

# LIFE IN THE GARDEN

Your Boston connection to grass-fed meats and sustainably produced fare  
Brought to you by Lionette's Market and Garden of Eden



SUSTAINABLE FARMING IS THE ONLY OPTION

**THIS MONTH: VALENTINE'S DAY, SUPER BOWL FOODS,  
AND HOW TO EAT LOCAL 12 MONTHS A YEAR!**

## Rock out Super Bowl Sunday with some of these specPATular ideas for entertaining!

Hosting folks for watching the biggest game in franchise history is a breeze when you're on the OFFENSE about what to serve your guests. So let TEAM LIONETTE offer up these suggestions:

- \* **Chef Isaac's amazing pulled pork**
- \* **Real Pickles Sauerkraut** mixed with **Lionette's Italian sausage** or **bratwurst**
- \* **Lionette's braised ham** and **Claire's Sweet Onion Relish**
- \* **Moonbrine pickles** make any buffet better; then, pour some of the pickle brine from the jar in your "**Giants Better Not Play Dirty**" Martini
- \* For the best fries quite possibly ever, clean up and slice some of our **potatoes (sweet or not)**, and fry in our **duck fat**. Serve with sea salt and cracked pepper, your guests will never again be satisfied with Ruffles and onion dip.
- \* **Fiore di Nonno Fresh Mozzarella** and **Burrata**: great on any plate with veggies, or whole-grain bread and olive oil

## Nothin' says lovin' like good food for V-day

Seriously: If you think the stomach's the only way to a man's heart you clearly haven't met Boston women!

Whether buying for your mother, your father, your best friend or your lover, show folks what they mean to you with some sweet nothings from Lionette's.

By far, our fave comes from Brendan at [La Tene](#), purveyor of some of the best locally made artisanal chocolate in the land. **All of his items are handmade**, making them thoughtful treats for your beloved. Of note, of course, are his **truffles**, but not to be missed are his limited edition. **Pomegranate Heart Truffles**. To, die, for. Check them out.



CHECK OUT THESE ...

## Monthly Events

Wednesday 20 February

### Grass-fed beef event

Garden of Eden | 571 Tremont St., Boston, MA 02118 | 617.247.8377 | \$35 6:30 p.m.

Last month's pig event was such a hit we're doing it again. This time, we're breaking down a cow to show its wonderful cuts. Meet the farmers, and walk up close and personal for slicing demonstrations.

Space is very limited, to ensure everyone can see what's going on. Contact Jamey at **617.778.0360** to reserve your space

Thursday 28 February

**Panel: The Foodie Dilemma: How Boston's cheapskates can eat sustainably. (See inside for details)**

2nd Sunday, next 3 months

### Inaugural Slow Food Boston Winter Film Festival

Theodore Parker Church Sanctuary | West Roxbury | 4 p.m. | \$5/person

[Slow Food Boston](#) and the Theodore Parker Church will co-host a film and discussion series about food and agriculture. Movies on tap (to be followed by panel discussions) are:

10 Feb: [King Corn](#)

9 March: [Eat at Bill's: Life in the Monterey Market](#)

13 April: [The Real Dirt on Farmer John](#)

# FEATURED FOODS and SUSTAINABLE SUPPLIES

Lionette's Market and  
Garden of Eden are proud  
associates of:

## MEAT OF THE MONTH Luscious Lamb

We've talked the talk, now we're walkin' the walk: **We now get in a full lamb in every week** from a few different farms in New Hampshire. As always, please call ahead for any specific cuts -- we can cut it any way you want.

Don't have a specific cut in mind? Come in and check the cabinet for **loin chops, racks, legs, shanks, stew meat**, and of course our **lamb sausage**. This month look out for lamb sausage with **organic unsulfured dried apricots** and **anise**, or with **dried figs, anise** and **caramelized onions**. Even though it's not grilling season you can easily brown these babies in a grill pan, slicing them up to add to pasta or tossed vegetables.



## SUSTAINABLE SUPPLIES Plenty o' McFatty

You've known for a while that we have **lard**, but do you remember that we also carry **suet** (beef fat, but also found in sheep and other animals)? Suet is perfect for adding richness to your baked pastries, puddings, and stuffing.

Even more exciting is that we have **duck fat**. Never a more flavorful potato will you eat than one that's fried in this fatty goodness. Don't spend your hard-earned money on something so sumptuous that you can make at home with our duck fat, our **potatoes**, and a heavy-bottomed pot.



