

EAT GREEN • LIVE WELL

vegetarian times

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makers!**
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Winter
greens
101

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homemade bread, p. 38

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Make one tonight

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

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\$4.99US



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His daughter
told him
his farm was
for the birds



Growing great taste
for generations™



Eldon, Wendell, Harlan, and Homer Lundberg

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

50

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.

WHAT TO 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 inflammation.

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

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

—MEGAN MATTES

