

CELEBRATING AMERICA'S

LOVE OF FOOD

JULY 2009

relish

RELISHMAG.COM

A Cowboy's Kitchen

Lone Star cooking from
chef **Grady Spears**

*Dr. Pepper-Marinated
Steak Tostadas,
page 15*



Southern-Style
VEGGIE PLATE

Blueberry
Cakelets

TOTABLE WINE

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This & That

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SpongeBob Salad Anyone?

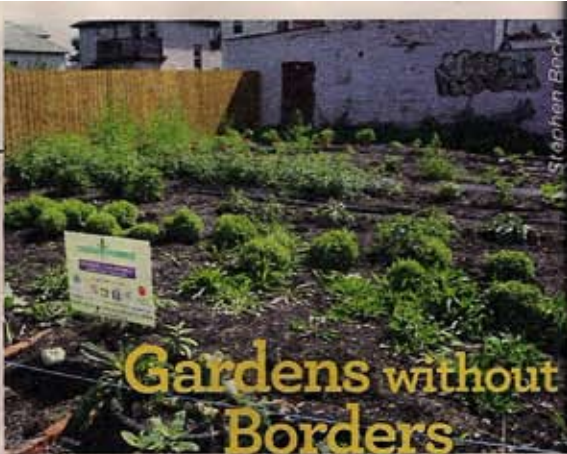
Want your kids to eat broccoli? Try calling it "Dinosaur Broccoli Trees." Researchers from Cornell University found that 186 4-year-olds ate nearly twice as much of a vegetable when it was given a fun name than when it was not. And the results were lasting; even on days when special names weren't assigned, the kids continued to eat about 50 percent more of a veggie that was previously highlighted.—Serena Ball, RD



PHOTOGRAPH BY NICKI LOPEZ

Better Than a Smoothie

In theory, smoothies are great for breakfast, but most are loaded with sugar and not much else. That's why we love the new drinkable yogurt called **Kefir** from Evolve. While it may be new Stateside, kefir is a centuries old fermented milk popular in the Middle East. It contains beneficial probiotics, active cultures that are immune-boosting and help with digestion. In addition, it contains more fiber (5 grams), four times the protein (11 grams) and less than half the sugar (10 grams) than most smoothies. Bring it on.



Gardens without Borders

When recording artist **Taja Sevelle** cut a CD in Detroit, she was struck by the poverty and urban blight. In 2005, she founded **Urban Farming** and, last year, partnered with Detroit to plant community vegetable gardens on the lots of **20 foreclosed properties**. The city donates the property and water, and Urban Farming volunteers plant and cultivate the gardens. And anybody who's interested can wander in, pick the produce and take it home for dinner. "Our community gardens are borderless," says Sevelle. "There are no fences to keep people out." Now neighborhoods in Atlanta, Los Angeles and other cities can enjoy the produce as Sevelle's program grows—and the blight of foreclosure is replaced by the bounty of a community garden. —Nancy Mann Jackson

Mmm Mmm Good Home-grown tomatoes are in full swing, and here's a soup from *Relish* Chef Jon Ashton where fresh ones are a must. Puree yellow tomatoes with onion, splash with cilantro oil, and top with sweet cherry tomatoes and avocado. For the recipe, go to relishmag.com/jonssoup.



For more tomato recipes, go to relishmag.com

BLOG BOX

Check out the progress of our *Relish* Ratatouille Garden, and see our ratatouille recipes at relishmag.com/blog.

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"As a 'conventional' apple and pear grower in Washington state, I was highly offended by the inference in your May magazine that what I grow and market is part of the 'dirty dozen.' Growers take great care in producing fruits and vegetables that are safe, healthy and nutritious. In the last 10 years, great changes have occurred in the way we produce our products." —Don W. Stonecipher

—THANKS. Indeed, we tend to think anything labeled "organic" is a magic bullet. But that doesn't mean all conventionally grown produce is bad for you. Thanks for sharing your side of the story. Go to relishmag.com/dirty for an explanation of the "dirty dozen." —The Editors

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