## SUSTAINABLE SUPPLIES Bones, bones, wondrous bones

Now's the time for making all kinds of wonderful soups, stocks, casseroles, and braises. So for all of your slow-cooking needs, **we carry beef, pork and lamb bones**. Usually we use them by Monday, so if you want to make soups or stocks during the beginning of the week, give us a call and we'll gladly set them aside for you

## Event Update:

**Panel discussion  
including James  
Lionette**

**The Foodie's Dilemma:  
How Boston's  
cheapskates can eat  
sustainably**

### When:

Thursday 28 Feb, 7:30 p.m.

### Where:

Boston University's Kenmore  
Classroom Building (565 Comm.  
Ave.), Room 101

### Cost:

Free, but a \$5 donation is  
recommended. Proceeds go to  
Slow Food-BU.

### What the heck is it?

Panelists will address Boston  
University students and interested  
community members who know  
little about what sustainably  
produced food is, and how to get  
it.

Panelists include:

- \* James Lionette
- \* Jean-Claude Bourrut
- \* Chef Chris Douglass (owner, Icarus, Ashmont Grill)
- \* Corby Kummer (food writer)
- \* Dr. A Starr (professor of sociology at Chapman University (check out her [Political Economy of Food](#) course.

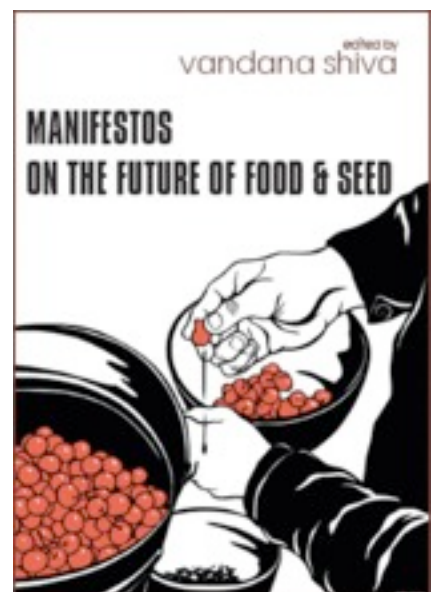


[www.slowfood.org](http://www.slowfood.org)

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[www.chefscollaborative.org](http://www.chefscollaborative.org)



<http://www.southendpress.org/>

## *Eating local in New England: How to do it in Boston, year-round*

**E**ating local is sustainable eating. Eating local is supporting your neighbors. Eating locally 12 months a year -- even in New England -- means you know how to survive.

Many people fear local food in the winter, or aren't even aware it's possible. But before the days of supermarkets, airplanes and globalization, people managed to survive in the winter. The truth is, winter doesn't offer bad eating, nor eating the same thing over and over. Naturally we tend to stay indoors for longer periods when it is freezing cold out, and though braised dishes and casseroles take longer to cook than throwing a steak and zucchini on the grill, they warm your house and give off pleasant aromas ... and generally provide enough for reheating great leftovers the following days.

Eating properly (and local) during the winter takes a little more planning, involving the knowledge of survival that New Englanders before us understood and most of us have forgotten. Currently, we have significantly fewer options than a hundred years ago with local food (remember: the supermarket is not an option), but the potential is still there. Lionette's Market and Garden of Eden work with a few local produce farms who are still selling fresh local vegetables! Every year more farmers are, well, farming, year round, rather than taking on a winter job after the farmers markets have shut down for the season. The more we support them, the more produce they will proffer in future winters.

So as promised in last month's newsletter, here is a basic breakdown of what we all can eat in the winter. Many of these things are available at Lionette's and are the core of our menu at the Garden of Eden.

### **Meats**

Fortunately for us, animals live year round. So we can always eat beef, pork, poultry, and fish. We get a full pig, a full lamb, and side of beef in every week from local farms, whether it is January or July.

A little folklore for you: Traditionally the winter was the best time to eat fresh large animals like beef. Why? For our forefathers before us who had not yet figured out electricity, refrigeration in the summer's 90-degree heat meant not much beef could be kept, so it was slaughtered during the winter when it could best be enjoyed fresh. The pig, on the other hand, could be cured, and eaten at any time. As for fish, there are a few species still available off the coast of New England.

