

Where Food Comes From

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This TV Broadcast was aired by KPBS in San Diego, California a Public Broadcasting System. Where Today's Food comes from in the U.S. What is the Historic Evidence for the Origin of Food? "God created Food for the Health and Prosperity of Humans and all Creatures he has given us dominion over to populate the world: "Be fruitful and increase in number; fill the earth and subdue it. Rule over the fish of the sea and the birds of the air and over every living creature that moves on the ground." Genesis 1:28 This implies that the Food from Nature is wholesome and perfect for fertility and strength of all living things on earth.

Then God said, "I give you every seed-bearing plant on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for food. And to all the beasts of the earth and all the birds of the air and all the creatures that move on the ground—everything that has the breath of life in it—I give every green plant for food." God saw all that he had made, and it was very good. Genesis 1: 29-31

It follows that Food was created to reproduce and multiply in synergy with life on earth so that the supply of food can feed growing populations. Instead, the Creator could have provided all bland Food with no taste and color, just suitable to fill the stomach, but he knew that filling the stomach is not enough to keep us healthy and put us in the mood to recreate: And the LORD God made all kinds of trees grow out of the ground—trees that were pleasing to the eye and good for food. Genesis 2:9 Food had been provided for all living creatures and in such a way that it can be stored for later consumption when needed: God commanded Noah to bring to the Ark: "Two of every kind of bird, of every kind of animal and of every kind of creature that moves along the ground will come to you to be kept alive. You are to take every kind of food that is to be eaten and store it away as food for you and for them." Genesis 6: 20-22 Were we created to be vegetarians? Nature provided an abundance of life—sustaining delicious Foods in varieties according to our Needs: Noah was told by God: "Everything that lives and moves shall be Food for you. And as I gave you the green plants, I give you everything." Genesis 9:3 . What Food should not be eaten by Humans? Again Jesus called the crowd to him and said, "Listen to me, everyone, and understand this!" "Don't you see that nothing that enters a man from the outside can make him 'unclean'? For it doesn't go into his heart but into his stomach and then out of his body." (Many believe that in saying this, Jesus declared all foods "clean.") Mark 7: 13-19 Why is Food seasonal and regional?

Nature ripens different Foods for different seasons and climatic conditions, to become available when and where its specific nutrients are most needed: "as long as the earth endures, seedtime and harvest, cold and heat, summer and winter, day and night, shall not cease." Genesis 8:22 . Why does this matter in the 21st Century?

We all know that our food is deficient of nutrients - or do we really? - and we resort to dietary supplements to avoid imbalances and disease. The History of Food may teach us a few things that may be useful in finding supplements that deliver the desired results:

- In Nature " all active Nutrients are embedded in a hydro-colloidal delivery environment that release functional components over time
- No plant " Fruit, Vegetable or Herb contains only one isolated nutrient, they all deliver at least a group of nutrients, including all their co-factors, delivery and release system
- The seasonal occurrence of Produce is not a coincident: we need the nutrients from strawberries in spring and the nutrients from grapes in fall
- The regional diversity of Plants is an example of perfect planning: apples for instance grow in cold climate and are harvested before the frost, but they can be easily stored through the entire cold season without losing its vital nutrients.
- Nature produces a seasonal overabundance of certain produce " that can easily be preserved for the following season when nothing ripens, this goes for dates in the hot desert as well as for cruciferous vegetables in hard winter climates (e.g. Kimchi in Korea, Sauerkraut in Germany). Interestingly, the functional nutrients after fermentation are optimized to our needs in times when no fresh produce is available. Home

Rediscover how you can preserve your own Food naturally the way your Grandmother did: