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Grandma said "Always get a fresh chicken"

Saturday, September 22, 2012

Of course Grandma meant it should still be clucking. Getting a "fresh" chicken was her answer to me as a newlywed, when I asked why my chicken didn't taste as good as hers.

She lived in the country and I was in a NY apartment so heading out to the woodshed with ax in hand was not an option even if I could summon the courage to behead my dinner.

Thinking about it further, what she meant was that my food should be as natural as possible. She objected to all the chemicals they were putting in our food. And this was in the late 60s. Imagine what she would think today?

Grandma, or Baba as we called her, always lived close to the land. She immigrated to the US alone at age 17 from a small village in Slovakia and settled in a farming/mining community in northeastern PA. Until her death in 1976 at age 93, she was able to live as she wanted.

It's a lot harder to eat naturally today, but I can take small steps.
 I've learned to patronize my local farmers' markets.
 I've had success growing herbs even indoors which makes my food taste better.
 I buy organic yogurt. Hormone residue doesn't seem like a good idea to me.
 Poultry and pork aren't fed hormones. Goodbye beef. Too bad I'm allergic to fish.
 I read ingredient labels carefully and avoid anything that sounds like a chemistry experiment.

I don't succeed all the time, but I'm better than I was and hopefully I'll continue to improve.

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CELIAMINER

Glad you linked to this blog, which I missed. We've also been making the effort to live more naturally. When we do eat beef, we get organic, grass-fed. Also, DH is boycotting Silk products, because the company was among those fighting to defeat the California proposition that would have required labeling GMO product. Silk? I always thought they were a good company. Now I understand that Dean Foods, their parent company, tossed a quarter million dollars into Monsanto's multi-million dollar effort to defeat Proposition 37. For now, I'll be shopping on the organic heroes side of this poster: <http://www.cornucopia.org/wp-content/uploads/2012/08/prop37-poster3.jpeg>
 3130 days ago





COCK-ROBIN

Good for you! And I try to make things myself instead of getting all that processed junk that is chock full of things I can't even pronounce.

3130 days ago



JOYNEW

Such good advice! One question though... I thought poultry often has artificial hormones too. Isn't why the birds are so gigantic nowadays?

3130 days ago



NAKIOMA

I think fresh herbs make all the difference in the world. I'm with you - just buy the chicken.....

3187 days ago



CD2244567

ONE DAY AND ONE STEP AT A TIME WE WILL DO THIS WE ARE WORTH IT.
REMEMBER TO TRACK DAILY YOUR FOOD AND FITNESS TO BE HELD ACCOUNTABLE.
WE ARE ALL HERE FOR YOU IF YOU NEED ANYTHING AT ALL JUST ASK TAKE CARE AND
GOOD LUCK ON YOUR SPARK JOURNEY.

3188 days ago



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