### **Eggs**

Though hens lay eggs year round, they do so based on sunlight. So the worst egg week of the year is around winter Solstice. But now, every week until June, hens should be laying more and more eggs. Though if you want the truth (cue up the Debbie Downer music...), most eggs in this country come from hens that have never seen the sun because they live inside factories, or at best, barns. So most people who buy eggs in chain supermarkets are eating few to no fully pastured eggs in the winter. BUT, rest assured that Lionette's sells plenty of Vermont farm-raised, raised-in-a-spacious-barn-cage-free-drug-free-natural-clean-and-oh-so-tasty eggs.

### **Cheese**

Many cheese producers let their animals "dry up" for a few months in the winter, so some cheeses are unavailable or only available in small quantities for a few weeks or a few months. For both climate and

economic reasons, this happens during the winter months. However, the local cheeses Lionette's gets vary in age from one hour to one year old, so there is never a week or month when there is no local cheese. At worst, we may only have 30 or so local cheeses in January or February. Considering there is more selection in brands of deodorants at the supermarket, this may seem like a small selection of cheeses. But we assure you, 30 is a lot from which to choose.

### **Dairy**

Milk doesn't seem to be affected by the seasons too much. Or at least Millicent of Monument Milk Farms -- Lionette's provider of the freshest milk around -- has never told us otherwise. Yogurt seems to be the same. So buy away and think of all the sauces, dips, chowder, bisques, and casseroles you can make with dairy. (Our Monument Dairy dairy, *por supuesto*.)

### **Grains**

Grains store well. So the problem is not shelf life; the problem is New England. It's not so much that there are very few local farms left, it's that the terrain of the Northeast is not well suited for growing lots of grains. Never has been. So the shortage of local grains is a year-round problem, not a winter problem. We do get some local grains, though, and year round, too! From the Champlain Valley region just over the border of Vermont in New York, millet, spelt (it's like farro), buckwheat, and bulgar. We make buckwheat crepes and scones at the Garden of Eden. The spelt is a regular side dish in both the restaurant and in the prepared foods at the market (very easy on the digestive system, might we add, for those with trouble with some wheats or grains). Though we generally prepare the bulgar in the summer for

## *Local eating is sustainable eating: How to do it in Boston, year-round, continued...*

a nice light salad, there is no reason you can't prepare it in the winter. The spelt and bulgar are available in their raw form at the market. Ask about the buckwheat and millet and we can order some for you.

### **Produce**

So, this is when people seem to freak out the most about eating locally 12 months a year. First, there is the idea that there is no produce in the winter. (False.) Then there are the complaints, "I don't like squash and parsnips." Now, we can't help you there. But if you don't like French food, you shouldn't live in France. Maybe we need to think the same about New England.

Produce in the winter is like the pig: Yes, the pig! With beef, all the cuts of beef pretty much taste the same, regardless of what we do to it. However, with pork, there are so many different flavors, and so many different ways to preserve pork. Vegetables are the same.

"How can I survive without tomatoes?" you say? Easy. Tomato season is at best June-October. The rest of the year we can eat sun dried tomatoes, canned tomatoes, salsa, sauces, pickled tomatoes, and so on. You see our point?

So here is a brief run down of what and how we eat produce in Boston during the winter months.

**Fresh and cellared:** Some veggies last through the rugged months in the earth, many others can last in cold storage or cellared, which basically means that they can put in cool, dry, and dark farm cellars, where they will last from six weeks to six months. The problem is not that there is not enough produce, it is that there are not enough farms who can cellar. Some have no space or even a facility for dry storage,

other farms just do not do it because there is little to no demand for it. Hopefully, if people clue in to the fact that eating locally is not something done two seasons a year but all four seasons, then our farmers will farm twelve months a year.

Currently we are getting produce in from several farms directly. Two in really stand-out farms are Pete's Greens in Craftsbury, VT, and Grateful Farm in Franklin, Mass. Pete's has been farming year round for three or four years now, and this is Grateful's first year to go this long. There are also greenhouses, but that will be discussed below.

The other problem, of course, is demand. When we start eating locally 12 months year our farmers will have vegetables to offer 12 months a year. It's possible. As for home cellaring, it is not the easiest thing to do in the city, as most of live in apartments which often don't have the space to cellar. Outside of the city, most old houses are set up to do so, or can easily be set up to store these items and more for the winter.

