

What to Buy  
at an  
Organic Market  
or  
Health Food Store

54 healthy and tasty foods you can find  
at your local health food store  
or organic market.

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by Ronald Steriti, NMD, PhD

## **About this booklet**

This booklet is written as a handy guide for people that are visiting an organic market or health food store for the first time. I have tried to include many foods that are both tasty and easy to prepare.

## **About the Author**

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Dr. Steriti advocates freedom of choice in health care and assists people in making informed decisions about natural health throughout the United States and Canada.

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# Breakfast

## **1. Have some oat bran for breakfast**

Organic oat bran is tasty and easy to prepare. Simply add hot water and your favorite sweetener (maple syrup, molasses, or barley malt is fine) and milk. It only takes a few minutes to cook.

## **2. Make a cup of gourmet coffee**

Organic growers have made a commitment not to use synthetic pesticides, herbicides and fertilizers. Coffee has been traditionally grown as a shade crop, and it is in the shade the plant grows best.

## **3. Use Stevia to sweeten your coffee**

Stevia is an African plant that is 100 times sweeter than sugar that has been used for hundreds of years. Simply add a few drops of Stevia tincture to your favorite tea or coffee.

## **4. Buy organic eggs**

Organic eggs are tastier than regular eggs because the hens eat organic feed grown without synthetic pesticides. Strict organic standards require the hens never be given hormones or antibiotics.

## **5. Cook uncured bacon**

The USDA defines “uncured bacon” as bacon that does not contain nitrates or nitrites which combine with amino acids to form potentially carcinogenic. It is a confusing term since “uncured bacon” is cured.

# Herbal Teas

## **6. Have a cup of Linden flower tea**

The Linden tree is found in forests and along streets in Europe. Tea made from Linden flowers is a popular drink that relaxes and soothes.

## **7. Drink Mate instead of coffee**

Mate is more popular than coffee or tea in South America. Mate contains caffeine but does not cause the usual coffee jitters. Mate is also rich in antioxidants.

## **8. Wake up with a cup of Licorice tea**

Licorice has been used medicinally since 500 B.C. It is often called “the grandfather of herbs” and is added to almost every Chinese herbal formulas.

## **9. Sip some Japanese Green tea**

The practice of drinking Green Tea was introduced to Japan by monks returning great Zen monasteries of 12th century China. They believed that Green tea helped with meditation and improved health.

## **10. Have Peppermint tea after dinner**

Peppermint is perhaps the most popular mint. The menthol it contains is both tasty and aromatic. Peppermint tea is very soothing after dinners.

# Rice

## **11. Get wild with Wild Rice**

Wild rice is actually a grain that grows wild in the Great Lakes Region. The Ojibiwan Indians harvested wild rice for centuries for food. It is considered the “caviar of grains”.

## **12. Cook a bowl of Brown Rice**

Brown rice is rice from which only the hull has been removed. When cooked, it has a slightly chewy texture and nutty flavor. This is a natural source of bran. It takes about 45 minutes to cook.

## **13. Make risotto with Arborio rice**

Arborio rice is perfect for making Italian risotto. While the outer part of each grain absorbs the liquid, the inner part or pearl remains firm providing just the right texture.

## **14. Use some Basmati rice**

With its slender, long grain and its distinctive aroma, Indians consider Basmati to be the “Prince of Rice.” It has a very pleasant odor when cooking.

## **15. Be dramatic with Black rice**

This rare Chinese rice is black, yet makes a purple sauce when cooked. The distinctive color makes a dramatic impression that your guests will remember for a long time.

# Dairy

## **16. Use cultured unsalted butter**

Culturing the cream before it is churned produces a rich butter with a subtle yet distinctive taste. This method has been used for centuries in Europe. Chefs in exclusive restaurants seek out this type of butter to enhance their culinary creations.

## **17. Eat some active culture yogurt**

Yogurt is more easily digested than milk because the cultures of lactobacillus and acidophilus added to the milk predigest the lactose

## **18. Be daring with Goat's milk**

Goat milk has smaller fat particles which make it easier to digest than cow's milk. It is pure white because goats convert all of the carotene in their diet to Vitamin A.

## **19. Switch to rice or soy milk**

Many people are lactose intolerant and have a problem digesting cow's milk. Rice and soy milk are tasty substitutes.

## **20. Have a cup of Goat's milk yogurt**

Yogurt originated when the goat was first domesticated in Mesopotamia about 5000 BC. Warm goat milk, stored in gourds in the warm climate, naturally soured and formed a curd.

