Vegetallan times

Lose Weight, Gain Energy

35 satisfying recipes under 300 calories

Meal makers! 4 quickcooking grains

Winter greens 101

Hearty winter soups

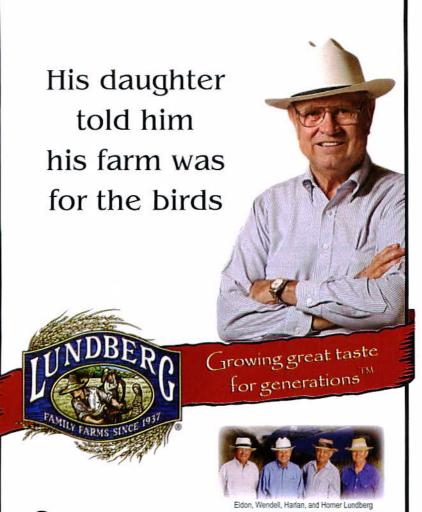
Make one tonight

Really easy homemade bread, p. 38

SHERRIED KABOCHA SOUP WITH SPICED PEPITAS, **p. 44**

January 2009





One day, when Wendell Lundberg was out driving his daughter Jessica around his rice fields, she told him something that changed his life forever. She pointed out that the land he was farming was originally for the birds, not for rice. That started him thinking. So much so, that he started farming with bird habitats in mind. Today, Jessica is the Chair of the Board. Pretty smart kid.

Wendell and his three brothers Eldon, Harlan and Homer have been growing rice sustainably in Richvale, California since they were kids. Their father, Albert Lundberg, taught them a simple lesson: leave the land better than when you first arrived.

Since 1937, the Lundberg family has been farming delicious rice while respecting and sustaining the earth. Today, the third generation carries on the family heritage. We continue to use eco-positive farming methods that produce wholesome, healthful rice products, while protecting and improving the environment for future generations.



For more of the story go to www.lundberg.com.

THIS JUST IN ___



The percentage of the world's primates facing extinction.

[Source: International Union for Conservation of Nature]

NATURAL RX

PROBLEM: Osteoarthritis SOLUTION: Boswellia

THE SCOOP: The gummy resin of the boswellia tree (Boswellia serrata) has been used for centuries in Ayurveda, the traditional Indian system of healing, to help treat osteoarthritis. This painful joint condition causes swelling and stiffness and may feel worse in damp, cold weather. Also known as Indian frankincense, boswellia contains anti-inflammatory properties to help decrease pain and improve mobility.

WHATTO LOOK FOR: Jacob Teitelbaum, MD, author of Pain Free 1-2-3, recommends oral tablets containing 60 percent to 70 percent boswellic acid, the key active compound in boswellia that suppresses

Boswellia Ertract inflammation. Take 300 to 600 milligrams three times a day with meals.

TRY: NSI Boswellia Extract, \$9.99/120 tablets (gonsi.com).

-MEGAN MATTES