild Rice** is not rice but a water-grass grain with rice qualities. Prepare as rice or combine them in the pot.

**Rye** may contain black ergot fungus that looks like a grain. Sort rye on a light-colored surface and discard any ergot or submerge in water to float and remove ergot.

**Cornmeal**: use above ratio of corn to water, let soak to absorb water (10 to 15 minutes), bring to a boil, cook (stirring) over low heat for a few minutes until thick. Add seasoning and salt, cover, and let stand 15 minutes. (For still polenta use 2.5 parts or less of water.)

Notable in this regard is the nutritional research, parallel to Biodynamic farming, originating with Rudolph Steiner. Steiner suggested a rhythm of preparing a different grain for each day of the week, beginning with rice on Monday, barley on Tuesday, millet on Wednesday, rye on Thursday, oats on Friday, corn on Saturday, and wheat/spelt/kamut on Sunday. When preparing a pot of grains, it's a good idea to double the amount to have some for another meal, saving time

and energy all around. Leftover cooked grains can be kept covered in the refrigerator for a few days; however, they do lose some of their qualities each day, so it is best to use them within four days. Make them into patties to bake in the oven, prepare as satisfying summer salads, or add them to soups and stir-fry dishes. Combining grains with seasonal Biodynamic vegetables and complementary herbs can bring a wealth of flavorful goodness and sunshine to our days!

# The Pig Completes the Bunny

by John Peterson



---

The pig completes the bunny the way a spice completes a grain.

---



Have you ever had a bunny live with you? They are so cute. But the problem with this bunny, Jasmine, is that she does not want to be handled—maybe petted a little, if it’s done just so, but definitely not picked up. When I look at her, I want to pick her up and cuddle her. I find it unfulfilling that she is so cute and fuzzy and I can’t pick her up. She totally freaks out when I try.

There is also a stuffed pig in the house. It is fat and pink, about the size of a football. The pig snorts, says “I love you,” and squeals whenever I walk in front of it or pick it up. Something just triggers it—movement, sound, light—I’m not quite sure what.

Yesterday, Jasmine nuzzled the pig for a while and the pig expressed his love over and over, “Snort, snort . . . I love you . . . squeal, squeal . . . snort, snort . . . I love you . . . squeal, squeal. . . .” Normally, I would hate this pig. It’s just the kind of thing I don’t want in my life. I would not want it anywhere I could see it, or even in storage, where I might run into it a few months from now. But I am really into this pig. Why?

In anthroposophical cooking there is the premise that grains move toward completion as they are growing, but they never complete. Certain spices and herbs complete the process, which is why well-seasoned grains sometimes can impart a deeply satisfying experience.

Well, this pig completes the bunny the way a spice completes a grain. The pig feels the way I think Jasmine would feel if I could pick her up and squeeze her.

This pig completes the bunny the way a spice completes a grain.

I am sure that if I squished and hugged Jasmine the way I would like to, because she is so cute, I would cause her great anguish. But the pig . . . the pig I can hug to my heart’s content while admiring Jasmine across the room. The pig completes the bunny process.

**Update:** One night, the pig started saying over and over “snort, snort . . . I love you . . . squeal, squeal,” no matter how many rugs and blankets I heaped on top of it. At 2 a.m. I flung the pig into the yard. When I got up in the morning, it was still yammering. Even today, after thousands of snorts, love declarations, and squeals, it still musters relentless whispers of love.

FOR MORE STORIES BY FARMER JOHN, VISIT [WWW.ANGELICORGANICS.COM](http://WWW.ANGELICORGANICS.COM).

## A Collection of Anthroposophical Outtakes on Foodstuffs

We uncovered many anthroposophical gems about nutrition and general health in the course of writing this cookbook. Although the following excerpts do not apply to vegetables, they do relate to nutrition or general health, and they offer rare insights into the food we do and don't eat and into our overall well-being.

### INFANTS AND SUGAR

*by Rudolf Steiner*

Take for instance a child who, in spite of your having given it everything which as far as you know it needs, yet when for the first time it comes to the table for a meal, cannot resist climbing on a chair and stretching across the table to pinch a lump of sugar. Now you must take this in the right way, for a child who climbs on a chair to sneak a lump of sugar has almost certainly something wrong with its liver. The fact that a child pinches sugar shows that there is something not quite in order with the liver. Only children which have something wrong with their liver—which can be cured by the sugar—only they pinch sugar. Others have no interest in sugar, they leave it alone. Of course this must not be allowed to become a bad habit, but one must understand why [he] does it.

### HONEY

*from Nutrition and Stimulants by Rudolf Steiner, February 2, 1922*

We can study what honey does when we eat it. . . . Honey gives pleasure only on the tongue. The moment honey is eaten it assists the proper connec-

tion between the airy and fluid elements in man. Nothing is better for man than to add a little honey, but in the right measure, to his food. The bees, in a wonderful way, help man to learn how his soul should work on his organs. Through their honey, the bees give back to man what he needs for the work of his soul in the body. . . . When he adds honey to his food he wants to prepare his soul so that it works and breathes properly in the body. Bee-keeping, therefore, advances civilization because it makes man strong. . . .

