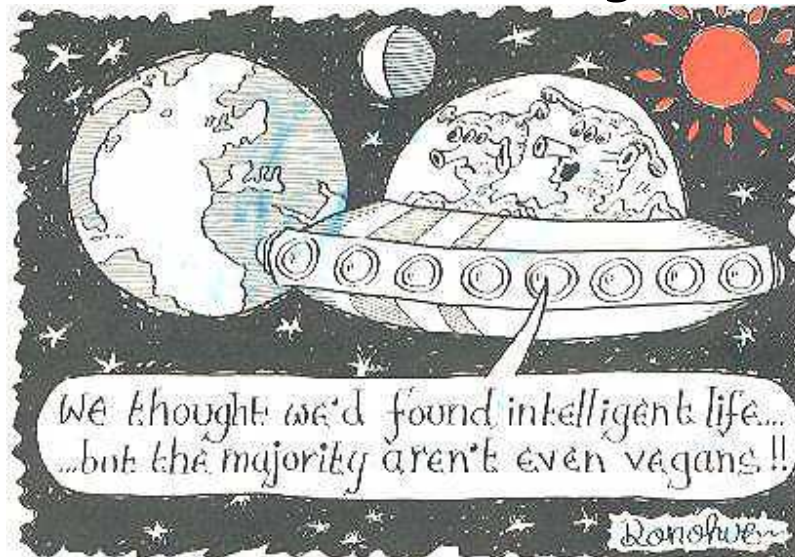




Sustainable eating...



Everyone's talking about global warming, climate change, carbon taxes, sustainability and the like. The sustainability debate has entered the kitchen with phrases such as SASSI, slow cooker, solar cooking, raw, meatless Mondays and the like. This section is a journey into sustainable eating practices at home. Whilst many advocate that sustainable eating entails vegetarianism, for some of us a life without meat is simply too daunting. In my view whilst the arguments for vegetarianism can be persuasive in view of the fact that the global footprint per person is much lower in the case of vegetarians than meat eaters, the carbon footprint of a particular foodstuff, if imported thousands of miles due to being out of season in one's home country also needs to come into the equation.

Basic principles

1. Eat seasonal and local
2. Eat non genetically modified, hormone free, organic, unprocessed
3. Don't waste, 'recycle' or re use food rather than throw away...
4. Change your cooking habits to reduce your carbon footprint...
5. the case for vegetarianism or at least Meatless Monday plan
6. Be seafood savvy with SASSI



Principle 1: Local is 'lekker'

Eating seasonal locally produced food contributes to sustainability as the 'carbon footprint' of your lifestyle is reduced as the transportation costs of the foods you consume are reduced. Below is a list of which fruits and vegetables are produced during which season.

A home grown vegetable or herb garden will also contribute to reducing the carbon footprint of your kitchen,

	Summer	Autumn	Winter	Spring
Fruit	Apricots Apples Bananas Berries: blue, straw berries, blackberries Cherries Figs Grapes Granadilla Guava Kiwi Litchi Mangoes Melons Nectarines Pawpaw Peaches Pears Pineapples Plums Pomegranate Quince Spanspek Tree tomatoes Watermelons	Apples Avocados Bananas Figs Grapes Gooseberries Guavas Lemons Mangoes Oranges PawPaw Peaches Pears Plums Pomegranates Pineapples Quince Spanspek Tomatoes Watermelon Winter Melons	Apples Avocado Bananas Gooseberries Guavas Granadilla Grapefruit Kiwi Khumquats Lemons Limes Loquats Naartjies Oranges Paw-Paw Pineapples Tomato	Avocados Apricots Bananas Cape Gooseberry Cherry Grapefruit Guava Kumquats Kiwi Lemons Lime Melons Mulberries Naartjies Oranges Paw Paw Peaches Pineapple Plums Rhubarb Spanspek Strawberries Tomatoes Watermelons
Vegetables	Artichoke Asparagus	Artichokes Avocado's	Asparagus Artichokes	Asparagus, Artichoke (Globe),