**Cabbage:** I think Mark Kurlansky (he wrote *Salt and Cod*) should write about cabbage. Surely this is the vegetable that has kept the northern hemisphere alive for the last several thousand years. It is hearty and full of nutrients we need. Cabbage can be pickled and cellared, and last all winter. There are so many recipes with cabbage, not only because it tastes good, but because it has been a staple of humanities for thousands of years. A rugged strong and healthy green leaf vegetable, cabbage is not to be shunned or mocked!

**Squash.** There are dozens of varieties, and hundreds of recipes. Bisques and purees, for roasting, boiling, braising, broiling. When properly stored squashes seem to last forever, some are even said to be

best eaten in the spring!

There are the wonderful root vegetables perfect for a braised dish, but also wonderful in roasts. **Rutabaga**, dozens of varieties of **turnips**, **carrots**, and **parsnips**. Fresh and cellared, we should enjoy them all winter long.

Also good for a variety of dishes is **kohlrabi**, a New England classic. Available year round both fresh and in the cellar. With a delicious flavor tasting somewhere between broccoli and cabbage, this alien looking vegetable can be sautéed, roasted, and braised.

**Salsify** and **radishes** do quite well in the cellar. Though way stronger than the summer radishes, the wonderfully ugly, devil-ish **black radishes** are good for braising and slow cooking just like other root vegetables. Soaking them in lemon water will take off some of their amazing edge. On the lighter side are beautiful **Valentine radishes**, make wonderful slaws and salads just like the ones we get in the summer.

**Mushrooms** can be grown year round. We get organic mushrooms cultivated in Pennsylvania (Kennett Square is actually considered the mushroom capital of the world...). But there's no natural reason why we can't do the same in New England.

**Beets** cellar well, and are one of the vegetables generally available locally 12 months a year.

**Potatoes.** Need we wax poetic about the glory of potatoes? From fries and chips to mashed and roasting them in duck fat!

**Sweet potatoes.** These are difficult to hang on to, but possible to store for some of the winter. Usually they're done by January, so don't be surprised if you don't see them in the

## *Local eating is sustainable eating: How to do it in Boston, year-round, continued...*

store.

**Onions, garlic, and shallots.** All can be local through the winter.

**Rustic greens.** These babies can last deep into winter (depending on when permanent frost sets in).

**Chards, collards, and kales** to name a few. Some kales like **Russian Kale** are pretty much unaffected by snow. **Brussels sprouts** are best after a few frosts have set in. They can be picked fresh all the way into January (we have been getting them fresh). They cellar well, too, unlike than the leafy greens.

**Celery.** Needs to be stored just above freezing temperature, but **celery root (celeriac)** is fine all winter long. Great in stews or braising dishes, celery root cellars wonderfully and should be available all winter long.

As for fruit **apples, quince,** and **pears** cellar quite well, some varieties better than others, lasting up to six months in storage. Plus there is always cider, a New England classic. Local **grapes** can last for a month or two, but the preferred form of preserving them is called wine.

### **Greenhouse**

There are greenhouses that suck up lots of energy, and some that block the harsh winds and snow as well as trap warm air of the sun, generally using little to no energy.

As for the first, **Backyard Beauties tomatoes** come to mind. They are in Maine. We get occasionally get them in over the winter when they are available. But the last thing we need to be doing is using more energy. There are a few greenhouses in Mass. that are expending a lot of energy to grow expensive, out-of-season vegetables

for high-end restaurants. But what we really need to be reducing energy if we want a planet to live on. I would think it wise to close dozens of malls and shopping malls, and take half of the energy used there for greenhouses. That would make sense. But building hundreds or thousands of energy-sucking greenhouses around New England so that a bunch of intelligent and wealthy people can eat tomatoes and mesclun greens all year round? It doesn't make sense. It makes more sense to ask those people to live in California, if they can not adapt to the way people have lived in New England for thousands of years.

As for the energy-free or low-energy greenhouses, they will help grow more and more of the winter crops and help create a greater yield and diversity, as well as give our farmers a source of income over the winter months.

(Some farmers may hate me for this, as they work so hard 10 months a year, and look at those two or three months as their vacation time. I hope we can still get along!)

So, things like **edamame, sprouts, microgreens, endive,** and **herbs** can be harvested through the winter, theoretically using little energy.

