Slow Braised Mustard Greens from Afro-Vegan by Bryant Terry

Ingredients
Greens:
- 1 TBS plus ½ tsp salt
- 1 pound mustard greens, stems and leaves chopped separately
- 1 TBS olive oil
- 1 large clove garlic, minced
- 4 cups vegetable stock

Onions:
- 3 TBS olive oil
- 3 large yellow onions, sliced into thin rings
- 2 tsp raw cane sugar
- 6 tsp tomato paste
- 1 TBS water
- 1 jalapeno chile, seeded and minced
- Hot-pepper vinegar

Instructions
1) To prepare the greens, put about 12 cups of water in a large pot; bring to a boil over high heat. Add the 1 TBS of the salt, then add the greens and their stems and cook uncovered until soft, about 5 minutes. Drain well.
2) Warm the oil in a large sauté pan over medium heat. Add the garlic and the remaining ½ tsp salt and sauté until the garlic is fragrant, about 3 minutes. Stir in the greens and stock, increase the heat to high, and bring to a boil. Decrease the heat to low, cover, and simmer until meltingly tender, about 45 minutes.
3) Meanwhile, prepare the onions. Warm the oil in a separate large sauté over medium-low heat. Add the onions and sugar and sauté until deep golden brown and quite soft, about 15 minutes. Stir in the tomato paste and water and cook, stirring often, until the onions are thoroughly coated and hot, about 3 minutes.
4) To serve, portion the greens along with some of their liquid into small bowls. Top with the onions, sprinkle with the jalapeno, and drizzle some hot-pepper vinegar on top.

Slow Dill-pickled Mustard Greens from Afro-Vegan

Ingredients
- ½ cup apple cider vinegar
- 1 ½ cups water
- 1 TBS plus 2 tsp sea salt
- 1 tsp dill seeds
- 1 tsp black peppercorns
- 2 lbs. mustard greens
- 2 TBS chopped fresh dill
- 2 serrano chiles, thinly sliced
- 1 clove garlic

Instructions
1) Put the vinegar, water, 2 tsp of the salt, the dill seeds, and the peppercorns in a medium saucepan. Cook over high heat, stirring often, until the salt has dissolved, about 3 minutes. Remove from the heat.
2) Put about 12 cups of water in a large pot; bring to boil over high heat. While the water is heating up, strip the leaves of the mustard greens from their stems. Thinly slice the stems and set aside. Coarsely chop the leaves.
3) When the water is boiling, add the remaining 1 TBS salt, then add the mustard stems and cook uncovered for 1 minute. Remove from the heat, add the mustard leaves, and let sit for 1 minute. Drain in a colander and rinse with cold water to stop the cooking. Press the greens to extract as much liquid as possible.
4) Transfer the greens and stems to a 1-pint or large canning jar and add the dill, chiles, and garlic. Pour in the vinegar mixture and let cool to room temperature. Cover tightly and refrigerate for at least 1 day before eating. Stored in the fridge the greens will last 1 month.
Dr. Phil recently stated, “Sugar ... it’s the other white powder.” While we are taught that “a spoonful of sugar makes the medicine go down,” the truth is eating sugar is making Americans need more medicines than they’ve ever been prescribed before. Eating excess sugar has been linked to obesity, heart disease, kidney issues, water retention and cancers. Short-term, sugar disarms the immune system causing us to experience more colds, flu, asthma and allergy symptoms. If you eat common foods from the grocery store or restaurants, you are probably eating excess sugar. Food companies add sugar to just about everything, for example, soups, spaghetti sauce and yogurt. In many instances, advertisers convince us we are making healthy choices but it is just sweet talk.

**12 store-bought foods that you might not know are high in added sugars**

1) Low-fat yogurt  
2) Ketchup and barbecue sauce  
3) Fruit juice  
4) Store-bought spaghetti sauce  
5) Store-bought beverages: iced teas, flavored or vitamin waters, sports drinks, smoothies, kefirs etc.  
6) Chocolate and strawberry milk  
7) Granola and other “healthy” cereals  
8) Flavored coffees and iced teas  
9) Protein, fruit, cereal and granola bars  
10) Store-bought soups  
11) Canned baked beans  
12) Canned fruit

You can find sugar content on food labels!

Do you eat any of the high-sugar foods above regularly? How often?

Make a list of those foods and then think of a healthier alternative you could eat instead:

______________________________________________        _________________________________________________

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**Healthy Food Heritage: Collards & other greens**

Steamed collard greens can be one of your best allies for healthy cholesterol levels. In a recent study, they provided more cholesterol lowering benefit than other cruciferous vegetables: kale, mustard greens, broccoli, Brussels sprouts or cabbage – though these vegetables are also very good for you.

A proven cancer fighter, Collards help detox the body, provide antioxidants and work as an anti-inflammatory. Collards and other cruciferous vegetables also support good digestion and help prevent Crohn’s disease, inflammatory bowel disease, insulin resistance, irritable bowel syndrome, metabolic syndrome, obesity, rheumatoid arthritis, type 2 diabetes, and ulcerative colitis. It’s recommended that you eat at least one ¾ cup serving of cruciferous vegetables every day. Eating 1-1/2 cups per day is optimal.
Are you struggling to avoid fast food, convenience foods and junk food simply because you love the tempting taste? These foods are industrially engineered with harmful chemicals and non-food fillers like cellulose—sawdust—to trick your taste buds into craving crap. You can retrain your taste buds! A good way to help them along is to use fresh culinary herbs when you cook. Fresh herbs flavor your food without adding extra salt, calories, sugar or fat.