	Beetroot Butternut Baby Corn Brinjal Cabbage Carrots Celery Chillies Chives Courgettes Cucumber Garlic Green Beans Lettuce Mange Tout Marog Mealies Mushrooms Okra Onions Parsley Potatoes Pumpkin Radishes, Radicchio Rhubarb Spinach Spring Onions Sweet Peppers Sweetpotatoes Swiss Chard Squash Turnips	Beetroot Broccoli Brinjal Brussel Sprouts Cabbage Carrots Cauliflower Celery Chives Courgettes Cucumber Endive Green Beans Horseradish Kale Leeks Lettuce Mealies Mushrooms Onion Parsley Peas Parsnips Potatoes Pumpkin Radishes Spinach Squash (Gem) Sweet Peppers Sweet Potatoes Turnips	Beetroot Broad Beans Broccoli Brussel Sprouts Cabbage Carrots Cauliflower Celery Celeriac Chives Cucumber Endive, Horseradish Kale Kohlrabi Leeks Lettuce Mushrooms New Potatoes Onion Parsley Parsnips Peas Peppers Potatoes Pumpkin Radishes Rhubarb Swiss Chard Spinach Spring Onions Squash Sweet Potatoes Turnips	Baby Marrow, Beetroot, Beans, Broad Beans, Broccoli, Cabbage, Carrots, Cauliflower, Celery, Courgettes, Cucumber, Endive [Limited], Garlic, Green Beans, Leeks, Lettuce, Mushrooms, Mielies, New Potato, Onion, Parsley, Parsnips, Peas, Potato, Pumpkin, Radishes, Rhubarb, Spinach, Swiss Chard, Squash, Spring Onion, Sweet Potatoes, Turnips, Waterblommetjies
Herbs	Basil Bay Leaves Borage Dill Fennel Lemon Grass	Basil Bay Leaves Dill Fennel Marjoram Mint	Basil Bay Leaves Bulb Fennel Calendula Cat Mint Dandelion	Basil Bay Leaves Bloody Sorrel Bulb Fennel Calendula Cat Mint Chives



	Marjoram Mint Oreganum Rocket Rosemary Sage Thyme	Oreganum Rosemary Thyme Sage	Fennel Garlic Chives Garden Cress Lavender Lemon Grass Lime Leaves Marjoram Mint Mustard (Green & Red), Nasturtiums Nettle Parsley Rocket Sage (Limited) Sorrel Thyme Sweet Marjoram Oreganum Rosemary	Dandelion Dill Fennel French Tarragon (Limited) Garden Cress Garlic Chives Lavender Lemon Grass Lime Leaves Marjoram Mint Mustard – Green & Red Nasturtiums Nettle Oreganum Parsley Rocket Rosemary Sage Sorrel Thyme
				Source: http://www.naturalnutrition.co.za/recipes/seasonal-chart/



Principle 2: Eat organic, non-genetically modified, free range and unprocessed food

Frank and Ernest



Source: www.happycow.net

Why organic?

- Organic farming is the form of agriculture that relies on techniques such as crop rotation, green manure, compost and biological pest control. Organic farming uses fertilizers and pesticides but excludes or strictly limits the use of manufactured (synthetic) fertilizers, pesticides (which include herbicides, insecticides and fungicides), plant growth regulators such as hormones, livestock antibiotics, food additives, genetically modified organisms, human sewage sludge, and nano materials.
- The benefits of organic agriculture are that it: enhances soil structures, conserves water, mitigates climate change, ensures sustained biodiversity. Through its holistic nature, organic farming integrates wild biodiversity, agrobiodiversity and soil conservation, and takes low-intensity farming one step further by eliminating the use of chemical fertilizers, pesticides and genetically modified organisms (GMOs), which is not only an improvement for human health (food quality) and agrobiodiversity, but also for the associated off farm biotic communities.
- Organic agriculture dramatically reduces external inputs by controlling pests and diseases naturally, with both traditional and modern methods, increasing both agricultural yields and disease resistance. Organic agriculture adheres to globally accepted principles (Principles of Organic Agriculture), for local socio-economic, climatic and cultural settings. supporting the development of local and regional food-systems.
- Alternatively, agricultural contaminants such as inorganic fertilizers, herbicides and insecticides used in conventional agriculture are a major concern all over the world. Eutrophication, the suffocation of aquatic plants and animals due to rapid growth of algae, referred to as "algae blooms", are literally killing lakes, rivers and other bodies of water. Persistent herbicides and insecticides can extend



