



Food Sourcing Principles and Ideas



Many patients over the last several years have asked me where I source foods locally. This is my personal listing for myself and my family for where we acquire foods or bulk items. This listing is always changing, some new places are added and some old places are removed. This is a continual work in progress and is only meant as a basic guide. Everyone will have to individualize their own local food sourcing. This listing is not meant as a medical recommendation but only as an example to family, friends, and patients of how we personally source our food.

Principles



1. Always eat real, unprocessed food. Organically Grown is a starting place, but there are now options for Certified Naturally Grown and many local farmers are more than happy to share their practices (and often will even give tours) if you ask.

Processed foods are made in a way to extend the shelf life of the food and enhance its flavor. This results in foods that are less nutritious than carefully chosen and prepared whole foods. Many vitamins and nutrients are lost in this process. Fortified foods do not make up for these losses. Stay as close to nature as possible in eating. See Genetic Roulette for more detailed information.



2. Use a plant-based diet (i.e. >50% of what you eat on a daily basis is plant life). Organic/Biodynamic/Certified Naturally Grown or local farms as much as possible. If unable to buy organic, then use the “Clean 15” list to guide your purchases—not everything has to be organic (e.g., avocados) while others should to be organic (e.g., strawberries) The Clean 15/Dirty Dozen has an app you can put on your phone for quick reference.



Dirty Dozen

Strawberries	Peaches
Spinach	Cherries
Kale	Pears
Nectarines	Tomatoes
Apples	Celery
Grapes	Potatoes

Clean 15

Avocados	Cauliflower
Sweet corn	Cantaloupes
Pineapple	Broccoli
Onions	Mushrooms
Papaya	Cabbage
Sweet Peas (frozen)	Honeydew melon
Eggplants	Kiwi
Asparagus	



3. Avoid processed sugar and oil and only use natural sugars in

moderation (e.g., raw honey, grade A dark maple syrup, coconut sugar, stevia, organic cane sugar (most sugar is from GMO sugar beets). Hydrogenated or trans-fats are toxic to the liver and brain, result in high cholesterol, and contribute to symptoms such as fatigue, aging, learning disabilities, heart disease and hyperactivity to list few. Essential lipids found in pure, unprocessed fats and oils are crucial to the function of every cell in your body. Completely avoid processed fats/oils. Examples to avoid include: margarine, vegetable oil, canola oil, soy oil, corn oil, peanut butter and peanut oil, Crisco, mayonnaise, salad dressing. I know some 'experts' recommend 'healthy organic' soy/corn oil but these are misguided recommendations. I base my recommendations on the research of Patricia Kane, PhD who is one of the top lipid experts in the world.



Healthy oils include nut and seed oils (cold pressed, organic, unheated and don't cook with these), avocado, coconut, butter/ghee, tallow (organic and grass fed/finished sources), unfiltered extra virgin olive oil (like California Olive Ranch), and lard (from pastured pork). For sunflower and flax seed oils use a clean verified brand like Flora (www.florahealth.com). A healthy balance of bioactive lipids (i.e., healthy fats) is the following: reduce saturated fats to 10% of total fat intake (typically come from butter, meat, etc.), increase monounsaturated fats to 40% of total fat intake (i.e. extra virgin olive oil, avocado oil), increase polyunsaturated fats to 40-50% of total fat intake (i.e. omega 3's like fish, omega 3 fish oil, seeds and nuts).

Never use any heated, processed or solvent extracted oil. You wouldn't put used oil in your car, so why put it in your body?



4. Eat only pastured, grassfed beef from a reliable local source, pastured chicken, wild caught fish and seafood (not farmed).
NOTE: every place supplements chickens with feed, so it is critical to find out the source of that feed.

For more info visit www.eatwild.com or www.thematrix.com



5. Source foods locally as much as possible and eat seasonally (i.e., don't eat blueberries in January).



6. Always ask your local farm or grocer about the food sourcing. Local farmer's markets are a great source. If they do things the right way, they will be excited to talk to you about it. If they seem bothered by your questions, their farming practices probably don't meet our standards.



7. Use starches/grains as condiments, not as fillers (e.g., a carb/starch like rice or potatoes shouldn't be more than 25% of a meal).



8. Read labels - Avoid added sugars, chemicals, preservatives. Anything with a number in the name or that you can't pronounce is likely a chemical. The difference names of sugar to avoid include- sucrose, high fructose corn syrup (HFCS), fructose, maltose, maltodextrin to name a few. In general, it is a good rule not to eat any packaged foods due to the complexity of food marketing and processing, but there are exceptions.



9. Avoid toxins and heavy metals. The above will contribute to this. In order to learn more about this read our blog post on this topic entitled "Detoxification."



