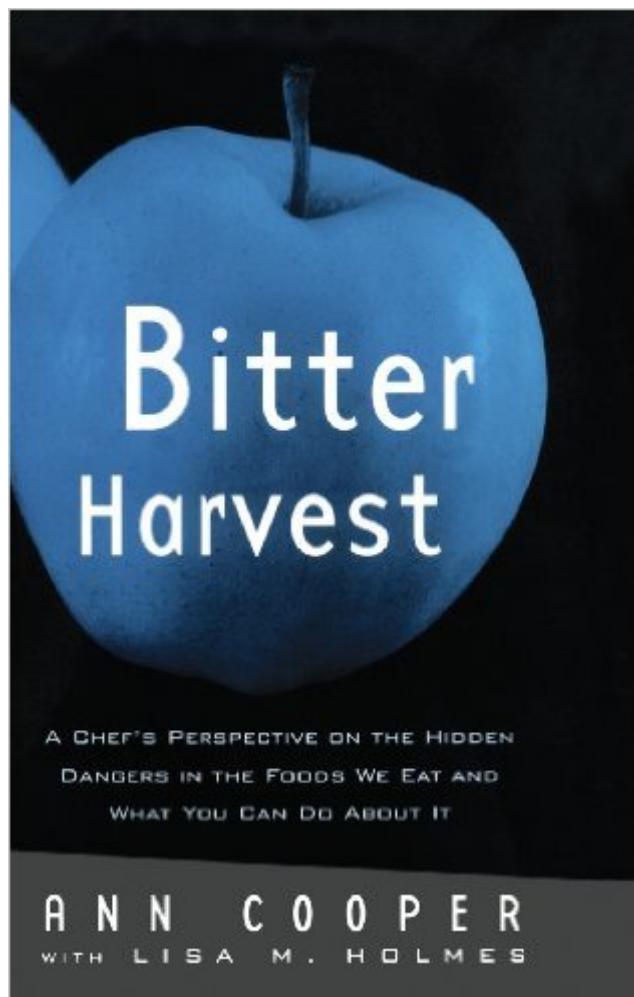


The book was found

Bitter Harvest: A Chef's Perspective On The Hidden Danger In The Foods We Eat And What You Can Do About It



Synopsis

First Published in 2000. Routledge is an imprint of Taylor & Francis, an informa company.

Book Information

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Average Customer Review: 4.4 out of 5 starsÂ See all reviewsÂ (9 customer reviews)

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Customer Reviews

Bitter Harvest is a wonderful book. It highlights the importance of natural foods vs. the artificial foods we eat. However, this is a distinction NOT between junk food and vegetables, but agribusiness vegetables and local organic vegetables. It turns out that, in search of the maximum profit, the massive agribusinesses engage in practices that make vegetables much less healthy, and, in some cases, toxic. Since allowing land to fallow and regain its nutrients reduces profits that could be generated from using that land, agribusinesses use the same land over and over again, and pump it full of chemicals to try to restore the nutritional content of the soil. This is not some wild claim, it is simply how agribusiness works according to their own information. As a result, many vegetables are becoming less healthy and less nutritional. For instance, a USDA report comparing American broccoli between 1975 and 1997 shows that it has decreased in many important nutrients: broccoli in 1997 had 53% less calcium, 20% less iron, 38% less Vit A, 17% less Vit C, 35% less thiamin, 48% less riboflavin, and 29% less Niacin than 1975 broccoli. Additionally, food that is transported loses nutrients over time. Our vegetables travel an average of 1500 miles. Unfortunately, thanks to NAFTA and GATT, our vegetables can be toxic. Mexico currently does not ban at least 6 pesticides that are banned due to health effects in the USA. Why does this matter to us? We get most of our off-season vegetables from Mexico: 97% of tomatoes, 93% of our cucumbers, 95% of our squash,

99% eggplant, and 85% of our strawberries. We are eating the poisons Mexico allows in its food.

The news is not all bad, and this book is largely a celebration of life, food, and nature.

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