



Ten Winter Warmers to Ease the Freeze Featured at the Living Earth

Author: Frank Phelan

We New Englanders consider ourselves a hearty lot, but the soft opening to the 2011-2012 winter season has been a pleasant surprise to most of us. As legend has it, an ancient wise man from the East once said: “This too shall pass”. I hope I’m wrong but the reality of residing at the northern latitude of 42 degrees stacks the odds against us.

Here are ten winter warmers to help you cope when Old Man Winter rouses from his snooze and tries to make up for lost time.

Amy’s Organic Soups- A family owned business since 1987, Amy’s offers over 25 varieties of hearty organic soups. The majority of soups are vegan and the bean, lentil and pea choices are excellent sources of protein. There are also a number of “light in sodium” options that contain 50% less sodium than their standard counterparts. There is nothing like a steamy bowl of organic soup to satisfy the soul and kill that winter chill.

Choice Organic Teas- Since its debut in 1989, Choice has been a pioneer in the organic tea market. Choice is the top selling exclusively organic tea line in North America and was the first tea company in the U.S. to promote Fair Trade Certified teas. Choice has also been instrumental in bringing organic agricultural practices to numerous tea estates throughout the world. Whether your cup of tea happens to be green, black, white, oolong, bancha or twig, Choice has the mettle to compliment your kettle.

Shiloh Farms Organic Barley Varieties- Barley was one of the original wild plant species to be domesticated by the farming communities in Mesopotamia, the cradle of civilization. A wonderful addition to soups and stews or for breakfast, barley has an earthy taste and a satisfying chewiness that is the perfect answer to a cold winter day. Whole barley is a low glycemic grain that is an excellent source of fiber (soluble and insoluble) and also supplies protein and minerals. Shiloh Farms offers two kinds of whole barley, barley grits and flakes.

Birds & Beans Organic Shade Grown Coffee- The Bird Friendly certification issued by the Smithsonian Migratory Bird Center (SMBC) is proudly displayed on all Birds & Beans coffee. The ecologically rich, complex and diverse habitats found on SMBC farms provide migratory song birds such as warblers, thrushes, orioles and tanagers with an environment to thrive in before returning to the U.S. and Canada in the spring to nest. Twenty percent of Birds & Beans gross profits are donated to bird conservation groups such as Mass. Audubon.

South River Miso- The finest organic miso in the world is nurtured in the hill town of Conway, right here in the Bay State. This naturally fermented bean and grain paste is aged varying lengths of time in wooden vats and can be used in soups, broths, marinades, spreads or dressings. South River miso is loaded with beneficial probiotics and enzymes. Although most of their miso varieties are made with soy beans, South River offers soy-free azuki and chickpea misos. As we like to say at the Living Earth: Local and live, miso with mojo!

High Mowing Organic Seeds- These seeds won't become food on your table until the summer, but just planning your vegetable garden will warm your spirit to the core. Based in Wolcott, Vermont, High Mowing specializes in seeds suitable for New England climates. They are an independent, farm-based organic seed company whose mission is to support sustainable agriculture and provide the highest quality organic seeds to farmers and gardeners. Purchase a packet of heirloom seeds and be transported to a balmy day in May.

Nature's Path Instant Oatmeal- During a time when so many organic and natural food companies have been absorbed into corporate conglomerates, Nature's Path has remained family owned and true to their organic roots. Founded in 1985, Nature's Path has been the top selling organic cereal company in North America since 1996. The Living Earth carries six varieties of their organic instant oatmeal. Enjoy a quick, easy and nutritious breakfast that will stoke your energy reserves and kick-start your day into high gear.

Eden Organic Beans- With twelve varieties of Eden organic canned beans to choose from, Living Earth is central Mass.'s answer to a Boston beanery. Perfect for soups, salads, chili, entrees or side dishes, Eden beans have no added salt and have been packed in Bisphenol A (BPA) - free cans since 1999. (Eden was the first and only U.S. company to use BPA-free cans until 2011). All Eden beans are an excellent source of high quality vegetarian protein and fiber, providing hearty nutrition to fortify the body and combat the rigors of winter.

Green & Black's Organic Hot Chocolate- You know them for their wonderful chocolate bars, but the hot chocolate mix they produce is every bit as good. Just add hot milk or a non-dairy substitute of your choice and enjoy the frothy, chocolaty goodness swirling in your mug. Green & Black's starts with organic cocoa powder, then amplifies the ecstasy by adding organic bittersweet chocolate and organic vanilla extract- a triumvirate fit for the gods and we mere mortals who need to warm up after shoveling the walk and digging out the car.

Arrowhead Mills Organic Buckwheat Pancake Mix- Tuck into a steamy stack of these Buckwheat flapjacks and dine like a lumberjack without having to swing an axe. Their whole-grain heartiness is as satisfying as it is nutritious, with 7 grams each of protein and fiber per serving. Arrowhead Mills also has buttermilk, multigrain and gluten-free pancake mixes, any one of them the perfect foil for a drizzling of Coombs pure organic Vermont maple syrup and a puddling pat of Organic Valley pasture butter.

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The Living Earth, established in 1971, is a local family owned business dedicated to providing our customers with healthy shopping choices, and expert knowledge. Fresh, organic produce is offered year round, and grown locally from their farm in Rutland, MA. In-store, friendly and knowledgeable staff, consistently work to provide foods and specialty items that are all natural, organic, and environmentally conscious. Living Earth prides itself on being the expert in helping customers take the steps necessary to ensure a healthy lifestyle.

About the Author:

[Frank Phelan](#) – Frank is a Store Manager & Lead Buyer for the Living Earth. His extensive product knowledge and expertise makes him a valuable resource for our customers. He has been with the Living Earth since 1983. Email Frank Phelan at Frank@lefoods.com.