



THE RE-DISCOVERY OF LOCAL

THE LEARNING NEWSLETTER



THE EDITORIAL

THE RE-DISCOVERY OF LOCAL

This will rough many feathers, but there is the re-discovery of the values of Local against the misleading propaganda in favor of the values of Global.

And it is too easy to try to hide this dust under the carpet of populism or nationalism; the reality is, instead, that the globalism that has been sold to us for decades as human and social has polluted or depleted regions distant from us but local to someone else (without a voice), exploited the poor and impoverished the middle classes – i.e.: the people with little to no voice that live and work “locally”.

The very much needed re-evaluation of the concept that the Global can only be the positive sum of all the Locals has been fueled by two very different causes: COVID and Climate Change; the first impacting dramatically the mobility of people and goods, the second because what happens CO2 wise in every locality around the world is now felt (correctly) as impacting the total world.

During the COVID lockdowns, even the elites have realized that all the anonymous local people “serving” their lifestyle were God-forbid “essential”! Supermarkets workers, truck drivers, factory and warehouse workers, nannies, not to mention nurses and handymen. And the availability of needed goods (up to pharmaceuticals and microchips) has become suddenly not so sure, with so many things stuck on a container vessel waiting for weeks to harbor. For once, really all on the same boat, rich and poor of every nations have started to think that maybe is not so cool to concentrate manufacturing so far away from home – wherever home is.

And before Climate Change, it was so easy to dismantle worker rights and safety condition in developed countries and to shift pollution away from us under the heading of scale and production efficiency. When, in fact, it is not efficiency to pay less/exploit someone poor and unprotected or to pollute freely in places with no restrictions. In developing countries people can work 12 hours a day for 6 days a week (the famous 9-9-6) for barely survival salary rates; and where are the statistics on work accidents and deaths from these countries? Where is the human and social consideration for the local conditions in these places? Well, someone has better to start to worry about the local conditions in every locality around the world.

Fortunately, now, a CO2 emission also in places not “covered” by our media counts as a CO2 emission here – and there are initial talks about possible emission-based tariffs to ri-price goods manufactured damaging the world. So why not tariffs penalizing exploitation of poor workers and polluting productions not permitted in our so civilized countries?

We will see if the normal people will manage to save/improve the total world by saving/improving every single local part. But, in the meantime, is there still a role for international trade?

Of course, yes, but only if based on true values of innovation, quality and costs (in a fair competing set of rules and regulations). Governments and Companies should focus on these values – not on trying to maintain an old position rent.



QUICK GUIDE TO MEAL PLANNING!

We've all been mitigating how stress eating has distorted our waistlines as a result of COVID19 (and the depressive impact it has taken on our lives). Although it may appear to be enticing and harmless to indulge in comfort foods like chocolate and chips right now, they may potentially lead to increased tension, depression, and inflammation in the body. However, your brain does not contain everything.

Here's a quick guide to meal planning this season: Alter your protein source for less processed (such as lean cuts of beef or pork, lean chicken, fish, turkey. Change your fats to olive oil, while consuming more vegetables and more fruit. Consume nuts and seeds as a snack. Grains should be whole grain (whole wheat pasta, brown rice, bulgur wheat, steel cut oats). And to end on a sweet note, reconsider your sweets to something healthier (such as dark chocolate).

Considering that our guts contain 90% of serotonin (the feel-good hormone) receptors, we are definitely affected by the bacteria in our intestines depending on the foods, some drugs, and stress that we have. To begin, drugs known as selective serotonin reuptake inhibitors (SSRIs), which are used to treat depression and anxiety, frequently cause gastrointestinal side effects such as nausea or diarrhea. The culprit could be the biological communication between the brain and the stomach via the vagus nerve. 1

Illness occurs when the balance of good and bad bacteria in our bowels is disrupted. There have been a few reports of hypertension, obesity, inflammatory bowel disease, diabetes, and mood swings related to the influence of bacteria on our gut. As much of our immunity is housed in the gut, the destruction of bacteria may lead to autoimmune disorders such as rheumatoid arthritis. 2 You must retain a mostly healthy balanced diet in order for your stomach to keep your bacterial and hormonal balance in your favor.

