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Hello and welcome



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From the President William Jefferson Clinton Birthplace Home National Historic Site, located



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in historic Hope, Arkansas; a place famous for

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heresy

LOUDSPEAKER SYSTEMS

H: WO

home stereo speakers

328628

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TYPE

Patents:

SERIAL

Klipsch loudspeake

KLIPSCHORN, K HERESY, SHORT

owned exclusively of these tradema a violation of our

patent law.

INSPECTE

TESTED

2,238,023 2,310,243 2,373,692





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and a saxophone playing President.

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But today, I'd like to discuss an issue a little closer to my heart

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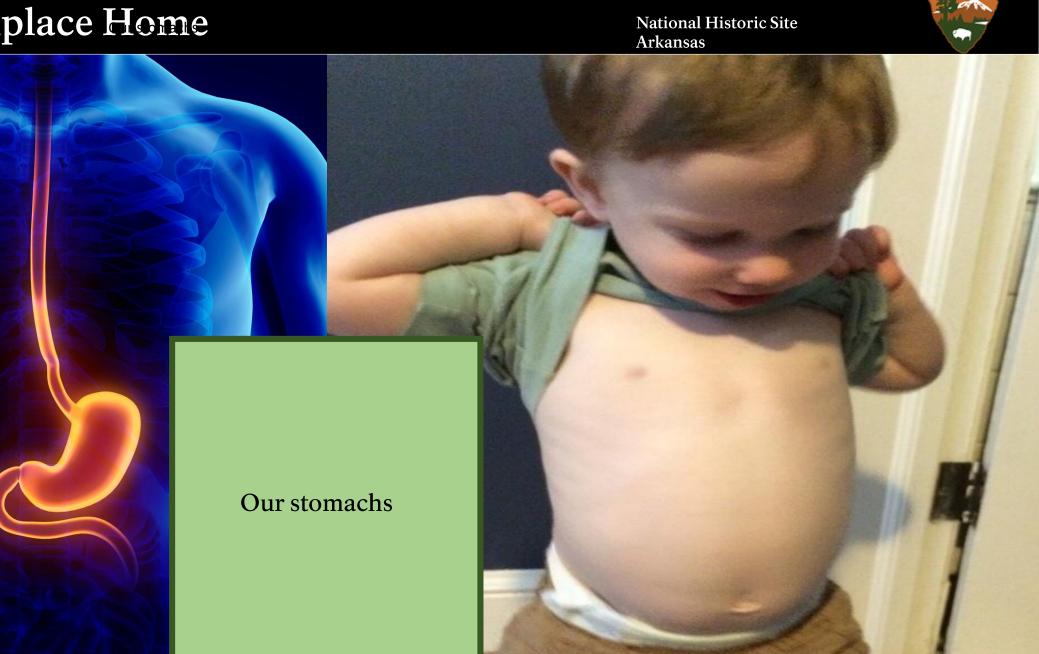
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My stomach or actually

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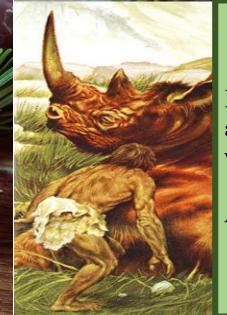
And the foods we eat each day of the year

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Back in the old days, we ate what we found and what didn't eat us first.

And today, we're

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More choosy and refined in our eating habits

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Ok, maybe not *much* more refined, but differently than we used to.

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We used to eat with the seasons... We used to

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EAT LIKE AN ANIMAL (Roar)

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I don't mean eating without table manners or consideration to others around you or not using a napkin when necessary.

What I mean is... Well, what do animals eat

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Kirkpatrick



How about the fall?

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How about the bountiful season of spring?

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And sometimes they only eat what they can find.

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The animal kingdom eats according to the season because it's relatively inexpensive to produce and close by,

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It's also renewable

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And it supports the health and balance of the whole ecosystem

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We do the same thing in some ways:

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Many of us look forward to the foods of the fall months as well,

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Yet in the winter time, our local selection gets a little thin

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Unless you count the dumpster out back...

