

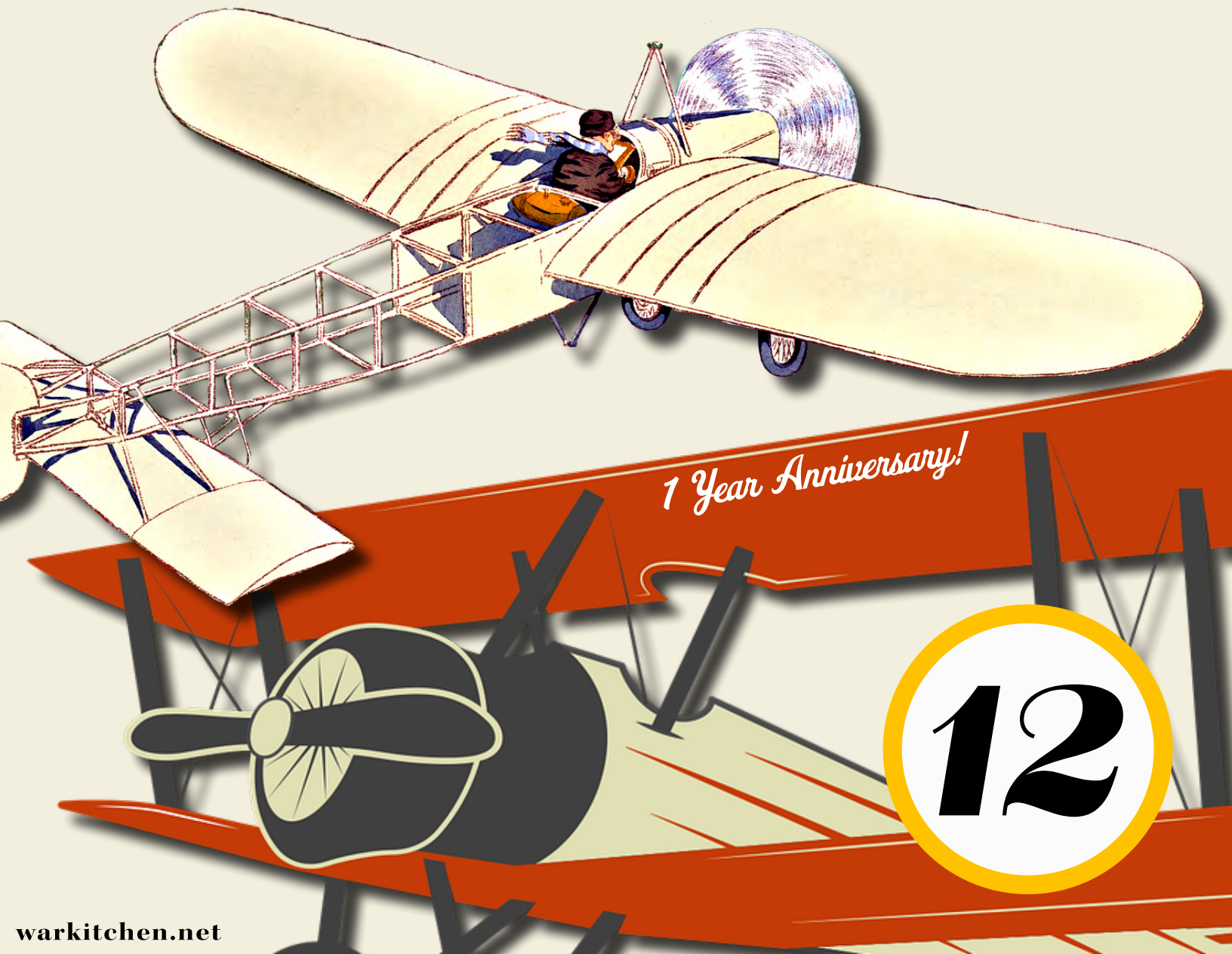
WARKITCHEN

Dining in the Sky
Nourishment & Sustenance,
30,000 feet in the air

Ten Simple Things
Actionable rules for life,
that go beyond just nutrition

Southern Classics
You can make them healthy,
you know?

Farm Fresh
A story of why pasture raised
eggs are worth the premium



1 Year Anniversary!

12



WHY FOLLOW THE CROWD WHEN YOU CAN HAVE THE BEST

Discover excellence with Centenarius Nutrition's premium Glycine powder. Meticulously crafted for those who accept nothing less than perfection, our pharmaceutical-grade Glycine is sourced exclusively from Japan. This unwavering commitment to unparalleled quality and potency sets the stage for a truly transformative experience.