No wonder that stress can also be related to the diets we know to improve our chances of avoiding diabetes, heart disease and obesity. A new observational retrospective analysis using a questionnaire on eating history showed that, compared with those who did not report depression, stressed adults eat more refined sugar, chocolate and candy. The study results include that depressed people consumed far fewer legumes, fruits, and vegetables, but far more sweets and refined sugars. Researchers discovered that people who did not have depression ate more legumes, fruits, and vegetables, but fewer sweets and pastries.3

Part of the success about the Mediterranean diet is that it is a lifestyle, just as important as food promoting seafood and chicken, as well as legumes, vegetables, high-antioxidant fruits, and whole grains, and emphasizing plant-based proteins and nuts. As a result, a lower-glycemic diet can help reduce the risk of type 2 diabetes by improving insulin sensitivity and the function of pancreatic cells, thereby improving blood sugar control. In Mediterranean recipes, olive oil replaces butter, and delicious herbs and spices make it easier to reduce salt. Enjoy a Healthy 2021 Holiday Season the Italian Way and beat the winter blues!4

References:

1. Dash S, Clarke G, Berk M, Jacka FN. The gut microbiome and diet in psychiatry: focus on depression. *Curr Opin Psychiatry*. 2015;28(1):1-6.



in the picture:

Lucrezia Scarampi, Nutritionist



CHEF ANDREA ZANIN
NEW YORK

SCALLOPS SAUTÉ WITH EGGPLANT PURE AND CRISPY SPECK

Ingredients

Scallops big size 12

8 slice of speck

2 Eggplant

Balsamic vinegar di Modena

Fresh time

Butter

Fresh oregano

Garlic

Extra verging olive oil Filippo Berio

Salt ,pepper



Procedure :

Preheated Owen at 380, in a pan dispose the two eggplant with salt pepper extra verging olive oil, fresh time, garlic cook for 45 min until became black and soft, cover with aluminum foil and repose for 20 min.

After open the eggplant and use all the pulp and the cooking juice, put in a blender with extra virgin olive oil, salt pepper, same leaves of fresh oregano, create a pure and reserve room temperature

Prepare the scallops with salt pepper, few drops of Balsamic vinegar di Modena, wrap with speck.

In a hot pan proceed to cook, at half time cooking add same butter and fresh time complete the cooking until caramel color.

Plate with a spoon of eggplant pure, scallops and decor with same fresh chives or fresh time, finish with few drops of Balsamic vinegar di Modena and extra verging olive oil.

ENJOY YOUR MEAL





North American Olive Oil Association Files Standard of Identity Petition with the U.S. Food and Drug Administration

NEPTUNE, NJ – May 26, 2020 – The North American Olive Oil Association (NAOOA), whose members represent the majority of olive oil sold in the United States, today filed a standard of identity petition (“Industry Petition”) with the U.S. Food and Drug Administration (FDA). Such a standard would eliminate confusion among consumers and promote fair dealing in the industry.

“Olive oil is recognized as the healthiest cooking oil by a wide majority of Americans, but less than half of households use it,” said NAOOA Executive Director Joseph R. Profaci. “According to consumer research we recently conducted, confusion over olive oil labels and terminology are leading causes. We’ve filed our Industry Petition to help address these concerns.”

As part of its petition-development process, the NAOOA asked 1,500 U.S. consumers about their perceptions of olive oil, and the findings demonstrate significant confusion. For example, 60 percent of those surveyed were not sure of the meanings of “virgin” and “refined” cooking oil, despite there being significant differences in the two. (Virgin oil is extracted mechanically without the use of heat or solvents.) Only one-third of consumers believe the term “extra” when applied to “virgin olive oil” is anything more than marketing. (It is a specific grade of olive oil that has to meet strict parameters.) Nearly one in three people do not believe or are not sure that olive oil comes from olives. (It does!)

Additionally, despite peer-reviewed research conducted by scientists from the U.S. Food and Drug Administration (FDA) showing a low prevalence of adulterated olive oil in our country’s retail stores, many Americans are concerned that their olive oil might not be the real deal.

“Paving the way for more consumption of heart-healthy olive oil in America would be to our mutual benefit. The scientific consulting firm Exponent found that just a 20 percent increase in adherence to a Mediterranean-style diet, of which olive oil is the cornerstone, would save our country \$20 billion in healthcare costs,” said Profaci. “The way we remove longstanding barriers to people consuming this wholesome, delicious food is through a standard of identity.”

The NAOOA has been advocating for a standard of identity since the organization was founded, first filing a petition with FDA in 1990 and again in 2012. It initiated a process to develop the latest petition two years ago and sought a range of voices from regulators and scientific experts to consumers and industry players (domestic, international, large and small alike).

With the benefit of consumer research, the Industry Petition takes concrete steps to bring clarity to olive oil labels and restricts the use of potentially misleading terms like “pure” and “extra light.” It also focuses on assuring olive oil authenticity by using the latest scientifically backed standards and methodologies.

naooa.wildapricot.org

BRAINSTORMING

the section dedicated to your ideas, requests and proposals.

Write to create our newsletter together.

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thegreenfitpr@gmail.com

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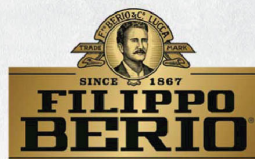
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