beyond target weeds and insects when introduced into aquatic environments. These chemicals have accumulated up the food chain where top predators (e.g. humans) consume toxic dosages. Organic agriculture restores the environmental balance and has none of these or other such deleterious effects on the environment. (From Building Sustainable Organic Sectors)

- Processed food such as ready made pasta sauces are typically higher in salt and saturated fats and typically are more expensive. You might say but what about the taste? The more you wean yourself off complex flavours, the more you will discover that your taste buds enjoy simple natural flavour combinations without oily dressings, sauces and bottled condiments. Free range? I would love to but it is too expensive you may say. The realities of non free range are quite ugly. It is quality and not quantity that counts, rather than forego meat at certain meals by making interesting vegetarian food, but when you do eat meat, only eat non GMO, free range organic.

Principle 3: 'recycle' or re use food

Some ideas around this thought:

Cooking gammon or corned beef in a liquid, with chopped carrots, celery, bay leave and pepper corns (see below): reserve this liquid and use it as a base for vegetable soups.....Juicing is very fashionable and healthy: it seems sinful however to throw away the 'pulp' as this is rich in fibre and nutrients: this can be 're-used' by adding a bit of sugar and a thick custard and serve with a dollop of yoghurt as a dessert, or bake in a pastry shell.....Left over chicken of course makes nice chicken mayo sandwiches..... Use stale bread to either make breadcrumbs or croutons.... Chop hardened cheese in a food processor to make a parmesan substitute...What about using 'blemished' or bruised fruit in a smoothie...

Principle 4: change your cooking habits and reduce your carbon footprint

Reducing the amount of energy used in your kitchen can be fun and good for your waistline: try meatless Monday or raw Food days.

An alternative to conventional cooking methods would be to use a hot box, to make soups, or cook rice. Or try 'gammon in a blanket': one starts off with placing the gammon in a large pot filled with water, and a smattering of chopped carrots, chopped celery, chopped onions, bay leaves, pepper corns and a tin of ginger beer. Boil on your conventional cooker for one hour only. Remove from heat and wrap the entire pot with lid in newspaper and then in a blanket or duvet cover. Leave overnight and...your



gammon will be moist, not too salty and 100% cooked the next day... now proceed with your conventional glazing etc.

Pressure cookers are also energy efficient, but for those that are more adventurous try a solar cooker...

Principle 5: meatless Mondays or a case for vegetarianism



Source: www.happycow.net

One doesn't have to become a real convert, and go fully vegetarian and even shy away from 'artichoke hearts' or 'black eyed beans' or 'egg plants' or 'kidney beans' but be aware that livestock emissions account for a not insignificant percentage of green house gas emissions:

See further:

<http://advocacy.britannica.com/blog/advocacy/2009/10/livestock-emissions-account-for-51-percent-of-greenhouse-gases/>

<http://www.worldwatch.org/node/6297>

In addition, significant amounts of water are used in abattoirs with waste discharges from abattoirs polluting water sources. See for instance:

http://www.dwaf.gov.za/Documents/Policies/WDD/AbattoirWasteHandling_Disposal.pdf



Principle 6: Seafood savvy with SASSI

An introduction to the South African Sustainable seafood Initiative (SASSI)



Established in 2004 by WWF SA, this initiative adopted a traffic light system which 'labels' different fish species from green to red ie from fish stocks that are harvested sustainably and which consumers are encouraged to purchase or consume to red which should not be consumed: www.wwfsassi.co.za/

Sources:

Wikipedia

Strydom and King (eds) Environmental Management in South Africa 2008 Juta & Co Ltd

http://www.ifoam.org/growing_organic/1_arguments_for_oa/environmental_benefits/environmental_benefits_main_page.html