



Eating on the Wild Side: The Missing Link to Optimum Health

By Jo Robinson

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Winner of the 2014 IACP Cookbook Award in the category of "Food Matters."

The next stage in the food revolution--a radical way to select fruits and vegetables and reclaim the flavor and nutrients we've lost.

Ever since farmers first planted seeds 10,000 years ago, humans have been destroying the nutritional value of their fruits and vegetables. Unwittingly, we've been selecting plants that are high in starch and sugar and low in vitamins, minerals, fiber, and antioxidants for more than 400 generations.

EATING ON THE WILD SIDE reveals the solution--choosing modern varieties that approach the nutritional content of wild plants but that also please the modern palate. Jo Robinson explains that many of these newly identified varieties can be found in supermarkets and farmer's market, and introduces simple, scientifically proven methods of preparation that enhance their flavor and nutrition. Based on years of scientific research and filled with food history and practical advice, EATING ON THE WILD SIDE will forever change the way we think about food.

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Eating on the Wild Side: The Missing Link to Optimum Health By Jo Robinson Bibliography

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Editorial Review

Amazon.com Review

Photos from Jo's Personal Garden



Black Tomatoes



Blue Jade Corn



Purple Sprouting Broccoli



Purple Carrots



View to the South

Potato Salad with Sun-Dried Tomatoes and Kalamata Olives

Prep time: 15 minutes

Cooking time: 20-45 minutes, depending on method

Chilling time: 24 hours

Yield: 5 cups

Ingredients

2 pounds unpeeled new potatoes or unpeeled baking potatoes, preferably with red, blue, or purple flesh

1/2 cup oil-packed sun-dried tomatoes, drained and chopped or julienned

1/2 cup thinly sliced red onions or chopped scallions (including white and green parts)

1/3 cup extra virgin olive oil, preferably unfiltered

3 tablespoons red or white wine vinegar

1 tablespoon sugar

1–2 garlic cloves, pushed through a garlic press

1/2 teaspoon powdered mustard or 1 teaspoon prepared mustard

1/2 cup pitted and chopped kalamata olives

1/3 cup chopped prosciutto or diced cooked bacon (optional)

Directions

Steam or microwave the potatoes in their skins until they are tender. Cool and store in the refrigerator for 24 hours. Quarter the chilled potatoes, then cut into 1/4-inch slices and place in a large mixing bowl. Do not remove the skins. Combine remaining ingredients in a small bowl and pour over the potatoes. Toss to coat evenly. Serve cold or at room temperature.

From [Booklist](#)

For some, locavorism isn't enough. Farmed food of any sort lacks the full panoply of flavors and textures that wild foods bring to the table. Moreover, wild foods offer some nutritional advantages and may be richer in some vitamins and minerals than their cultivated cousins. Some laboratory studies have concluded that medical benefits, including protection from cancer cells, can be found in vegetables such as brussels sprouts. Despite her impassioned advocacy for eating foods culled from woodlands and creek beds, Robinson is not so doctrinaire as to believe that everyone has the time or the access to such foods. So she offers a guide to buying the best, most flavorful produce in supermarkets. Robinson guides readers through ranks of greens, explaining how to judge lettuces by color and why to select loose spinach rather than the bagged variety. Such guides can benefit grocery shoppers who lack the means of foraging their dinners. --Mark Knoblauch

Review

"I learned so much from this outstanding book. Highly recommended reading for all who are health conscious." --Andrew Weil, MD

"Phenomenal....The cure for what ails us is right there, and it's delicious." --Dan Barber, chef and owner of Blue Hill and Blue Hill at Stone Barns

"Because recent studies have taught us that we should be getting our beta carotene and other health-builders not from pills but from well-grown food, this book is just what gardeners and cooks need." --*The Washington Post*

"*Eating on the Wild Side* is a wonderful, enlightening book. Jo Robinson has done a magnificent job of bringing together information from so many diverse disciplines--most of it unknown to nutritional scientists, physicians, and lay people alike." --Loren Cordain, Ph.D., author of *The Paleo Diet*

"If the organic movement needs a Joan of Arc I would surely nominate Jo Robinson. *Eating on the Wild Side* illustrates why she is without a doubt the quiet anchor of the movement. Only Michael Pollan would come close to her superbly researched work.." --Bill Kurtis, Chairman and Founder, Tallgrass Beef Company

"With *Eating on the Wild Side*, Jo Robinson has written the next *Omnivore's Dilemma*--a book of revelations that food lovers and home cooks everywhere will be reading, recommending, quoting, and living by. Robinson may not be a household name yet, but her groundbreaking work will turn much of what you thought you knew about food upside down and inside out." --Epicurious.com

"From its pages, you will get a wonderful education on the changes that have taken place in agriculture over the past century, and you will discover new ways to enhance your health by choosing the best that nature's

has to offer us." --*The Sacramento Bee*

"A great book. I think people will change the way they buy their food. I know that I will." --Dr. Sanjay Gupta

"Robinson busts conventional wisdom on vegetables. Those of us who follow nutrition news have heard it all. And so it is not insignificant to say that Robinson has turned things on their proverbial heads." --*The Huffington Post*

"Eating more fruits and vegetables is wise advice. This entertaining and informative guidebook shows us why it's true--and which types are the best to add to our diet." --Shelf Awareness

Users Review

From reader reviews:

Eric Johnson:

Book is to be different for every single grade. Book for children till adult are different content. As we know that book is very important usually. The book *Eating on the Wild Side: The Missing Link to Optimum Health* seemed to be making you to know about other understanding and of course you can take more information. It doesn't matter what advantages for you. The guide *Eating on the Wild Side: The Missing Link to Optimum Health* is not only giving you much more new information but also to become your friend when you feel bored. You can spend your personal spend time to read your book. Try to make relationship with the book *Eating on the Wild Side: The Missing Link to Optimum Health*. You never truly feel lose out for everything should you read some books.

Ethan Scott:

Now a day folks who Living in the era wherever everything reachable by talk with the internet and the resources inside it can be true or not demand people to be aware of each details they get. How many people to be smart in having any information nowadays? Of course the reply is reading a book. Examining a book can help persons out of this uncertainty Information especially this *Eating on the Wild Side: The Missing Link to Optimum Health* book because book offers you rich information and knowledge. Of course the data in this book hundred percent guarantees there is no doubt in it you may already know.

Richard Ybarra:

Information is provisions for those to get better life, information currently can get by anyone in everywhere. The information can be a knowledge or any news even an issue. What people must be consider while those information which is in the former life are difficult to be find than now could be taking seriously which one works to believe or which one the actual resource are convinced. If you obtain the unstable resource then you understand it as your main information we will see huge disadvantage for you. All those possibilities will not happen in you if you take *Eating on the Wild Side: The Missing Link to Optimum Health* as the daily resource information.

Lynn Jones:

A lot of people always spent their own free time to vacation as well as go to the outside with them friends and family or their friend. Do you know? Many a lot of people spent they free time just watching TV, as well as playing video games all day long. In order to try to find a new activity honestly, that is look different you can read any book. It is really fun for yourself. If you enjoy the book which you read you can spent the entire day to reading a guide. The book Eating on the Wild Side: The Missing Link to Optimum Health it is quite good to read. There are a lot of folks that recommended this book. We were holding enjoying reading this book. Should you did not have enough space bringing this book you can buy the actual e-book. You can m0ore easily to read this book from a smart phone. The price is not to cover but this book has high quality.

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