OKT gardeners are growing the following herbs. Discover what they provide in addition to great flavor:

- **Arugula**, as an herb or spicy greens, supports brain and bone development. Nutrients: Zinc, copper, calcium, iron, magnesium, phosphorus, potassium, manganese, vitamins A, C, K, thiamin, riboflavin, B6, folate, pantothenic acid. A*, T*

- **Basil** has been shown to provide protection against unwanted bacterial growth and inflammatory conditions like arthritis and also aids digestion. Nutrients: Vitamin A, B6, K and iron. A*, T*

- **Cilantro** has traditionally been referred to as an “anti-diabetic” plant. Nutrients: Thiamin, zinc, calcium, iron, magnesium, phosphorus, potassium, copper and manganese, vitamins A, C, E, K, riboflavin, niacin, B6, folate, pantothenic acid. A*, T*

- **Chives** and garlic may help you maintain good cholesterol levels. Nutrients: vitamin C. P*, T*

- **Dill**, an anti-oxidant and anti-inflammatory, also can help neutralize benzopyrene, carcinogens found in smoke from cigarettes, charcoal grills and trash incinerators. Nutrients: calcium, manganese and iron. A*, T*

- **Fennel**, an anti-oxidant and anti-inflammatory, has many healthful phytoneutrins including anethole, which helps prevent cancer. Nutrients: Vitamin C, folate, fiber and potassium. P*, T*

- **Lavender**, brewed as tea, a traditional home remedy for insomnia. Its scent also relieves stress and it is good for the skin. P*, W*

- **Lemon Balm**, used since the Middle Ages to reduce stress and anxiety, promote sleep, improve appetite, and ease indigestion. P*, W*

- **Mint** calms indigestion; helps relieve cold symptoms. Nutrients: Calcium, choline, iron, magnesium, manganese, zinc, phosphorus, potassium, selenium, vitamins B1, B2, B3 and E. P*, W*

- **Oregano**, an anti-oxidant, was found more effective against *Giardia* than the commonly used prescription drug. Nutrients: Manganese, iron, calcium, vitamins K and E. P*, W*

- **Parsley**, a "chemo-protective," can help neutralize particular types of carcinogens and helps lungs, liver and bladder. Nutrients: Calcium, iron, magnesium, selenium, zinc, phosphorus, potassium, vitamins A, B1, folate 2, 3, 5, C and E. A*, T*

- **Rosemary** supports liver and blood health and contains anti-inflammatory compounds that may make it useful for reducing the severity of asthma attacks. A*, W* Nutrients: Calcium, iron, zinc, vitamins B1,2, 3, and C.

- **Sage** is an outstanding memory enhancer. Its smudged smoke is used to cleanse and clear rooms of negative energy. Nutrients: Vitamin K, P*, W*

- **Stevia**, a natural sweetener that is not toxic like Splenda, NutraSweet and other artificial sweeteners. A*, T*

- **Thyme**, long used for chest and respiratory problems, can also help maintain healthy cholesterol. Nutrients: Calcium, iron, magnesium, manganese, phosphorus, potassium, selenium, zinc, vitamins B1, B2, B3, and C. P*, W*

*A - Annual. Needs to be planted every year.  
*P - Perennial. Grows back on its own every year.  
*T - Tender stem  
*W - Woody stem  
Plant like stemmed plants together, tender with tender and woody with woody.
This opening statement from the international organization OXFAM introduces its investigation into the connection between Food Justice and Climate Justice. According to the Intergovernmental Panel on Climate Change (IPCC), which is made up of thousands of the world’s leading climate scientists, our current food system is one of the main contributors to climate change.

Driven by increasing profits, the current food system contributes to climate change in the following ways:

1) Agribusiness practices monocropping, where large portions of land are devoted to growing one kind of crop. This kind of land usage not only increases the need for additional water, it degrades the quality of the soil and causes soil erosion.

2) Agribusiness completely depends on fossil fuels to grow and harvest food, thus contributing significantly to warming the planet. In addition, most food grown does not stay local. The average food item travels 1,000 miles before it is consumed, increasing the current food system’s dependence on fossil fuels even more.

3) The current food system promotes high levels of meat consumption, particularly in the US. Producing so much meat diverts large amounts of water, increases levels of methane gas and requires more land use to raise feed, resulting in deforestation and the release of more carbon dioxide into the atmosphere. All of these factors further contribute to climate change.

4) The current food system produces highly processed foods that cause the many health problems we currently face. The energy and resources used to manufacture and distribute the high volume of unhealthy processed foods are also contributing to climate change.

While the world’s wealthier regions (specifically North America and Europe) are responsible for much of the current climate change crisis, its negative impacts disproportionately impact regions of the world with higher levels of poverty. This is also true within the United States, where the communities most negatively impacted by climate change are the same communities most neglected by the current food system.

This is why Our Kitchen Table recognizes the relationship between food justice and climate justice. We recognize that in order to have food justice, we need climate justice as well.

Ways you can practice climate justice alongside food justice:
- Eat food grown locally.
- Grow more of your own food.
- Reduce or eliminate meat in your diet.
- Reduce or eliminate processed foods in your diet.
- Work to build an alternative to the current food system.
- Work for a more democratic food system that leads to food sovereignty.
- Join local, national and international efforts to promote food justice and climate justice.

“We are at war with the Earth through industrial agriculture. Industrial agriculture accounts for the largest share of destruction of biodiversity, soil, water and climate stability through the use of toxics and chemical-reliant GMOs.” Vandana Shiva, Navdanya.org