Unlock peak performance and overall well-being with this vital amino acid, essential for optimizing brain function, muscle growth, restorative sleep, gut health, and reversing aging. It's time to elevate your life with Centenarius Nutrition's Glycine. Your pursuit of excellence starts now.

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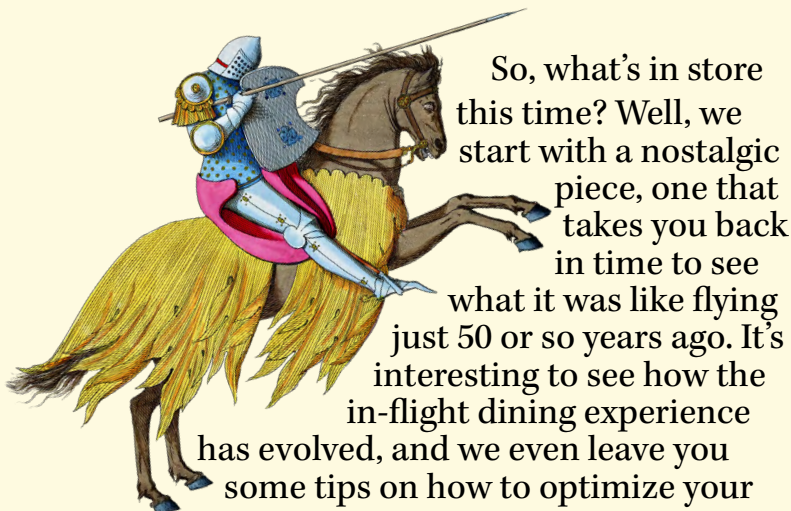


A Few Words From Rocky,

It's been an entire year, Ladies & Gentlemen! Yes, back in May 2022, we published the very first edition of the WARKITCHEN magazine, and what a ride it's been since. Thank you all for the love and support. Everytime you share these PDFs with a friend, we get a step closer to fulfilling the vision, and it's never been clearer. The WARKITCHEN will be the premier destination for all things nutrition, gastronomy and lifestyle. We will normalize eating healthy food, that actually tastes pretty damn good. And we'll do all this without compromising on style & swagger. We are currently doing some market research on what it'll take to bring a *quality* print edition to you guys later this year. Perhaps we'll start with a "Best of WARKITCHEN" issue, with all the best pieces written so far. Let us know what your favorite articles are, on our socials.

modern day flying experience. Next, Bovillus leaves us with ten actionable pieces of advice you can use to improve your life today. He does a good job of distilling many of these lessons we hear, and presents them in format that's incredibly digestible. Kelli then takes us through southern classics, particularly informing us how we can make healthy versions of these meals in the comfort of our own home. She was even kind enough to leave 2 exclusive recipes — homemade mayonnaise and southern style sourdough biscuits. Lastly, sprendax shares how wandering around rural Virginia led him down the road of an organic farm, and how that has changed his perspective of organic, pasture raised eggs. And as always, we complete the issue with the food YOU have made! Take some inspiration, and create some art in the kitchen.

Read every issue of the magazine, as well as previous newsletters on warkitchen.net. And once again, thank you all for reading & sharing the magazine with your friends and family. Follow us on [Twitter](#) & [Instagram](#). Join the WarKitchen [Discord Community](#) to post pictures of your food for the next issue. Scroll through the WarKitchen Soirée [Telegram Channel](#) for beautiful pictures you can save. Explore punchy house music with WarKitchen Music on [Soundcloud](#). With that,



So, what's in store this time? Well, we start with a nostalgic piece, one that takes you back in time to see what it was like flying just 50 or so years ago. It's interesting to see how the in-flight dining experience has evolved, and we even leave you some tips on how to optimize your

Enjoy the Experience,
Rocky



THE RENAISSANCE IS HERE MY FRIEND. WE ARE A GENERATION OF ARTISTS. OF CREATIVES, IN THE PUREST SENSE. WE ARE BLESSED BY GOD TO LIVE IN A SLIVER OF HISTORY WHERE THE IMPOSSIBLE HAS BEEN MADE POSSIBLE. WE ARE USHERING IN THE ERA OF THE ARTIST, AND THERE ARE UNLIMITED BRUSHES TO EXPRESS WHAT'S IN THAT BRAIN OF YOURS. PICK YOUR WEAPON, COMRADE. CHOOSE YOUR MEDIUM AND UNLEASH CREATIVE ZEAL. "ART WITHOUT MEANING IS DECORATION".

