



Should we be buying Organic? Or are we best to just eat foods from the land when nature provides them? That is the question...

Is this email not displaying correctly?
[View it in your browser.](#)



 [Friend on Facebook](#)

 [Follow on Twitter](#)

 [Forward to a Friend](#)



It's pea season!! Markets are displaying baskets brimming with fresh Ontario Peas bringing life back to this popular 'pull out of the freezer' vegetable.

Fresh peas are nothing like their frozen relatives; they are high in folic acid, vitamin C and vitamin K, and the difference in taste is incomparable.

In the face of an obesity epidemic, Canadians are striving to eat food of a significantly higher quality than what the majority of the world considers good and safe for human consumption. It is called organically certified food and it has become so popular that more than half of the organic food in Canada is imported to meet the demand. Are Canadians truly benefitting from eating organically? Or is eating the locally grown food possibly the answer to a healthier generation?

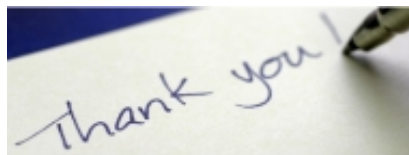
According to the organic council of Canada, "organic producers agree not to use GMOs; synthetic pesticides, herbicides or fungicides; irradiation; chemical fertilizers; sewage sludge or antibiotics. They must establish an 8 metre buffer zone so that their crops don't come in contact with prohibited substances and...annual updates and inspections are required to maintain certified organic status".¹ The introduction of organic labeling in Canada as of June 2009 has played a huge role in marketing organic as the healthier option, and yet organic cookies are still dessert and organic potato chips are still snacks that potentially contribute to unhealthy body fat.

The facts remain that the chance of finding pesticide residue on an organic product has been documented at about 24%, the nutritional value of organic products is no higher than local produce and livestock, and the cost of organic food is anywhere from 20% to 100% higher than local food. Canadians should support their local farmers, enjoy the country's diverse local and seasonal foods, and be wary of the misleading claim that 'going organic' is presumably the healthier choice.

1. <http://www.organiccouncil.ca/organics/faq>



Did You Know...that real cheddar cheese is yellow/orange due to beta carotene from grass fed cows?



We want to thank our local farmers for all of their efforts. [Howards Farm](#) provides the community with local, naturally raised meats and poultry. [Cooper's CSA Farm](#) ensures the best quality produce picked at optimal ripeness for superior nutrition. Eat locally, support your farmers, and taste the difference!

Pea and Pancetta Salad with Sundried Tomatoes

Enjoy this 4tLoF original creation!

1/2 cup fresh mint leaves, thinly sliced	1/8 tsp sea salt
1/2 cup sundried tomatoes, chopped	1/4 tsp ground black pepper
1 small shallot, thinly sliced	1 lbs. Fresh Ontario Peas
1 tsp fresh lemon zest	4 oz feta, crumbled
1/2 cup olive oil	1 1/2 oz pancetta

Shell and blanch the peas. Blanch the peas by placing them in boiling water for 1 1/2 min then place into ice water to cool, then drain. In a small skillet, brown the pre sliced pancetta until almost crispy, drain on paper towel. In a bowl combine the mint, shallot, lemon zest, olive oil, salt and pepper. Add peas, pancetta and sundried tomatoes and fold together. Toss in crumbled feta.

[@thelovofFood](#) [@4FoodLuv](#)

4tLoF Original Recipe!

In this [Pea and Pancetta Salad](#) recipe the fresh mint and peas are a classic combination, and the pancetta plays nicely off the peas sweetness. Their natural sweetness and firm texture complement many recipes so switch up the herbs or toss them into your rice, pasta or potato dishes.

"Don't eat anything your great-grandmother wouldn't recognize as food." ~Michael Pollan

Copyright © *2012* *4 the luv of food*, All rights reserved.

[unsubscribe from this list](#) | [update subscription preferences](#)