# Greens

## **21. Eat your spinach**

Spinach contains iron and chlorophyll, a combination that is beneficial for treating anemia. During the war, wine fortified with Spinach juice was given to wounded French soldiers.

## **22. Add dandelion greens to salads**

Dandelions are unwelcome guests in lawns, but they have a long medicinal history. Dandelion leaves have been used for hundreds of years to treat liver and gallbladder problems.

## **23. Steam some kale**

Kale is the common name for non-heading types of cabbage, cool-weather crops of the mustard family. They are grown for their edible greens and, in Europe, for fodder.

## **24. Have some Collard greens**

Collard greens originated in the Mediterranean basin and were a favorite food of the ancient Greeks and Romans. Collard greens should be washed thoroughly and are often steamed to make an interesting side dish.

## **25. Try Swiss chard**

Swiss Chard have green or red leaves that are used in salads like spinach. The stem is usually used in soup. Red chard has a flavor of both beets and spinach.

# Specialty Produce

## **26. Make a super Endive salad**

White endive is usually larger which makes it useful in soups, halved and grilled, or baked au gratin with ham. The smaller red and yellow endives can be used to decorate salads or the individual leaves can be filled to make an interesting hors d'oeuvres.

## **27. Spice up dinner with Rapini**

Rapini, also called broccoli raab, Choi sum and Chinese flowering cabbage, is used in Italian and Chinese cooking.

## **28. Try some Arrugula**

Also called roquette, arrugula is a member of the mustard family. It has a very distinct peppery and rhubarb taste and is enjoyed raw in salads.

## **29. Eat a Frisee salad**

Frisee, also known as curly endive or chicory, has a subtly bitter taste which makes it good in salads.

## **30. Add color with Lollo Rosso**

Lollo Rosso is a tender green lettuce leaf with ruffled red edges grown in Mexico and the United States. It is used like lettuce but adds an interesting color to a salad.



# Spices

## **31. Flavor your food with sea salt**

Sea salt is natural and has many minerals. It adds a distinctive flavor to dishes. Sea salt is often very coarse crystals which can be ground, or soaked in water which is then poured into dishes.

## **32. Sprinkle gomasio on your rice**

Gomasio is roasted sesame seeds and sea salt. Sprinkle it on top of foods such as brown rice.

## **33. Use some Tamari sauce**

Tamari is a fermented soy sauce with a uniquely delicious taste. Tamari's rich flavor comes from an abundance of amino acids, which are derived from soy protein.

## **34. Try apple cider vinegar**

Hippocrates, the Father of Medicine recommended natural apple cider vinegar for its powerful cleansing, healing and germ fighting qualities. Organic vinegar usually has a brown sediment, called the "Mother." Vinegar adds zest to your salads.

## **35. Try some Indian masala**

A masala is a combination of spices that are usually browned in ghee (clarified butter). Coconut milk is then added to make a curry which is served over rice. Curries are one of the most popular Indian dishes.

# Oil and Vinegar

## **36. Cook with fresh oil**

In the early 1900's most villages and small towns had their own oil presses. These fresh oils had distinctive flavors but spoiled after about two weeks. The industrial revolution replaced these wonderful oils with chemically processed oils that almost never became rancid. Today you can find healthy, cold-pressed organic oil in the refrigerated section of most health food stores.

## **37. Use extra virgin olive oil**

For the finest quality olive oil, excessive heat or warm water should not be used in processing, and the fruit must be processed within 48 hours after harvest. Extra virgin olive oil has an acidity level less than 1%. Although this can be achieved with chemical processing, the best oils are made the old-fashioned way.

## **38. Use flax seed oil on your salad**

Organic flax seed oil has been recognized as nature's richest source of alpha linolenic acid and linoleic acid. These vital essential fatty acids containing are both healthy and tasty, with a distinct nutty flavor.

## **39. Add Balsamic vinegar to salads**

Making Balsamic vinegar is a very old Italian tradition. Wines are aged in wood barrels to create a rich, sweet flavor.

# Healthy Snacks

## **40. Try crystallized ginger root**

Dried ginger root is steeped in raw cane sugar syrup until it crystallizes into a flavorful treat enjoyed by South Sea Islanders.

## **41. Taste a real licorice whip**

In China 3000 BC, licorice was believed to have wondrous powers to prolong life and give strength. Try a favorite snack of kids everywhere that is made with real licorice.

## **42. Nibble on some nuts**

Nuts provide generous amounts of protein, fiber, essential fatty acids, and vitamin E. Older kids may like salted cashews, roasted and salted soy nuts, or tamari-roasted almonds.

## **43. Munch on pumpkin seeds**

Dry-roasted pumpkin seeds come in a variety of interesting flavors, including maple, chili, and curry.