WarKitchen

DINING IN THE SKY



*Take a trip back in time,
to the Golden Age of Flying.*

Flying was once classy. Passengers would wear their “*Sunday Best*”, dressed for the occasion; actively looking forward to the journey itself. It was an adventure in the sky; piercing through the clouds to reach your destination. And with all great adventures, there was great food to accompany it with. In this piece, we’ll explore in-flight dining experiences of the past and explore how this once-celebrated aspect of air travel has evolved; or *de-evolved*.

The Golden Age of Flying

It was an entirely different world. Back then, airline carriers had to try so much more. It was the customer who was in the cockpit. Commercial air travel was still new, and airlines had to woo passengers on their planes. They did this by offering comfort, service and indulgence, and the meals onboard were no exception. Back in the 50s, airlines like Pan Am were renowned for their what they served and how they did it — lobster thermidors and filet mignons on white tableclothes with fresh flowers.

Stewardesses who were more like hostesses. Caviar and lobster was commonplace. With multi-course meals served on fine china, you wouldn’t realize you were in a plane until you looked out the window. And yes, smoking was allowed and even encouraged on planes. Dining in the sky just back then was a culinary experience 30,000 feet in the air that was truly unforgettable.

How to Fly, Japanese Style

Japan Airlines, for instance, gained a reputation for their luxurious meals. It was not just the incredible attention to detail they paid to every course, but the fact it was all tied together in an experience in of itself — from providing the right clothing to the enthusiasm of the stewardesses in kimono.

You’d slip into a happi coat, traditionally made with soft cotton or linen. Once you’re comfy, you’d have a few slices of fruit. Try some beluga caviar. Carrots with butter (very peaty). Indulge in premium Kobe beef. They even care enough for your micronutrient composition to provide you some pâté. They

How to Fly, Japanese Style.



Slip into a paper coat. Part robe, part sport coat! The Japanese dress up even to relax.

Save champagne, wine. And a starter of cheese to snack from in between.

JAL's flight kit includes slippers, face, city guide, toothbrush, travel wallet—and eyeshades!

Hot air bath towels. Or, how to freshen up without getting up.

Kobe. The world's most tender beef.

Tsukudashi. The delicious word for Japanese hors d'oeuvres.

Beluga caviar. Lobster. Pate. When it's cocktail time on JAL, we treat you like a king.

Artichoke hearts. Carrots. eglove in butter. And the steak is cooked to order.

Cuisine's la Japanese. A perfect introduction to Japan.

This photo features First Class service items.

We once asked some of our flight guests what they liked most about flying with us. Surprisingly, it wasn't any of the comforts or delicacies above. In fact, it wasn't what we did so much as how we did it.

They spoke of being pampered. Of the way our hostesses in kimono smile. Small things, of course. But in a world that worships the mammoth, the small has a way of making up in gleam what it lacks in size.

At JAL, we glory in the small

things of life. From our first hello to our last *sayonara*, we take the small attentions and courtesies so much for granted, they are our way of life. It's a way of life practiced by us and our ancestors of generations beyond number. In that sense, you could say we've been practicing how to fly for a thousand years and more.

Japan Air Lines
P.O. Box 888
Burlingame, California 94010

I'd like to fly Japanese style. Please send me your free booklet with all the details.

Name: _____
Address: _____
City: _____ State: _____ Zip: _____

My travel agent is: _____
Please have a travel consultant call me at: _____

Flying Japanese Style, First Class

How to Fly, Japanese Style.

We don't economize in Economy.

If you think that flying Economy is flying second class, you've never been a passenger of Japan Air Lines.

Our Economy begins with a five-course meal: like prosciutto and melon, filet mignon, garden salad, baba au rhum and beverage.

That's the Continental part of our Economy menu. You'll also want to sample our special tray of *teishoku* Japanese delicacies. Try and find them on any other airline—in Economy or First Class. On JAL Economy, we have all kinds of extras to delight you. Like in-flight slippers. Maps and guide to 35 JAL cities around the world. Games for the children. Individual tooth brushes, and powder rooms stocked with creams, lotions and refreshants.

And, the thoughtful courtesy of our famous hostess in kimono and entire crew.

