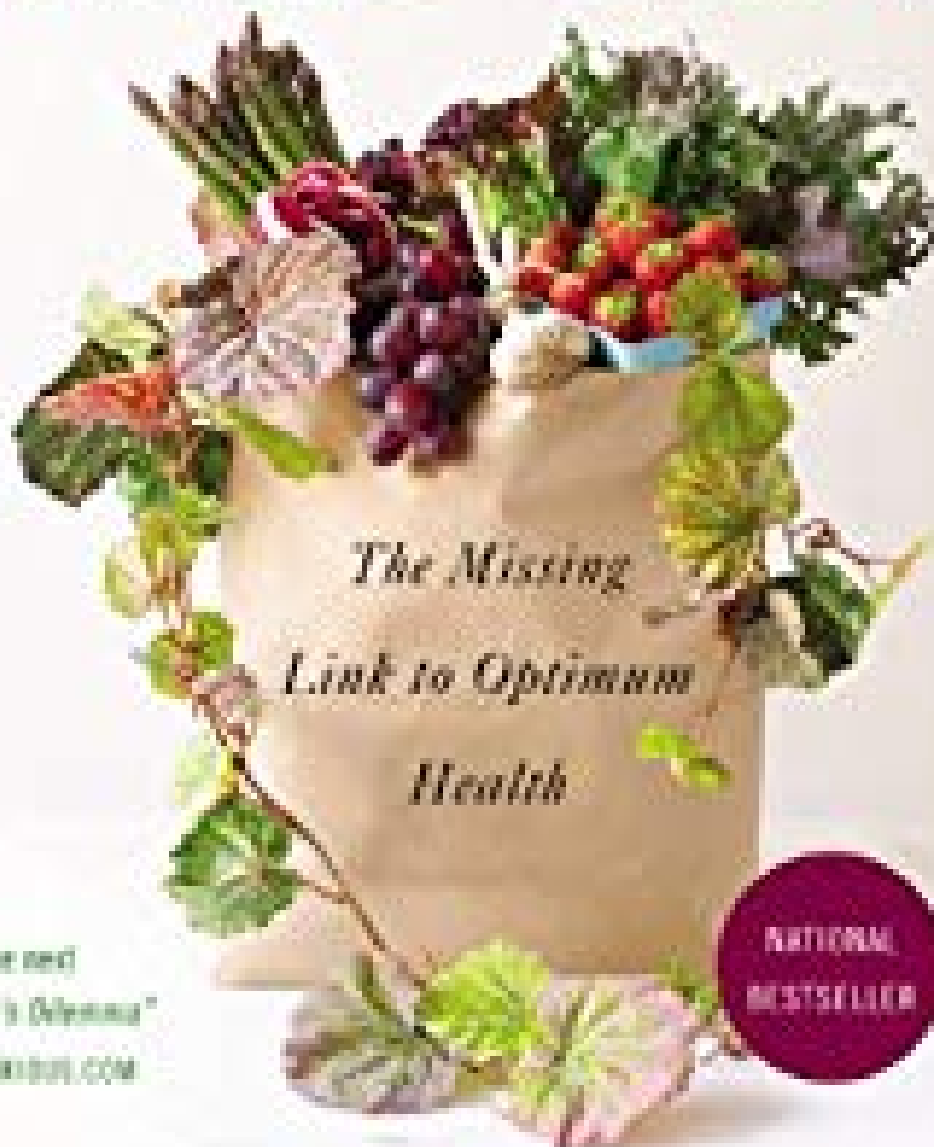


A RADICAL NEW WAY TO SELECT AND PREPARE FOODS TO  
RECLAIM THE NUTRIENTS AND FLAVOR WE'VE LOST

# EATING *on the* WILD SIDE



*The Missing  
Link to Optimum  
Health*

"The next  
Dietician's Dilemma"  
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NATIONAL  
BESTSELLER

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Jo Robinson

## Eating on the Wild Side: The Missing Link to Optimum Health



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Winner of the 2014 IACP Cookbook Award in the category of "Food Matters. Since farmers first planted seeds 10,000 years back, humans have been destroying the nutritional value of their fruit and veggies." Another stage in the food revolution--a radical method to select fruit and veggies and reclaim the taste and nutrients we've misplaced. Unwittingly, we have been selecting plants that are high in starch and glucose and lower in vitamins, minerals, fibers, and antioxidants for a lot more than 400 generations. Jo Robinson clarifies that many of the newly identified varieties can be found in supermarkets and farmer's marketplace, and introduces simple, scientifically proven ways of preparation that improve their flavor and nutrition. EATING ON THE CRAZY SIDE reveals the solution--choosing contemporary types that approach the nutritional articles of wild plants but that also please the present day palate. Predicated on years of scientific analysis and filled with food background and practical advice, EATING ON THE WILD SIDE will forever change the way we think about food.



