



STAPH Meal: Society To Always Procure Healthfully Newsletter

OFFICIAL NEWSLETTER OF DR. MIKE: THE FOOD SHAMAN

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Farm to Table

“All animals are equal, but some animals are more equal than others.”

~ George Orwell, Animal Farm

In my forthcoming book, *Food Shaman: The Art of Quantum Food*, I discuss one of the keys to successfully melding delicious and nutritious; the ability to source like a chef. The beneficial effects of animals raised humanely, sustainably, and naturally are becoming clearer by the day as scientific inquiry yields (un)surprising results.

As I have chronicled, for example, a study comparing red meat produced in New Zealand and Australia where they tend to be grass finished and pastured (free-range) was compared to the industrial process utilized in many areas of the United States.



Join Chef Vincent Scafiti and Dr. Mike this week on Code Delicious as we discuss the Farm to Table movement; a chef's perspective

While the both cuts of meat were identical to the consumer's eye; upon closer analysis, there was great difference in composition. In just examining the fats, it was found that there were significant variances.

Not only were fat types different, quantities of these fats were different as well. The red meat from places like New Zealand and Australia are rich in beneficial anti-inflammatory omega-3 polyunsaturated fats (omega-3 PUFA). The US product had virtually zero omega-3 PUFA.

Even though breeds may be the same, even though post processing may be identical; because of the difference in the way the animals are raised there is tremendous difference in both the flavor

and the nutritional value of the final product.

In examining three important omega-3 PUFA; eicosapentaenoic acid (EPA), docosapentaenoic acid (DPA), and docosahexaenoic acid (DHA), researchers found levels over 150% percent higher in Australian and New Zealand red meat sources compared to their US equivalents.

While at face value, to the naked eye, the products may seem equivalent; depending upon how it was produced, it seems some animals may be more equal than others.

This is a difference noticeable not only in the lab, but on the palate as well.



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In point of fact, we are only discovering the importance of production methods, in my opinion, because of the persistence of many brilliant young chefs, almost two decades ago to spurn the easy route.

Years ago, these mavericks eschewed the easy method of deliveries to the kitchen in favor of sourcing ingredients based on flavor, taste, and texture.

This week, join me as we get inside the mind of just such a chef; Chef Vincent Scafiti from [The Farmhouse at Persimmon Creek](#), located in the North-East Georgia Mountains.

We discuss, from a chef's perspective, what exactly is Farm to Table and what drives these creative personalities to hoe the hard road. We'll talk about how to find such places, a critical component to be able to dine with an eye toward health as well as keeping it tasty while on the road.

For even more information on cultivating the road warrior's inner chef, check out this [Psychology Today article](#). And to source like a chef, don't forget to ask these three questions:

- How was it bred? (Heritage, heirloom, GMO)
- What was it fed? (conventional, organic)
- Where was it led? (post processing, if any)

Tomato and Avocado Salad

Recipe by:
Vincent Scafiti
The Farmhouse at Persimmon Creek

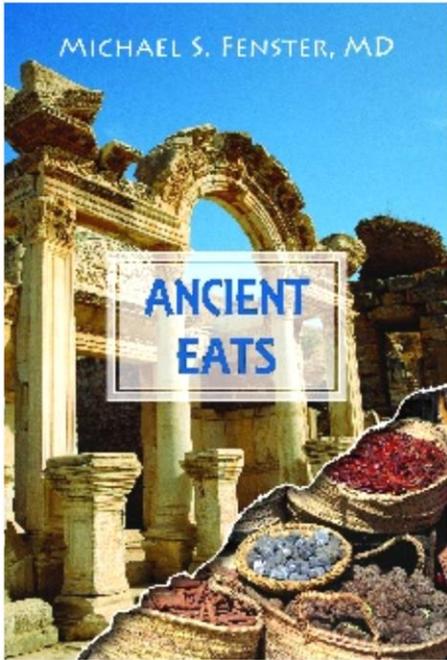
Tomato and Avocado Salad

Ingredients:

- 1 Vine Ripe Tomato
- 1 Vine Ripe Yellow Tomato
- 2Tbs. Julienne Onion
- 2 Scallions cut on a bias
- ½ cup Baby Arugula
- ½ Haas Avocado

Directions:

Arrange Baby Arugula in bottom of a Salad Bowl. Mix all ingredients with vinaigrette dressing. Place Tomato mixture and sliced Avocado atop Arugula and serve immediately



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HEALTHY BYTES BY THE NUMBERS

60%

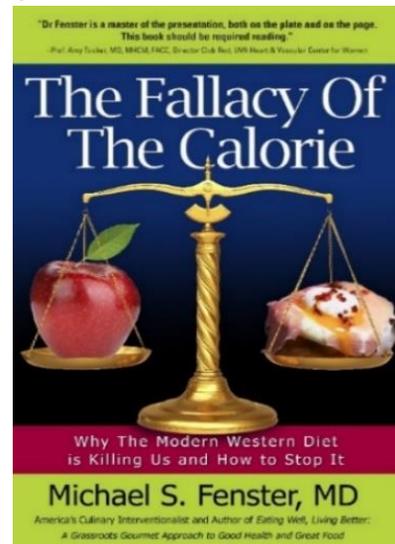
The percentage of fat in Australian red meat that is monounsaturated or polyunsaturated

0%

The amount of EPA, DPA, and DHA found in US Red Meat

Droulez, V., Williams, P., Levy, G., Stobaus, T., & Sinclair, A. (2006). Composition of Australian red meat 2002. 2. Fatty acid profile. Food Australia, 58(7):335-341.

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