You see, you're an honored guest in our home. And, in Japanese etiquette, there is no Economy way to welcome a guest.

Japan Air Lines
P.O. Box 888
Burlingame, California 94010

Please send me JAL's free Orient shopping guide for Economy-minded persons.

Name: _____
Address: _____
City: _____ State: _____ Zip: _____

My travel agent is: _____
Please have a travel consultant call me at: _____

Flying Japanese Style, Economy



Your first taste of Paris... 3000 miles from France!

Bon appetit! Imagine that you're dining in De Luxe Class on Air France—surrounded by fabulous French delicacies, attentive French stewards and French atmosphere that would rival a plush Parisian restaurant. You can hardly believe you're still 3000 miles (only 6 jet hours) from France. But that's exactly what happens when you fly Air France's new Boeing 707 Intercontinental—the world's fastest, largest, longest-range jetliner. Daily non-stop service from New York puts you in Paris in 6½ hours! The beginning of April, Air France jets will fly Polar Service to Paris direct from Los Angeles. Service from Chicago direct to Paris begins the middle of April. Make your reservations now. All flights feature De Luxe and Economy Class. Round-trip Economy Fare between New York and Paris only \$532.20. Fly now—pay later. See your Travel Agent or call Air France today. Offices in 28 key cities.

AIR FRANCE JET

WORLD'S FASTEST JETLINER / WORLD'S LARGEST AIRLINE

Bon Appetit!, Air France



DC-8 1950's Cabin Service

covered all bases. And of course, some *sake* to wash it all down. This quality wasn't just reserved for first class either. They didn't hold much back in economy, as the saying goes, "*In Japanese etiquette, there is no Economy way to welcome a guest*". Brilliant. Refer to p.7 for the full meals served on Japan Airlines.

Wasn't All Sunshine and Rainbows

While I absolutely love this era of flying, from the aesthetics to the proper food they used to serve, it wasn't all perfect. Many of these planes back then, especially in the 50s were propeller planes, and they couldn't really fly when the weather was turbulent. This meant frequent delays and cancelled flights at the airport. Eh, at least they didn't have to take their shoes off!

The Decline of the Airline Food Quality

Of course, this era of mass opulence did not last. As time went on, airlines faced increasing pressure to cut costs, and the in-flight experience was casualty #1. The quality of ingredients tanked, as companies prioritized profit over passenger satisfaction. The proliferation of cheaper seed oils meant that more of them were used instead of traditionally expensive saturated fat and oils like extra virgin olive oil and very slowly, food quality deteriorated.

Deregulation & Changing Landscape

The deregulation of the airline industry in the 1980s further worsened not just the in-flight dining experience, but flying overall, on average, of course. With more competition

in the market, many airlines had to cut costs to stay competitive, resulting in a decline in average quality. The rise of 'budget' and low-cost carriers also contributed to this trend, and they normalized providing minimal or no in-flight food options to keep ticket prices low.

The Importance of Nourishment

Why do we care so much about food on planes anyway? Does it really matter? Here at the WarKitchen, we take pride in what we put in our bodies and it is an understatement to say that what you eat is crucial for a healthy state of mind. Travelling for long distances is already a stressor on the body. You do not want to pile on this with poor nutrition. These days, the average airline meal is a far cry from Japan Air in the 70s. People eat seed oil-laden bread, weird "jams" and then wonder why they have jet lag for days after. Proper nourishment is crucial for a comfortable and enjoyable flight experience and you will also feel better at touchdown —allowing you to use your time experiencing the



Stewardess Serving Drinks on Airplane
CSA Images

world, instead of laying in bed all day. If you're flying modern economy, either refuse to consume the in-flight food or bring some of your own. Hard boiled eggs. Smoked salmon packets. Cacao bars. Anything light that you wouldn't mind consuming cold works really well. Or you could be like Dr Saladino and **take an entire coconut with you!** Alternatively, you could eat a good meal prior to your flight and fast while you're in the air, maybe indulge in the liquids on board as you do

some writing, or catch Top Gun for the 39th time.

Excellent Airlines

Sure, the quality of airline meals in general has fallen since the access to flying has increased over the past few decades. But this does not mean there aren't any airlines today that take pride in the food they serving their customers. Singapore Airlines are one very good example, and they have developed a rather [extensive system](#) that helps ensure quality control, from economy to first class. They even offer a 'Book the Cook' service that allows passengers to pre-select their meals, and include any "seed oil allergies" you might have. Emirates are another airline renowned for their food quality, with an extensive menu and exclusive partnerships with renowned chefs. They even offer

specialty cheeses. You could [build your own charcuterie board](#).

