



Grub: Ideas for an Urban Organic Kitchen

By Anna Lappe, Bryant Terry

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In the past few years, organic food has moved out of the patchouli-scented aisles of hippie food co-ops and into three-quarters of conventional grocery stores. Concurrent with this growth has been increased consumer awareness of the social and health-related issues around organic eating, independent farming, and food production.

Combining a straight-to-the-point exposé about organic foods (organic doesn't mean fresh, natural, or independently produced) and the how-to's of creating an affordable, easy-touse organic kitchen, *Grub* brings organics home to urban dwellers. It gives the reader compelling arguments for buying organic food, revealing the pesticide industry's influence on government regulation and the extent of its pollution in our waterways and bodies.

With an inviting recipe section, *Grub* also offers the millionsof people who buy organics fresh ideas and easy ways to cook with them. *Grub's* recipes, twenty-four meals oriented around the seasons, appeal to eighteen- to forty-year-olds who are looking for fun and simple meals. In addition, the book features resource lists (including music playlists to cook by), unusual and illuminating graphics, and every variety of do-it yourself tip sheets, charts, and checklists.

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Editorial Review

From Publishers Weekly

This smart, engaging work deftly blends polemic, lifestyle guidance and cooking expertise. The daughter of writer Francis Moore Lappé (*Diet for a Small Planet*) and medical ethicist Marc Lappé, coauthor Lappé wears her pedigree well, arguing passionately and articulately for the organic lifestyle (Terry is a chef and food justice activist). Early chapters explore how the advent of commercial agriculture and mass-manufactured food has led American eaters down a path to obesity and disease while undermining the local economies of farming communities and, in many cases, encouraging the exploitation of both labor and natural resources. The answer: to adopt a "grub" lifestyle that is both healthy and ethical. The "Seven Steps to a Grub Kitchen" chapter suggests readers commit more time to cooking and eating, and use local resources like co-ops and farmers markets, while describing how to best prep a kitchen with tools and pantry supplies. The recipes portion offers seasonal, international, health-conscious menus aimed at young, hip readers, with themes like "Afrodiasporic Cookout" (Grilled Corn and Heirloom Tomato Salad, Shrimp and Veggie Kabobs, Fresh Green Beans, Good Grilled Okra, Ginger Beer) and "Straight-Edge Punk Brunch Buffet (DIY)" (Spicy Tempeh Sausage Patties, French Toast with Blueberry Coulis). (*Apr.*)
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About the Author

Anna Lappé is the co-author with her mother, Frances Moore Lappé, of the national bestselling **Hope's Edge: The Next Diet for a Small Planet** (Tarcher/Penguin 2002). Her second book, **Grub: Ideas for an Urban Organic Kitchen**, will be out from Tarcher/Penguin in Spring 2006. The co-founder of the Small Planet Institute and the Small Planet Fund, Anna's articles and op-eds have been widely published, appearing in **The Washington Post**, **San Francisco Chronicle**, **Los Angeles Times**, **International Herald Tribune**, and the **Globe and Mail**, among others. Anna is a sought after public speaker and commentator on food politics, globalization, and the media and has been featured in **Organic Style**, **Utne**, and **O: The Oprah Magazine**. In 2002, she was the first recipient of the Bioneers Youth Award, given annually to leaders under thirty who have made a national impact and in 2004 was included in **Organic Style's** "50 Environmental Power List." She is a Food and Society Policy Fellow, a national program of the WK Kellogg Foundation. A graduate of Brown University, Anna received her Masters in International Affairs from Columbia University. She has worked in South Africa, England, and France, and currently lives in Brooklyn, New York.

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Cinnamon-Dusted Sweet Potato Fries

Preparation time: 10 minutes

Inactive Preparation Time: At least 1 hour, or overnight

Cooking Time: 30 minutes

- 4 large sweet potatoes (about 4 pounds), peeled
- Coarse sea salt
- Organic, unrefined coconut cooking oil, for frying
- 3 tablespoons ground cinnamon

1. Cut the sweet potatoes into slices about inch thick, then cut them lengthwise into the shape of slim fries.
2. In a large bowl, combine the sweet potatoes with 1 teaspoon salt and enough cold water to cover by a few inches. Cover and refrigerate for at least 1 hour, or overnight.
3. Thoroughly drain the sweet potatoes in a colander. Pat them well with paper towels until completely dry.
4. Heat the coconut oil in a large saucepan or deep-fryer over medium-high heat until it reaches a temperature of 325 degrees F, 6 to 8 minutes. Fry the potatoes, in batches, until lightly browned. Remove the fries from the oil with a slotted spoon or spider and place on a paper towel-lined plate. Increase the heat to high until it reaches 375 degrees F, then add the par-fried potatoes, in batches, back into the oil and fry until crisp, 2 to 4 minutes. Again, remove the fries from the oil with a slotted spoon or spider and place on a paper towel-lined plate. Dust with cinnamon and serve immediately.

Serves 8-10

Users Review

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