

# EATING *on the* WILD SIDE

JO ROBINSON

READ BY ERIN BENNETT

Ever since we invented agriculture ten thousand years ago, we have been selecting fruits and vegetables that are high in starch and sugar and low in vitamins, minerals, fiber, and antioxidants. As a result, there is a dramatic nutritional difference between the wild plants in our original diet and the man-made varieties we eat today. Some wild potatoes, for example, have twenty times more antioxidants than our modern russets. Wild tomatoes have up to thirty times more cancer-fighting lycopene than most supermarket tomatoes. In *Eating on the Wild Side*, Jo Robinson explains that we do not need to forage for wild plants to regain these lost nutrients. We can choose select varieties in our local grocery stores and farmers' markets that come close to having the nutritional value of wild plants. Drawing on cutting-edge research, Robinson takes us on an enthralling journey to the plants' origins and describes how and when we unwittingly stripped away their nutrients. Each chapter focuses on a different vegetable or fruit, detailing its nutritional history and providing an avalanche of surprising, in-depth advice on how to retain and enhance its beneficial nutrients. You will learn how to store broccoli in a novel way that increases its antioxidants up to 125 percent; thaw frozen berries to double their antioxidants; and select the varieties of apples that give you the most protection against disease. Overturning many of our assumptions about cooking and nutrition, *Eating on the Wild Side* unveils the missing link to optimum health. It will forever change the way you think about food.

**Jo Robinson** is a health writer and food activist best known for her research into the benefits of raising livestock on pasture, not in feedlots. The author or coauthor of fourteen books, she lives on Vashon Island, Washington, where she raises some of the delicious and nutritious varieties recommended in this book.



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EATING *on the* WILD SIDE

*The Missing Link to Optimum Health*

JO ROBINSON

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