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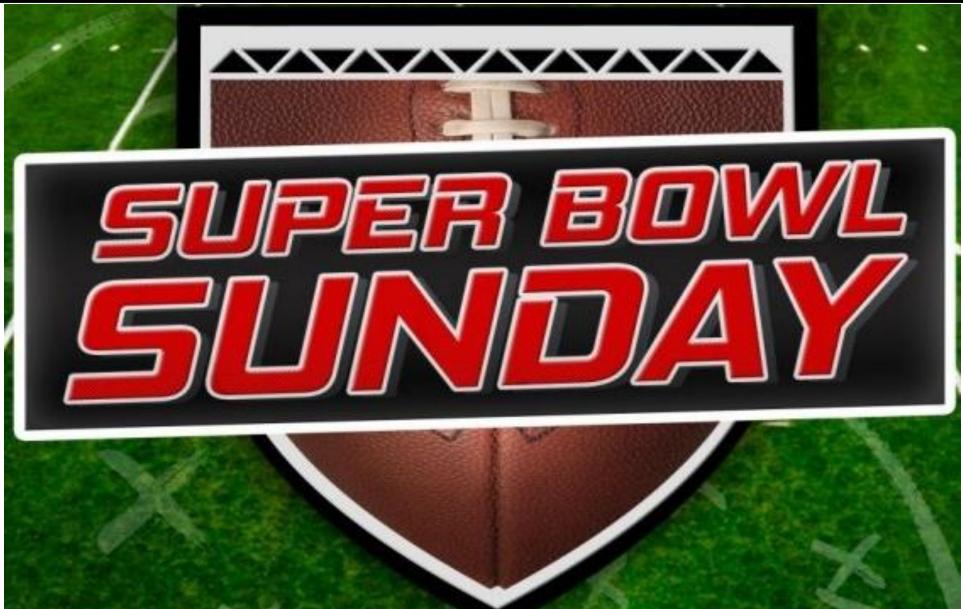




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Super Bowl weekend in February; one of the biggest eating days of the American year.

What food items are available or seasonal in February?

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Turkey, winter squash, potatoes, greens, nuts. NO!

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Our tables typically have vibrant greens and festive reds and saucy shades of orange. What warmweather ingredient is most widely used here?

Avocados, right. How much do they typically costs at the grocery store?

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ALWAYS IN SEASON

Mexico produces 45% of the worlds avocados. There is one region in Mexico called the "avocado belt"

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Our groceries come from Associated Grocery Supply points in the Midwest. For the sake of argument, let's use Springfield, Missouri as a destination for our avocados.



PRAGOR

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So there's a group of paid workers, on a privately owned farm in southern Mexico, picking them from the trees and bagging them for transport to Mexico City by truck.

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There, the big companies in Mexico City, with lots more paid employees, package up our avocados again and load them onto bigger trucks that are driven by paid employees

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For around fifteen hundred miles to our grocery supplier in Springfield.

Only to arrive at our grocery store with a price tag of



1,532.8 miles





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Forty-four cents a piece.



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When I consider the payroll of the pickers,



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Warehouse workers

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and nice grocers that handle our avocados before we even see them



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the fuel cost for the journey from there to here

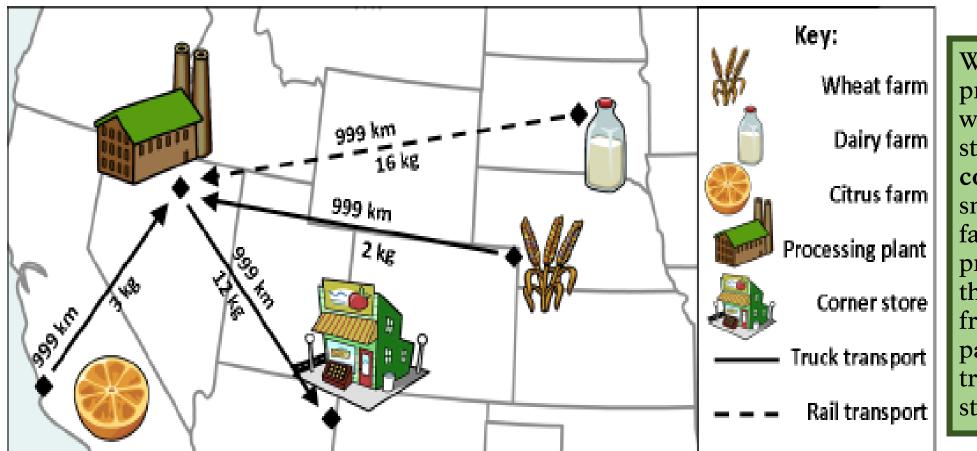
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We should consider the price *all* of the products we purchase at the corner store to identify the real cost. Whether that be smaller profit for the farmer, lower wages for production workers, and the pollution generated from processing, packaging and transporting them to the stores.