## **44. Chew on some dried fruit**

Most health food stores have unsulfured dried fruits. Many kids like apple rings, apricots, and mangoes. Natural fruit snacks are made from 100 percent real fruit and don't need added sugar or unnecessary artificial colors, flavors, and preservatives.

# Japanese Foods

## **45. Make a bowl of miso soup**

Miso is a fermented soy product that has been a popular favorite in Japan for many centuries. Sweet miso has a light color and creamy texture.

## **46. Add udon noodles to your soup**

Udon is a thick, cream-colored wheat noodle that looks something like linguine. Udon noodles are usually made from either wheat flour or brown rice.

## **47. Use soba noodles**

Soba is a buckwheat noodle. The most popular variety is a 60% buckwheat and 40% sifted flour mix. Ito soba is a thin, delicate noodle, which cooks quickly and readily absorbs the flavor of broths and sauces. It is traditionally served cold in summer. Yomogi (mugwort) soba contains the mineral-rich dried mugwort plants, believed to calm the nerves.

## **48. Taste an organic ramen noodle**

Sakurai ramen is a quick-cooking noodle made with the steam-then-bake method first introduced by the family. Unlike many commercial ramen products, the Sakurai variety contains no frying oils or preservatives. They are made from various different ingredients, including buckwheat and brown rice and are usually sold with wholesome soup stocks.

# Greek Foods

## **49. Add Feta cheese to your salad**

Feta has a sharp bite to it and is full of flavor. Domestic feta is usually made from cow's milk, while imported feta is commonly made from sheep's milk. Feta is usually crumbled onto salads.

## **50. Spread some hummus on pita**

Hummus is a paste made from ground chick peas, tahini, garlic and oil. It is usually spread onto a slice of warm pita bread, a carrot or celery stick.

## **51. Try some Tahini**

Tahini is ground sesame seeds. It is similar to natural peanut butter, but made with sesame seeds instead of peanuts.

## **52. Taste a Tabbouleh salad**

Tabbouleh is a tossed cracked wheat and parsley salad.

## **53. Have some Baba ganoush**

Roasted eggplant is mixed with crushed garlic, tahini, and Red Sea salt into a popular Arab delicacy called Baba ganoush.

## **54. Use Couscous as a side dish**

Couscous is a popular Moroccan dish. It is small grains of pasta that can be boiled or steamed. Couscous is a great alternative to rice.

## More Booklets

Dr. Steriti has written several booklets on natural health, including:

Tips for New Mothers

Healthy Skin, Hair and Nails Naturally

Sports Nutrition for Athletes

A Guide to Diets

What Foods to Buy at an Organic Market or Health Food Store

How to Choose a Good Multiple

Great Health Quotes

An Introduction to Naturopathy and Naturopathic Medicine

Alternative and Nutritional Lab Tests

These booklets can be ordered by sending \$5 per booklet with a self-addressed, double-stamped envelope to:

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# How to Find a Naturopath

## What is Naturopathy?

Naturopathy is a term made popular in the early 1900's to describe a system of medicine that emphasizes natural therapies including herbs, homeopathy, hydrotherapy, nutrition, diet, and manipulation.

## What is Naturopathic Medicine?

Naturopathic medical schools have four-year full-time programs that teach both naturopathy and conventional Western diagnosis and treatment. Graduates are trained to become primary care physicians in licensed states.

There are currently four naturopathic medical schools in the United States and one in Canada: Bastyr, National, and Southwest Colleges of Naturopathic Medicine, The University of Bridgeport, and the Canadian College of Naturopathic Medicine.

Currently Alaska, Arizona, British Columbia, Connecticut, Hawaii, Maine, Manitoba, Montana, New Hampshire, Ontario, Oregon, Utah, Vermont and Washington have naturopathic medical licensing laws.

## Where do I find a naturopath?

Check the American Association of Naturopathic Physician's web site:

[www.naturopathic.org](http://www.naturopathic.org)

# **Top Ten Reasons to See a Naturopath**

1. It's part of your healthy life-style.
2. You are taking a lot of supplements, but aren't sure if they are right for you.
3. You want advice from a specialist that is well trained in natural therapies.
4. You want to make an informed decision about your health.
5. You want a natural health program designed for you.
6. You are confused by contradictory health claims.
7. You have vague complaints but aren't sick enough to see a medical doctor or use drugs.
8. You are concerned about the long-term side effects of drugs.
9. You have an uncommon health problem which has many specialists baffled.
10. The drugs you are taking cause side effects which are worse than the original problem.