### **Pickling and Relishes**

Pickling gets its name from the pickle, the most common pickled item. Wait, that pickle is actually a **cucumber!** **Cabbage** is the other glorious pickled good. Though there are many things you can pickle, and even more things to make relishes from. **Green and yellow beans** pickle nicely, too

(Hey: Want a really excellent pickle? Stu and his **Moonbrine pickles** are pickled right here in Jamaica

Plain, and when the picks are gone, use the brine for Bloody Marys. Delicious.)

There is a down side to relishes and pickling: Veggies generally lose a lot of their nutritional value. But most vegetables lose so much of their nutritional value when they sit around a long time before being eaten, anyway. So when we go to Whole Foods or Shaw's and buy "fresh" organic cucumbers from Mexico or China or wherever they come from, they have probably lost the same amount of nutrients that pickles have lost. The difference between "fresh" produce from all over the world and local relishes and pickles is a selfish one: flavor. Relishes and pickled goods have amazing flavor and spice up any meal, where supermarket produce has absolutely no flavor at all.

### **Canning**

Canning, unlike pickling, generally keeps most the nutritional value of the produce. Canning is a process that every family in the United States new how to do until a generation or two ago. People today seem intimidated by it, but it's quite easy to do even though it does take up some time.

Next September, instead of watching TV, can in your kitchen with loved ones. We can assure you it will be worth it. Food is a social activity, and humans are a social species. There are countless books and Internet sites on canning. There are even canning neighborhood groups, if there is not one in your neighborhood, start one. And if you're canning alone, throw the Red Sox on the radio -- it is very calming to listen to the game and make your own **tomato sauce** and **salsa** for the winter.

If you're too busy to can, lots of local

## *Local eating is sustainable eating: How to do it in Boston, year-round, continued...*

people can for a living, so you could buy their things. At the moment, most Lionette's canned goods come from far away, but we do offer some tomato sauces made in Vermont.

**Apples and pears** can be turned into sauces and canned. Local **cherries, peaches, apricots, plums, and nectarines** all can be canned for winter eating. For vegetables, many can be canned: **artichokes, asparagus, beets, carrots, corn (in many forms), peas, peppers, eggplants** all do well canned. There are many recipes out in the world to spice them up and make them exciting when the drab winter months arrive.

### **Drying**

Not the most common household chore anymore, but drying is another great method of preserving produce for the winter: **cranberries, apricots, mushrooms** to name a few, work quite well in a dehydrator. Ever use one? For about \$40 you can pick up one with six tiers or so and dry everything from **zucchini slices** and **tomatoes** to **strawberries**. Typically, a bunch of great recipes come inside the box, too ... and certainly don't forget the font of info. that is the Internet for learning about cooking methods.

Want to know who's doing awesome things with drying? [Centre Street Cafe](#) in Jamaica Plain. Go in on a wintry day and you'll be rewarded with the fruits of the cafe's summer labor: Sun Dried Tomato bruschetta, made with tomatoes dried and put up months ago. We love this stuff. You will, too.

Drying is also a great way of getting exotic fruits to New England. Consider the **fig**. A fresh fig needs an airplane to get to Boston. But a dried one needs only a slow boat or railway. Consider also your **herbs**. Most herbs we get during the winter

(and year round!) travel all the way from Israel! Better to dry local herbs, and in season enjoy fresh herbs. Most varieties of **beans** are ideal for drying, too.

### **Jams, jellies, fruit butters and preserves**

Jams are from fruit, jellies from juice, marmalade have fruit bits in it, and butters are thick purees. All of these are easy to do at home. Plus, plenty of local people from our community make them. **Deborah's Jam** (made here in Jamaica Plain) is a wonderful thing. Jams are just made for pork chops, leg of lamb, and turkey sandwiches. **Claire's Jams** out of Aldburgh, VT, is also stunning. Her jams are made for bread. Claire actually grows almost all of her own ingredients on the farm in Vermont. Try her jam and you will realize what a sham Smuckers really is. Also give a try to **Claire's Apple Butter**.

Jams are also something we can do at home. If your grandma never taught you how to make preserves and jams, don't worry. We sell **Pomona's Universal Pectin**, and in every box is a spreadsheet on how to make jams and jellies, low sugar or sugar free. The chart lists dozens of different fruits. Plus, once you get the hang of it, you can easily experiment. Seriously, IT IS EASY. Also, all over our libraries and on the Internet are recipes and how-to books. A jam you made yourself is always better than store bought. Because remember: when we go to Whole Foods or Shaw's and buy "fresh" organic raspberries from Mexico, they have lost most of their nutritional value, but with local **raspberry** jam, most of the nutrition of those raspberries should be there.