Sourcing for Central VA

Fall Line Farms - <https://flflr.luluslocalfood.com/>

- ▷ **Beef** - Brookview Farm, grassfed and grass-finished are two keys for beef

- ▷ **Chicken** - Avery's Branch Farm
 - Polyface Farm (they have local delivery in Central Virginia)
 - Forrest Green Farm is another great source for these
 - We tend to look for pastured, soy free feed

- ▷ **Eggs** - lots of options, one of our favorites is Burkeville Waverly Farms, but look around on Fall Line's page and see which may meet your needs; again, we prioritize pasture-raised and soy free feed for these.

- ▷ **Beef Bones, Chicken Necks, Chicken Backs for making bone brot h-**
Brookview Farms, lots of others now

- ▷ **Vegetables** - Broadfork Farm, Manakintowne Specialty Growers, we probably order from most of the farms listed at Fall Line

- ▷ **Fruit/berries** - Swift Creek Berry Farm is no spray, look around and don't hesitate to ask if you're unsure

- ▷ **Organ Meats** - Brookview, Polyface, Forrest Green

- ▷ **Raw Milk Herd Shares** - Avery's Branch Farms, Sunny Horizon Dairy (linked through Elim Springs Farm)

Other Sourcing

Thrive Market online source for organic foods and personal care products - <https://thrivemarket.com/>

Local Harvest - www.localharvest.org/

This is an online resource to find local produce, farmers markets and farms anywhere in the country. Just type in your location and you can begin to search the results. This resource was one of the originals back when the real food movement began.



Costco

Yes, you read that right. Over the last few years they have been getting some well sourced products that come and go. Always read the label and research the manufacturer.

- European Cheeses- check the labels, but many of these are good
- Frozen organic Berries and Fruits
- Fresh organic berries in season
- Fresh organic fruits in season
- Avocados
- Organic Olive Oil (they do a good job sourcing from Spanish/Italian sources)
- Wild Caught Salmon in season and otherwise frozen Alaskan Salmon off season
- Wild Fishes in season—these seem to be more difficult to find in the last couple years, but we will usually purchase if they do have them.
- Organic Sprouted Lentils/Rice (this is kind or sporadic at Costco)
- Ground Himalayan Pink Salt

There are lots of other items available sporadically, pick things up, read the labels, sometimes you'll be pleasantly surprised at what is available at Costco. Keep the principles above in mind, but definitely take advantage of things that are in keeping with healthy choices when available.

- ▶ **Wine** - Obviously this should be limited, but RichwineRVA sources natural, biodynamic, and organic selections and will even deliver to your home.
- ▶ **Sprouted Grains/Flour/Seeds & Nuts** - To Your Health Sprouted Flour Company

This is where we get most of our sprouted lentils, flours, oats, rice. This is a bulk purchase, so it can be a little pricey, but that is because you will be buying a 25lb bag of oats, for example. Since we use these items sparingly, we sometimes find it worthwhile to purchase these already sprouted.

- ▶ **Milk/dairy** - This deserves its own category. It is illegal in Virginia to buy raw milk, so one has to buy into a cow share. These can be purchased at Avery's Branch Farm, and a couple of other local farms. If you don't want to do this, Homestead Creamery (in glass bottles) or other pasteurized, but non-homogenized milk is the next best thing (found at Whole Foods, Kroger, and Elwood Thompson's). If you buy raw milk, then it is super easy to make yogurt with an Instant Pot. If not, both Wegman's and Whole Foods have A2 yogurt from grass fed cows. Avoid ultra-pasteurized or homogenized milk even if organic, as this process changes the food chemistry. It is very hard to get clean dairy (and it is laden with pesticides, antibiotics and hormones), so if you are unable to get it, just remove it from your diet.



Ellwood Thompson's, Good Foods Grocery, Wegman's, Whole Foods, Trader Joe's

- Organic Baby Kale, Spinach, Mixed Detox Greens
- Seasonal Root Vegetables
- Seasonal Organic Berries, Apples, Pears, Watermelon, etc.
- Other seasonal organic vegetables: cauliflower, brussels sprouts, broccoli, etc.
- Ghee
- Eggs
- Fresh caught wild seafood
- Spices
- Sea Salt

Ellwood Thompson's also has:

- Pastured beef, pork, eggs from Polyface Farm
 - Pastured turkey and beef from Keenbell Farm
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- ▶ **Coffee** - Equal Exchange <https://equalexchange.coop/about>
Purity Coffee www.puritycoffee.com
 - ▶ **Tea & Herbs** - Mountain Rose Herbs <https://www.mountainroseherbs.com/>
 - ▶ **Ghee** - Eat Good Fat www.ancientorganics.com
 - ▶ **Local Farmer's Markets**
 - South of the James
 - Brandermill Green Market
 - Manakin Market
 - The Market at Magnolia