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Best vegetable and fruit guide I almost didn't buy this book, not making certain if it was a history publication or a cookbook or a diet book or what. But since I've appreciated author Jo Robinson's "Eat Crazy" website I decided to go ahead. I'm so glad I did so. I put tabs on my chapters in order to reference them quicker. That is a reserve about the vegetables and fruits that are available in supermarkets and farmer's marketplaces in the U.S. For each group of vegetables or fruits, there exists a history heading back to the initial cultivation and information on the wild origins. Included with this history can be the healthful properties of the wild plant and the adjustments that have taken place due to cultivation. She clarifies how to appear at what's on the grocery shelf and pick the most nutrient packed choices. There is one review on Amazon that complains approximately the usage of ORAC ideals throughout this book. The reviewer notes that the USDA offers removed its ORAC data source, but doesn't describe why ORAC was pulled. The USDA in announcing the removal says that "ORAC values are routinely misused by meals and dietary product manufacturing companies to promote their items and by customers to steer their food and dietary supplement choices." Entrepreneurs were abusing the system and had found methods to juggle the leads to get high ORAC values, such as for example comparing the rating of a gallon 'juice mix' with a half glass of berries. But ORAC values can be essential. It is an excellent reference book due to the material. Prior, Ph. A friend suggested this, since I'm vegan and trying to eat as healthy as possible WITHIN REASON, i., stated in a letter in response to removing the USDA database pointed out that is was a good tool for analysis as there is "a considerable amount of scientific literature on the positive health benefits of the polyphenolic flavonoid-type compounds in foods." So there is good reason to list the ORAC ideals in this book. They are bitter. I came across our regional farms for asparagus and tomatoes, found the organic co-ops and learned what fruit and veggies were best around within the Mid-Atlantic. COOL BOOK!organic is the way to move, if you can do so. We used to live for the apple Periods. Recommended. It's not only a natural background of our most commonly-eaten fruits and veg, it's also a guide to purchasing and using produce, resources for seeds, plus much more. There is a new lack of diversity in varieties. The author gives the exemplary case of apples. From nice corn that no longer tastes "corny" to cottony white strawberries and golf-ball tomatoes, what has occurred to our produce and what can we perform to get the best, most nutritious fruits and vegetables.. Most benefits for health Some of the best info out there! The thing that would have made this book better would have been a standard comparison of all the foods that she describes. First early Macs, after that Courtlands, Jonathans, Winesaps, etc. Great book. And the ones Grannys if you ask me don't taste right. Google "ORAC Ronald Prior" to learn the full response. Learned some actually interesting things such as heating my frozen wild blueberries up fast, and chopping garlic and allowing it to sit for about 10 minutes or so before cooking with it. And I wasn't at all amazed about the analysis of different fruit types. Reference books need good indexes.)The history of the blueberry was particularly interesting; the darkest berries (full of antioxidants) were chosen AGAINST when they had been cultivated from crazy ones, as the horticulturalist believed lighter berries would sell better. Already made the rounds in my own family and right now it is getting gifted to friends! These food types are essential to your health. The author goes over how we got various fruits, like the apricots of Asia, the apples cherished by the Salish tribe of America but also gives us suggestion on where and what things to buy. I make an effort to adhere to those good options. for example, there exists a recipe for apple sharp, using the nutritious skins floor up in the sugar topping portion to get the good thing about their vitamin content--but the author also tells us that commercial apples have become high, among the best, in pesticides. This is absolutely true in my experience. We like to go to the "U-Pick" at a local orchard, but I cannot go in to the apple tree rows as the pesticide is indeed concentrated on freshly sprayed trees that it irritates my skin and lungs. So. Plenty of Good Information Great book with great usable information. There are some VERY simple adjustments we are able to make to greatly multiply the quantity of nutrition in the foods we currently buy! This books is, for me, LOOOOONG overdue. I kind of sort of found the same conclusions as this book not long ago because I love fresh produce and it was getting more and more unsatisfactory; Eating upon the Wild Side is a good book that I continue to as a food-buying guide. Some of the info is usually a little bit conflicting; (WHO KNEW to let your chopped garlic simply "rest" for ten minutes before cooking food it? That is a practical publication in addition to a very interesting read. Interesting, well researched, informative read I found this an exceptionally interesting read. Great information on obtaining the most away of your produce Entertaining, concise read that's filled with great reference material. Many

fruits just don't taste the same to me anymore (grapes, strawberries in particular. Corn is weird--sugary nice, no character. No wonder the recommendations for quantity of servings of fruit and veggies has gotten so large. Do you really think 2 or 3 generations ago people were eating 7 or 8 servings of fruits and vegetables a day? You need this book Great reserve. Will improve your understanding and your nutrition. Take note -- and wary of -- your food. Learn just as much as you can about what you ingest. This reserve is a goldmine. I didn't understand that.. Now, go to the store and it's really Gala, Fuji, Braeburn and the inevitable Granny Smiths generally.) That's just one single example. Pale print There is something about the print in the book that means it is a bit hard for me personally to read. Wish I just have to get my picky eyes used to it. Wow, GREAT book! Good reading, and amazing information!! I really like that the main factors in the chapters are summarized at the end of the chapter so its easy reference.D. The internet marketers deliberately obscured the misleading result. how do I shop at a normal grocery store for the most healthy veggies? I hate reading. This publication is perfect. The writer explains the history behind the fruit/veggie (how it were only available in the wild, up from what we discover in the supermarket today). Wild plants are the original nutritional powerhouses and the author tells you ways to get closest compared to that with the cultivated plant life found in the stores, markets or backyard gardens. She explains how to store and prepare/prepare the veggies to wthhold the most nutrition... The writer gives recipes, advice, background and this all makes for great reading. Easy to do, and I got no idea that's how exactly to keep the nutrition intact while cooking food! Valuable information for everyone. Definitely recommend! incomplete index It is too poor that the very last thing in the index is Real wood.. I hardly ever read books anymore.If you too are wondering what this publication is, then I'll let you know what I've found.not season.! Nothing at all about Yams or zucchini in the index. It ends on page 407 despite the fact that the book description says the publication has 418 pages. As ORAC researcher Ronald L. Personally, I miss the yellowish corn of my childhood, grown right down the street and picked and rushed to the desk.. I was drawn to it after noticing that virtually any wild edible includes a better dietary profile than simply about any conventionally grown vegetable.The saddest thing is the loss of nutrients.



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