

TWO TRACKS ACRES NEWSLETTER

August 2012



Sometimes pigs are, well, pigs. We fed them two truckloads full of broccoli and cabbage stalks - I am talking dump truck, not measly pickup truck – and the vegetables disappeared within three days!

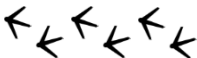
The Story of Weston A. Price (summarized from a chapter of Michael Pollan’s book “In Defense of Food”)

Weston A. Price, born in 1870, was a dentist. He practiced at a time when Americans were experiencing a rapid increase in dental problems, which arrived during the turn of the century. Price, determined to find the cause of the deterioration in health and teeth that ailed his patients, traveled all over the world studying different cultures and their teeth. He noticed that those cultures that did not subscribe to the Western diet of highly processed foods, high sugar, and high carbohydrates did not suffer from the same health and dental problems as those in the West.

Price concluded a number of things from his studies. First, that isolated populations, eating a traditional diet, did not need dentists nearly as much as those on a Western diet. They displayed little to no evidence of cavities, decay, malformed arches, etc. He believed this was due to the fact that these

populations were eating a diet that was much richer in vitamins and nutrients than that of the Western diet, which had traded its nutrients for stability and a longer shelf life.

The traditional diets that Price studied were not similar: some were plant based, some were meat based, but all contained high concentrations of nutrients. He paid particular attention to the quality of meat and animal based products, and their link to what the animals ate, along with the quality of the soil they were raised on. For example, he found that the butter from pastured cows had much higher levels of vitamins A and D, and that the people who subsisted on these animals were healthier as well. He realized that the quality of the soil has a direct effect on the food we eat, and our health. In other words, the meat we eat is only as healthy as the soil it is raised on and the food it is fed.



Pigs on the Loose

We had a scare this month when Taik went to check on the pigs and found them missing. They had escaped! The surrounding land is mostly pasture but there are a few crops such as corn and collards nearby. Happily, the pig tracks lead past our precious crops and on into pasture. Still, we couldn't see or hear the pigs, and the tracks had disappeared.

Chicken livers and feet are available for shares! Watch out for these tasty treats next time you pick up.

Luckily, there is one thing we can count on with pigs: their love of food. They are used to the sound of the truck and associate it with a good meal. Taik drove the truck around the pasture and, sure enough,



four little heads came rushing toward us through the grass, grunting happily. Taik took some whey and gave them a whiff, enticing them back to their enclosure with the sweet promise of fresh milk. They followed.

We later learned that they had rooted at the sod next to the fence until it covered the bottom electrical wire. This shorted the circuit and allowed them to step over the now covered wire, and out of their enclosure. We strung another, third wire and raised the bottom one so they couldn't cover it again. So this proves it: we are dealing with some intelligent pigs.

What to do with chicken feet?

Chicken feet can be used to flavor a soup by boiling them in water to make broth. For the more adventurous cook, chicken feet are found in Asian cuisines and are usually prepared by first searing and then simmering the feet until they are tender. Recipes usually include soy sauce and ginger to add flavor. Try googling some recipes and let us know if you find a stellar one.

Until next time, Be Well!