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Then compare that real cost to that of buying from local area farmers and producers

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During the time of year that makes it cost effective, close by,



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renewable



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Let the backdrop of the seasons be your guide to healthy eating and maintaining your corner of the world. You'll find that Mother Nature does indeed know best.

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Thank you

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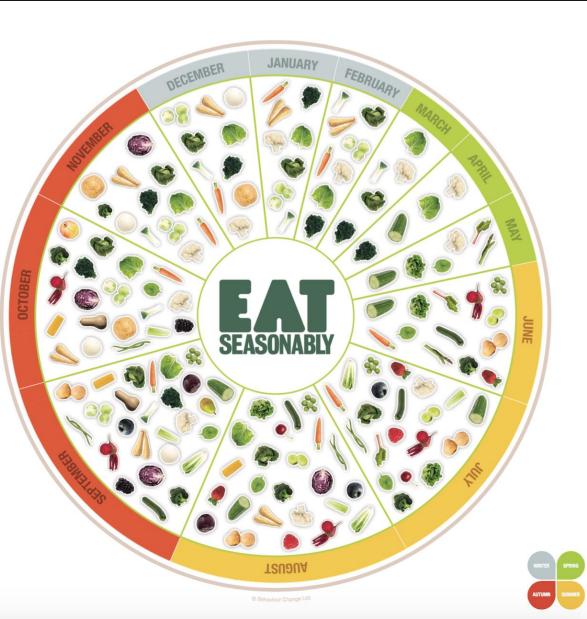
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EAT SEASONABLY Calendar =

0	APPLES, COX										OCT		
1	ASPARAGUS					MAY	JUN						
3	BEANS, BROAD						JUN	JUL	AUG				
1	BEANS, RUNNER									SEP	OCT		
1	BEETROOT						JUN		AUG	SEP	OCT		
٠	BLACKBERRIES									SEP	OCT		
۲	BLUEBERRIES							JUL	AUG	SEP			
e.	BROCCOLI						JUN		AUG	SEP	OCT	NOV	
9	BRUSSELS SPROUTS		FEB							SEP	OCT	NOV	
	CABBAGE, SPRING GREEN			MAR	APR				AUG	SEP	OCT	NOV	DEC
0	CABBAGE, WHITE									SEP	OCT	NOV	
Ŷ	CABBAGE, SAVOY	JAN	FEB	MAR				JUL	AUG	SEP	OCT	NOV	DEC
3	CABBAGE, RED								AUG	SEP	OCT	NOV	
1	CARROTS						JUN		AUG	SEP	OCT	NOV	
9	CAULIFLOWER	JAN	FEB	MAR	APR	MAY			AUG	SEP	OCT	NOV	DEC
0	CELERY								AUG	SEP	OCT		
•	CHERRIES												
1	COURGETTE						JUN			SEP			
9	CUCUMBER				APR	MAY	JUN	JUL	AUG	SEP			
	KALE			MAR	APR					SEP	OCT	NOV	
1	LEEKS	JAN	FEB	MAR						SEP	OCT	NOV	DEC
0	LETTUCE, COS								AUG	SEP			
	LETTUCE, CURLY					MAY			AUG				
8	PARSNIPS		FEB	MAR	APR	MAY	JUN	JUL	AUG				
9	PEARS									SEP			
*	PEAS						JUN	JUL	AUG	SEP			
	PLUMS								AUG	SEP			
	POTATOES, MAINCROP										OCT	NOV	DEC
39	POTATOES, NEW						JUN		AUG	SEP			
•	RASPBERRIES								AUG				
9	RHUBARB					MAY							
9	SPINACH					MAY				SEP	OCT		
ø	STRAWBERRIES						JUN	JUL	AUG				
8	SQUASH									SEP	OCT		
8	SWEETCORN								AUG	SEP	OCT		

eatseasonably.co.uk



Here is a take-home guide for eating like an animal. Enjoy!