### **Freezing**

This is not exactly the most energy

efficient way of preserving food. But on small scales it makes sense. Every home has a small freezer. No reason that we can not load it up with local **blueberries** (perfect for pancakes all year round) and other local fruits for smoothies. The other option is blanching and freezing summer vegetables for the winter. Things like **green beans** work the best -- much more nutritious and better than TV dinners or frozen veggies from the supermarket. (Who in hell knows where those vegetables came from, anyway?) Plus, the amount of energy used on supermarket frozen vegetables is outrageous. Between freezers around the world that are the size of small factories, refrigerated trucks set below 32 degrees, and gargantuan supermarket freezer storage, things are way out of hand. If we shut off all those freezers, and freeze our own, we could probably save enough energy to install a second freezer in our apartments, or something like that. I just made up that idea, my gut tells me it we would be better off just shutting down all those freezers involved in supermarket frozen food, and just stick with the little ice box we have in our kitchens now.

### **So ... how to do all this?**

The dynamic between urban centers and rural land has been more or less the same for thousands of years. Urban centers have never been expected to feed themselves, that being the responsibility of the rural sectors of society. Cities house businesses, politics, education, trade, technologies; and rural land is for food production. Please do not say whether this is morally correct or not -- it's how civilization around the world has been for thousands of years.

But now we have this modern phenomena called *suburbia*, which doesn't really produce anything that

## *Local eating is sustainable eating: How to do it in Boston, year-round, continued....*

the city produces, yet consumes even more resources per capita than a city would. Suburbia also doesn't produce any food like the rural lands do, and in fact it has replaced land that used to produce food. So it produces nothing, but consumes. That said we can do some things in the city (community gardens, jam and sausage production), but out in the country side, what is left of it, we seem to be lacking the human resources to produce our own food. We have globalized our food supply, and because of that we are not only weak, but so painfully privileged that we are blind to the fact that mesclun greens in the winter are not a staple, they are exotic.

We also are dangerously close to forgetting how to survive. Seriously: The ability to eat locally 12 months a year is the ability to survive. If we as a society can no longer do it, then we are done. Our globalization of food, at first glance, looked like a blessing. All the food we wanted all year, we thought. How amazing. But now we realize why it is so cheaply priced and so abundant. It is not farmed properly (often not farmed at all), it is using up a frightening amount of resources, polluting our land, ruining communities across the world, and burning up our planet. Globalized food is not nutritious. It has made our culture lifeless and dull. We all have cultural connections to McDonald's, but not to the food that is from New England. We have an easier time identifying the difference between a Big Mac and a Whopper than the difference between a rutabaga and a turnip. Scariest of all is how few people we have left who can grow and raise our food, and scarier yet is how little land we still have on which to do it. When New England decides to feed itself again, we are going to have to make decisions like "which stays: what is left of our wild sanctuaries, or suburbia."

"What can we do?" is asked all the time. My first suggestion is to start eating locally and buying from within your community. Make the effort. If local farms can prosper (or at least survive), more will follow as the demand grows. If we start buying from our own community we will strengthen our community.

### **SUGGESTED READING:**

**Preserving Summer's Bounty**, a Rodale Garden Book. There are many other books, and heaps of Internet chatter on ways to preserve food.

**Animal, Vegetable, Miracle** by Barbara Kingsolver. A book definitely worth reading.

### **SUGGESTED VIEWING:**

Rent the documentary **The End of Suburbia**. It should be in the new release section. It focuses on suburbia and what will soon happen as the peak in oil becomes a reality. The film highlights the ideas we need to be discussing.

### **SUGGESTED SURFING:**

[www.foodinboston.com](http://www.foodinboston.com) Self explanatory.

<http://viand.net/blogs/index.php?blog=3> A great blog that has some nice pics of our last grass-fed pig event last month. Check it out if you want to catch the vibe of what the beef event will be like on 20 Feb.

[www.storyofstuff.org](http://www.storyofstuff.org) with Annie Leonard. It is a cartoon, watch it! The following two sites are amazing and focused on what is happening around Boston:

[www.ethicurean.com](http://www.ethicurean.com) is one over-the-top (in a good way) food news site. Surf, learn, remember.



