

Healing food systems known for centuries

The Incas, Mayans, ancient Chinese, Indians, Mediterraneans had long ago figured out that “we are what we eat”, and correspondingly built up a staggering knowledge of plants, nutrition and their impact on our wellness. In many ways scientists today...

Ancient grains making a comeback

Modern wheat is a relatively recent crop, a hybrid descendant of ancient grains like spelt, einkorn, and emmer. However, with increasing interest in home baking and growing awareness about gluten-sensitivity, ancient grains have begun to re-emerge in our

Food Feature: Bamboo Shoots

We often think of pandas as gentle giants, but did you know that they actually consume as much protein as most other carnivorous animals? Young bamboo shoots can comprise nearly 30% protein, and play an important role in the panda's diet! These herbivores

Boosting Our Immune System

Global stats on COVID are on the rise again with some countries being hit particularly hard. We wanted to revisit the topic of keeping our immune system up as the environment around us changes. We need to eat right for our immune system to function right

Tubers: Nature's answer to affordable energy

When we think of tubers like potatoes, sweet potatoes, yam, cassava, Taro etc. their similarity to grains hardly strikes us, yet tubers and grains are the main source of inexpensive energy in the plant kingdom.

Mushrooms: a humble culinary wonder

The humble mushroom has been prized for centuries; the Greeks believed it imbued strength in warriors, the Chinese treasured mushrooms as a source of vitality and the Romans believed it to be the “food of the gods”. There are over 2,000 species of

mushroo

Mad for garlic

The best known member of the Allium family, garlic has enjoyed a storied history across civilisations. The Egyptian and Indian cultures referred to it some 5,000 years ago, the Babylonians grew it in their hanging gardens 4,500 years ago, the Chinese docu