

BEYOND ORGANIC

You've probably heard the term "Biodynamic" and wondered: Is it just a fancy way of saying organic? Not exactly.

Like organic farms, Biodynamic ones don't use chemical pesticides or genetically modified seeds, but there's even more to it. "Biodynamic farmers look at their land the way a holistic healer looks at the body—they take the entire agricultural system into account," says Jim Fullmer, executive director of Demeter USA, the nonprofit that certifies farms and products as Biodynamic. (You'll find their label on more and more products.) "The land and animals are a self-sufficient ecosystem and can function without outside materials."

Farmers also consider moon cycles when planting and harvesting (thought to maximize the growth of the crops), practice crop rotation, and leave at least 10 percent of the land fallow, says Fullmer. Because of all these factors, Biodynamic produce is believed to be more nutrient-dense. Look for it at your green market, and consider the following products made with Biodynamic ingredients.

—ALICE OGLETHORPE

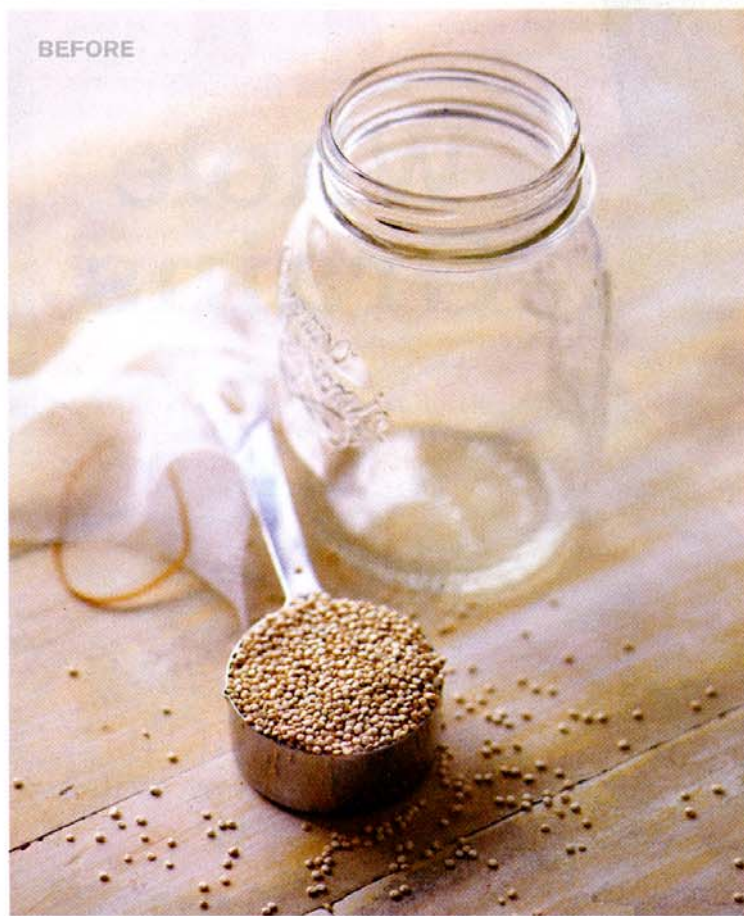


1 ZHEN'S GYPSY TEA BIODYNAMIC GREEN TEAS, \$7, gypsytea.com 2 EMINENCE ORGANIC SKIN CARE CORNFLOWER RECOVERY SERUM, \$58, eminenceorganics.com for stores 3 RESERVEAGE ORGANICS RESVERATROL SUPPLEMENTS, \$20, reserveage.com

EASY DIY

Grow Your Own

When it comes to sprouts, alfalfa isn't the only game in town. You can sprout any seed, legume, or whole grain, and add them to many dishes for delicious flavor and crunch. The process naturally creates enzymes that make the seed more digestible—so you don't need to cook them, a perk for raw foodists, says Susan Blum, M.D., founder of the Blum Center for Health in Rye Brook, New York. Ready to experiment? Here's how to make a batch. —LINDSAY FUNSTON



3 STEPS TO SPROUTS:

- 1 Place ½ cup of whole grains or dried beans in a mason jar and add room-temperature water to 2 inches above. Cover the top of the jar with cheesecloth (so that air can still circulate). Secure with a metal ring or rubber bands.
- 2 Let soak overnight. Keep away from heat or direct sunlight. Drain, then rinse and drain again. Repeat this process twice a day until sprouts are roughly ½-inch long, or 1 to 3 days.
- 3 Once sprouted, rinse thoroughly and use immediately. Or transfer to an airtight container, refrigerate, and enjoy within 3 days.

BUDDING BENEFITS:

RETAINS NUTRIENTS

Cooking can diminish vitamins and antioxidants in beans and grains, explains Blum. Raw sprouts still have all of their nutrients.

EASIER TO DIGEST

Because of the soaking process, Blum says that sprouted beans are less likely to cause flatulence or bloating than canned or cooked varieties.

ADDS CRUNCH

Toss sprouted lentils and beans into salads and stir quinoa into soups and stews at the last minute, or stuff wheat berries into cooked acorn squash.

AFTER