If one thinks how greatly the bees are influenced from the starry worlds, one sees that bees are the means of ensuring that man receives what is right for him. All that lives, works together in the right way, if it is combined in the right way. When one sees a hive of bees, one should say to oneself with awe and reverence: "By way of the beehive the whole universe flows into man and makes us good, capable people." . . . Thus, knowledge of man becomes knowledge of the universe.

### HONEY AND THE AGING PROCESS

*from Nutrition and Stimulants by Rudolf Steiner, November 26, 1923*

As we grow older, honey has an extremely beneficial effect on us. With children it is milk that has a similar

effect. Honey helps the building of our bodies and is therefore strongly recommended for people who are growing old. It is an extremely wholesome food; only one must not eat too much of it. If one eats too much of it, using it not merely as an addition to one's food, the formative forces can become too strongly active. The form becomes too hard and brittle and one may develop all kinds of illnesses. A healthy person feels just how much he can eat. Honey is particularly good for older people because it gives the body the right firmness.

## SOY AND OTHER LEGUMES

*from Dynamics of Nutrition by Gerhard Schmidt*

Protein . . . stimulates the growth in life forces, as opposed to the forces of consciousness. Rudolf Steiner said, "The consumption of proteins should be held within certain limits; otherwise man will be overcome by a perceptive activity of which he should become free," namely, an activity determined by the metabolism. Steiner also said, "That is what Pythagoras meant when he taught his students: Don't eat any beans." The legumes have forces which approach animal metabolism and thus give the protein formation an animal character. We can see that the evaluation of a food such as the soybean, by a true measure of quality, will be at some variance with what is propagated today.

### Overheard

**CUSTOMER:** Does the soup have meat in it?

**WAITRESS:** It has beans in it. [After a thoughtful pause . . .]  
Beans aren't meat, are they?

## SOY

*from Essentials of Nutrition by Gerhard Schmidt*

In the agricultural lectures . . . Rudolf Steiner explains that we should pay attention to the tendency of the

papilionaceous flowers to "want to bear fruit before they flower." That is to say, a "kind of stunting of the actual fruit of these plants takes place," which is expressed in a shortened ability to seed. This is all an expression of the fact that "with these [leguminous] plants, much more is held to the earth which lives in nitrogen." They are not only more earthly than the other green plants, but also more animal-like. They produce a protein which tastes much like meat, as is especially evident in the case of the soybean. These plants form poisons, a fact which must be considered when we use them as food.

## PEANUTS

*from Dynamics of Nutrition by Gerhard Schmidt*

We thus see how this plant brings three properties to expression. First, it has a weak relation to light, which we see in its lack of directed, horizontal growth—a property which it shares with many other legumes (beans, peas, etc.). Second, it is obviously overpowered by the gravitational forces of the earth, in that it actively penetrates into the earth with its fruit-bearer. Third, once the fruits come into the earth, they ultimately behave like roots—they deny their cosmic, solar, nature and turn to earthly forces. In the darkness of the earth, the moon forces are active, as we see in the formation of mushrooms. This relationship to the fungus world is clearly shown in the susceptibility of peanuts to fungi in the soil. If the shell is damaged, fungi easily penetrate into the peanuts and there produce the highly toxic "aflatoxin."

As is known, these poisoned peanuts have caused great damage when used as animal feed. In addition, the undamaged peanut produces a substance which promotes the coagulation of the blood. This can call forth thrombophilia, which shows a heaviness of the blood and the predominance of earthly forces.

## COFFEE AND TEA

*from Questions of Nutrition by Rudolf Steiner*

With nutrition, which is the thing particularly interesting us at this moment, it is really so, that one must acquire a proper understanding for the way it relates to the spirit. When people inquire in that direction, I often offer two examples. Think, gentlemen, of a journalist: how he has to think so much—and so much of it isn't even necessary. The man must think a great deal, he must think so many logical thoughts; it is almost impossible for any human being to have so many logical thoughts. And so you find that the journalist—or any other person who writes for a profession—loves coffee, quite instinctively. He sits in the coffee shop and drinks one cup after another, and gnaws at his pen so that something will come out that he can write down. Gnawing at his pen doesn't help him, but the coffee does, so that one thought comes out of another, one thought joins on to another.

