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Nutrition Notes – May 2008

By Donna Wolf R.D. CLT

Organic Foods and Local Farmer's Markets

Additives in Your Food

Wholesome food is a necessity and is integral to a healthy lifestyle; however, many foods being consumed are filled with chemicals and preservatives we know are harmful to an individual's health. Many additives are used to maintain the look of freshness of the food we purchase, for cosmetic appeal, to increase the shelf life of the food, and to enhance the flavor of the food. The term Food Additive in the USA actually covers over 5000 chemicals added to food products for a variety of reasons including: coloring; flavoring; preserving; thickening; emulsifying; and bleaching. Chemicals are poisonous to our bodies, thereby affecting the chemical systems in our bodies, which in turn create food sensitivities. Chronic symptoms of food sensitivity can result in fatigue, diarrhea, irritable bowel syndrome, headaches, cough, insomnia, heartburn, Fibromyalgia, Autism, ADD, and arthritis.

How to Avoid These Harmful Chemicals



Eat Organic. Organic foods are legally regulated by the FDA and grown without the use of additives, preservatives, chemicals, and pesticides. Unlike conventional food and meat products, organic food is not genetically modified or treated with antibiotics. Above all, to label food as organic producers are required to obtain organic certification.

Where to Buy These Foods

Join your local Community Support Agriculture (CSA), certified organic farms, and local Farmers' Markets. Awaken your understanding regarding the importance of local, organic produce and traditional farming in addition to living a healthy lifestyle. Become an avid supporter of farmers' markets and CSA, with reason that the locally grown produce are not grown with the use dangerous chemicals, travel as far distance as larger, industrial farmers' produce, thus saving fuel expenses and lessening the environmental impact. Produce is picked at peak maturity, which preserves the nutritional content of the fresh product. Farmers' markets and CSA help cultivators stay in business as well as preserve natural resources.

Be Wise Ranch is local, organic CSA farm in Northern San Diego County
www.bewiseranch.com

Local Harvest has nation-wide information regarding grocery stores, CSA, Farmers' Markets, restaurants, farms, etc... www.localharvest.org

San Diego County Farmers' Market Schedule

TUESDAY

Coronado - 2:30 to 6:00 p.m.
Old Ferry Landing at First St and B Ave
Manager: Mary Hillebrecht (760) 741-3763

Escondido - 2:30 to 6:00 p.m. (4:00 to 7:00 p.m. in Summer)
Grand Ave between Juniper and Kalmia St
Manager: Debra Rosen (760) 745-8877
Website: <http://www.downtownescondido.com/farmers.html>

UCSD/La Jolla - 10:00 a.m. to 2:00 p.m. (September thru June)
UCSD Price Center near the bookstore at Lyman Lane and
Library Walk
Manager: Bonnie Harmon or Christine Woolery (858) 534-4248
or via e-mail at bharmon@ucsd.edu

WEDNESDAY

Carlsbad - 1:00 to 5:00 p.m.
Roosevelt St between Grand Ave and Carlsbad Village Dr
Manager: Christy Johnson(760) 434-2553 Cell (760) 687-6453
or via e-mail at info@shopcarlsbadvillage.org
Website: www.shopcarlsbadvillage.org/events/farmersmarket.html

Ocean Beach - 4:00 to 7:00 p.m. (4:00 to 8:00 p.m. in Summer)
4900 block of Newport Ave between Cable St and Bacon St
Manager: David Klamann (619) 279-0032

Temecula - 9:00 a.m. to 1:00 p.m.
Promenade Mall across from Edwards Theatres
Manager: Gayle Cunningham (760) 728-7343
or via e-mail at gcfarm123@aol.com
Website: www.temeculafarmersmarket.com

THURSDAY

Chula Vista - 3:00 to 6:00 p.m. (3:00 to 7:00 p.m. in Summer)
Downtown Chula Vista at Center St and Third Ave
Manager: John Ward (619) 422-1982

Horton Square/San Diego - 11:00 a.m. to 3:00 p.m. (March thru October)
Downtown San Diego at 225 Broadway and Broadway Circle
Manager: Mary Hillebrecht (760) 741-3763