**SUSTAINABLE FARMING IS THE ONLY OPTION**

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# END NOTES from JAMES

Rants, raves, reviews, and news, about the world of sustainable agriculture in our not-always-so-sustainable world.

During the Patriots' playoff games, did you notice the Budweiser commercials? In one in particular, Bud claims that every day it FLIES a sample of beer from each of its 12 breweries around the United States to St. Louis for a taste test. Here we are with airplanes heating our climate faster than the hot air of Giants fans, and the nation's worst mass-produced beer is contributing to the carbon overload with an additional 12 flights a day? Please. Save us.

Trader Joe's advertises itself as the neighborhood market that goes around the world to get you fine food like pizza from Italy and cheddar from Australia (or something like that). God forbid you shop at your neighborhood pizzeria or buy New England cheddar from your local shop. If you need pizza from Italy, move there, because you are ruining our communities and our planet.

Whole Foods passes itself off as some sort of sustainable alternative to other chain supermarkets. Trader Joe's gets cheaper than Whole Foods, Wal\*Mart undercuts Joe's, and BJ's lowers its prices on organic food to less than Wal\*Mart. How can they keep getting cheaper and cheaper? How could this "food" in any way resemble the food produced by our neighbors in our own community? As "organic" and "green" become more and more marketable, our food comes from further and further away to become more profitable. Our kitchen has begun to resemble the rest of our apartment with MADE IN CHINA on most things.

Despite these chain claims of cheap prices, food prices are skyrocketing, partly because we as a society have a choice between fuel

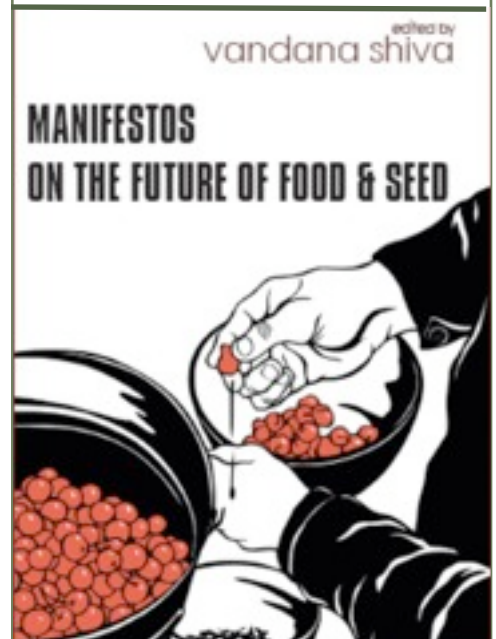
or food; and we, or the "market," has chosen fuel for our cars over food for our bodies. Around the world rain forests and farm land is being converted to grow crops for bio-fuel. In the United States, corn -- probably the biggest loser of all the bio-fuel options -- is the hottest item. Corn has nearly doubled in price over the last two years. Where it is nice to see an increase in things like xanthum gum and high fructose corn syrup, it's not nice to see wheat jump from \$2 a bushel to nearly \$12 in fewer than two years. Wheat fields (New England is not the best place to grow wheat, the midwest is ideal) are being replaced with more corn fields, all for bio-fuel. It takes around a barrel of petrol to produce a barrel of corn-based ethanol. Corn is an absolute loser, and we continue to make it one of the most important commodity crops in the country.

Also, at an international level, rain forests are being cut down to grow palm for palm oil-based ethanol. So a theoretical reduction in CO2 is immediately nullified by the cutting down of the only atmospheric cleaner we know: trees. Lots of them. Which grow in places called forests. Heard of them? They appear to be in the way of our "green" fuel.

Now comes the big question: Are we Americans so entitled that we can reduce the food output of the rest of the world so we can drive our cars all the time and eat lots of cheapened food? Is our entitlement and privilege more important than food production on a global level? Most people squirm at such an idea, but the more our food supply is international, the more that is the question. Shopping in your neighborhood grocer for local vegetables is the safe bet. Getting in

your car and going to Whole Foods or Trader Joe's pretty much puts you smack dab in the middle of being part of the problem.

As we create our own problems, our solutions are equally outrageous. Congress just passed a bill which allows CLONED BEEF and dairy from cloned cows! Do we really need to even discuss the need for biodiversity as an argument against cloning our livestock? Cloning? CLONING! Somebody just does not get it. It appears that somebody is us.



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