And then look at the diplomats. If one thought joins on to another, if one thought comes out of another, that's bad for them! When diplomats are logical, they're boring. They must be entertaining. In society people don't like to be wearied by logical reasoning—"in the first place—secondly—thirdly"—and if the first and second were not there, the third and fourth would, of course, not have to be thought of! A journalist can't deal with anything but finance in a finance article. But if you're a diplomat you can be talking about night clubs at the same time that you're talking about the economy of country X, then you can comment on the cream-puffs of Lady So-and-So, then you can jump to the rich soil of the colonies, after that, where the best horses are being bred, and so on. With a diplomat one thought must leap over into another. So anyone who is obliged to be a charming conversationalist follows his instinct and drinks lots of tea.

Tea scatters thoughts; it lets one jump into them. Coffee brings one thought next to another. If you must leap from one thought to another, then you must drink tea. And one even calls them "diplomat teas"! While there sits the journalist in the coffee shop, drink-

ing one cup of coffee after another. You can see what an influence a particular food or drink can have on our whole thinking process. It is so, of course, not just with those two beverages, coffee and tea; one might say, those are extreme examples. But precisely from those examples I think you can see that one must consider these things seriously. It is very important.

## ALCOHOL

*from Nutrition and Stimulants by Rudolf Steiner*

You see it is extremely ingeniously arranged. These little sperm creatures are extraordinarily lively anyway and with alcohol they become really fidgety so that fertilization takes place influenced by male sperm which are abnormally mobile. The result is that the system of the nerves and senses are affected when the man drinks. So when the woman drinks the inner organs will be damaged through weight, when the man drinks the nervous system of the child will be damaged. All that takes place in the developing child will be ruined instead of taking its normal course.

So one can say: When the woman drinks, the terrestrial element is damaged. When the man drinks, it is the airy and movable elements encompassing the earth, which man also carries within him, which are damaged. So that from both sides the offspring will be damaged if both drink. Of course, the fertilization can hardly be normal, i.e. fertilization is possible, but not really the proper growth of the offspring. On the one hand the ovum wants to assert its weightiness and on the other hand everything is in fidgety movement and each contradicts the other. The male contradicts the female in such a fertilization, when both drink. So if one understands how all this hangs together then it is clear that habitual drinking is extremely damaging to the offspring. People, however, do not believe it because the influence of drink both in men and women is relatively not so very obvious. But this is only so, because the blood is well protected, being created in the marrow, and people have to do a lot if they would greatly influence their offspring. Slight influences people are not prepared to admit.

If a child is born with hydrocephalus, one does not usually ascertain whether conception took place during a night after the mother had been out to a good dinner with red wine to drink. One would find if one were to investigate that the child was born with hydrocephalus because gravity (weight) became too strong. If on the other hand a child is born with a facial, muscular twitch, one does not usually ascertain whether the man drank too much the evening before fertilization took place. The smaller things, I would say, are not taken into account, and people then think there is no influence. There always is. However, the really damaging influences are the outcome of habitual drinking. And here again we have something remarkable and rather strange.

You see when the man drinks it can happen that the nervous system of the children is weakened and they may have for instance a tendency to consumption. What is hereditary in the children, however, need not be connected with the father's drinking. For instance, they need not have a tendency to mental disturbance, it can also be consumption, or stomach upsets or suchlike. This is what is so treacherous about alcohol: the evil done by it can simply pass over into other organs.

One must notice that alcohol gradually works its way into the marrow and gradually ruins the blood. So, by damaging the offspring, the whole subsequent progeny is damaged. If a person has, let us say, three children, these children are somewhat damaged, but their offspring will be considerably damaged. And so people are ruined far into the future through alcohol. Many of the weaknesses afflicting mankind today are due to the fact that our ancestors drank too much. Now really imagine: Here is a man and a woman. The man drinks. The bodies of the offspring are weakened. Now think what this means after just one century, or even more so, after several centuries. It is no good selecting a period—say from 1870 to 1880—and saying that more people died of [contaminated] water than of alcohol. One must spread one's gaze over longer periods. And this is just what people today do not like to do.

### What Should One Do?

What one can learn about alcohol can be understood by everyone. And now we come to what I always say. People come and ask: Is it better not to drink alcohol or to drink alcohol? Is it better to be a vegetarian or to eat meat? I never tell anyone whether he should give up alcohol or drink it, whether he should eat plants or meat. I say to people: Alcohol does so and so. I simply explain its effect, and then they may decide whether to drink or not. I do the same with regard to vegetarian or meat diet: Meat does this and plants do that. And the result is that they can decide for themselves.

That is what one must have above all in science—respect for human freedom. One should never have the feeling that anyone is ordered or forbidden to do something; instead one tells him the facts. What he will do when he knows how alcohol works is his own affair. What is right to do he then finds out of himself. In this way we will get somewhere. In this way free men will be able to direct themselves. This must be our aim. This is the way to real social reform.

*For additional (mostly anthroposophical) insights into health and nutrition, on such topics as raw milk, fever, microwaves, and lactic acid fermentation, visit [www.AngelicOrganics.com/vegetableguide](http://www.AngelicOrganics.com/vegetableguide), and click on Outtakes.*