North Park - 3:00 p.m. to Sunset NOW OPEN
CVS Pharmacy parking lot at University and 32nd St
Manager: David Larson (619) 237-1632
or via email at drinbaja@hotmail.com

Oceanside - 9:00 a.m. to 1:00 p.m.
Coast Hwy and Pier View Way
Manager: Suzanne Bendixen (619) 440-5027

Oceanside Sunset Market- 5:00 to 9:00 NEW
Tremont and Pier View Way
Manager: Lisa Hamel(760) 754-4512
Tierrasanta - 3:00 to 7:00 p.m. NEW
De Portola Middle School at 11010 Clairemont Mesa Blvd and Santo Rd
Manager: Ron LaChance (858) 272-7054

FRIDAY

Borrego Springs - 7:00 a.m. to Noon (November thru June)
Christmas Circle Community Park at Christmas Circle and
Palm Canyon Dr
Manager: Erica Savage (760) 767-5555

La Mesa - 3:00 to 6:00 p.m.
8300 block of Allison Ave east of Spring St
Manager: Suzanne Bendixen (619) 440-5027

Rancho Bernardo - 9:00 a.m. to Noon
Bernardo Winery parking lot at 13330 Paseo del Verano Norte
Manager: Mike Machor (760) 723-2469
or via email at rexranch@att.net

SATURDAY

Carlsbad - 9:00 a.m. to 1:00 p.m.
Roosevelt St between Grand Ave and Carlsbad Village Dr
Manager: Christy Johnson (760) 434-2553
or via e-mail at info@shopcarlsbadvillage.org
Website: www.shopcarlsbadvillage.org/events/farmersmarket.html

Del Mar - 1:00 to 4:00 p.m.
City hall parking lot at Camino Del Mar between 10th St and 11th St
Manager: Alan Usery (760) 727-1471

Pacific Beach - 8:00 a.m. to Noon
Promenade Mall on Mission Blvd between Reed and Pacific Beach Blvd
Manager: Mary Hillebrecht (760) 741-3763

Poway - 8:00 to 11:30 a.m.
Old Poway Park at Midland Rd and Temple
Manager: Suzanne Bendixen (619) 440-5027

Scripps Ranch - 9:00 a.m. to 1:00 p.m.
Ellen Browning Scripps Elementary School at Scripps Poway Parkway and Spring Canyon Rd
Manager: Bev & Mike Cassity (858) 586-7933
Website: www.srfm.org

Temecula - 8:00 a.m. to 12:30 p.m.
Old Town Temecula at 6th and Front Street
Manager: Gayle Cunningham (760) 728-7343
or via e-mail at gcfarm123@aol.com
Website: www.temeculafarmersmarket.com

Vista - 7:45 a.m. to 11:00 a.m.
City hall parking lot at Eucalyptus Ave and Escondido Ave
Manager: Mark Wall (760) 945-7425
or via e-mail at mark@vistafarmersmarket.com

SUNDAY

Hillcrest - 9:00 a.m. to 1:00 p.m.
DMV parking lot at 3960 Normal St and Lincoln St
Manager: David Larson (619) 237-1632
or via e-mail at drinbaja@hotmail.com

La Jolla - 9:00 a.m. to 1:00 p.m.
La Jolla Elementary School at Girard Ave and Genter
Manager: Darcy Young via e-mail at darcyyoung@verizon.net
Website: www.lajollamarket.com

Leucadia/Encinitas - 10:00 a.m. to 2:00 p.m.
Paul Ecke Elementary at Union St and Vulcan St
Manager: Ron La Chance (858) 272-7054

Solana Beach - 2:00 PM TO 5:00 PM
Rosa St. & Cedrose, Solana Beach, 92075
858-.755-.0444

Third Avenue/San Diego - 9:00 a.m. to 1:00 p.m.
Downtown San Diego at Third Ave and J St
Manager: David Klamann (619) 279-0032

For more information call Donna Wolf R.D. at Healthy Directions of Poway at 858-335-2140
and visit our website: www.healthydirectionspoway.com.