Bringing the Golden Age Back

We desperately need to overhaul the airline experience. It's not just the food. It's everything from the pointless security checks, to the many hoops you have to jump, just to get on a plane. More airlines need to follow the likes of Singapore & Emirates and start investing in ingredients and systems to improve food quality. This means collaborating with great chefs and improving their backend logistics to consistently offer warm, healthy meals. Vote with your wallets and fly with airlines that prioritize food quality and

demonstrate a commitment to providing an exceptional in-flight dining experience.

To conclude, while the golden age of flying may seem like a distant memory, there are still opportunities to enjoy a high-quality in-flight dining experience if you know where to look. By choosing airlines that prioritize food quality and taking steps to ensure proper nourishment during your flight, you can bring back some of the elegance and luxury that characterized air travel in the past.

Make flying great again.

This piece was a WARKITCHEN exclusive. If you enjoyed this, you will enjoy our emails every Sunday on all things nutrition, lifestyle and gastronomy. Sign up [here](#).





the smart way to
TRAVEL
and still look smart

This attractive woman traveled a thousand miles today. Looks as though she just stepped out of a bandbox, doesn't she?

Yet, she is just one of thousands of modern American women who travel by Flagship. It might even be you...

You'd choose American because you're a wise shopper. You know this modern way of travel saves wear and tear on your clothes, on your smart hair-do, but...most of all on *you* yourself. Miles melt into minutes on a Flagship. That's why at journey's end you're refreshed, rested, as perfectly groomed as when you boarded the plane. Air travel can make this possible for you.



ALL YEAR 'ROUND, TRAVEL IS BETTER BY AIR... BEST BY **AMERICAN AIRLINES INC.**

A GIFT OF BEAUTY: THE POWER OF GRECO*

***(as told by a devoted fan)**

Greco Gum, the *premium mastic gum* with a rich history, has captured the hearts and minds of those seeking the extraordinary. One devoted fan has shared his experience, revealing the true power of Greco in redefining elegance, strength, and beauty.

Sourced from the mystical island of Chios in Greece, Greco Gum is a *100% natural resin* that stands out from the sea of toxin-laden, artificially flavored chewing gums. Our fan reveled in the *unique taste and texture* of Greco Gum — initially hard but soon evolving into a solid, manly gum that sculpted his jawline and fortified his character.

“It tastes exactly like you’d expect a sap to taste, slightly bitter at first, but continues to produce a nice, almost piney taste.”

Our fan also experienced secondary benefits, in how it’s helped him avoid toxic food and processed junk.

“Keeping your mouth occupied is a great mechanism for keeping off the paths of temptation.”

Greco Gum is not merely a gum – it’s a transformative experience that harkens back to a time when elegance, strength, and beauty were very much celebrated.

Join the ranks of those who have unlocked timeless elegance with Greco Gum.

Share this gift with someone special, and let the journey begin. ■



TEN SIMPLE THINGS FOR A BETTER LIFE.

I'm going to let you in on a secret: You can instantly improve your life, your happiness, your wealth — all with almost no change to your day-to-day life.

You just need to do Ten Simple Things.

Ten Simple Things to make you happier, smarter, healthier, calmer.

Better looking, even.

They don't want you to know these things.

They want you to keep going about life unthinking, unblinking, unwavering.

The status quo.

But, it doesn't have to be that way.

With these Ten Simple Things, you can break free.

You can wrench yourself from the pattern, the mundane. You can take control.

You can make your life better.

You just need to do these Ten Simple Things.

You need to make real food.

Stop with the take out, the *DoorDash*, the *Uber Eats*. Instead, cook at home, and cook yourself. Anyone can scramble an egg. Anyone can make rice. Anyone can roast a chicken. You just need to make an effort. And when you cook...

You need to use better

ingredients. Skip the industrial oils, the manufactured ingredients, the pre-made, pre-cooked packets of slop. Use

real butter, real olive oil. Fresh herbs, fresh vegetables. Meat that came from a single animal. Raw milk, raw cheese. Heirloom grains and vegetables. This is how you fuel your life.

You need to get outside. Your body wasn't made to sit inside all day, never seeing the sun. You need to breathe fresh air, feel the ground beneath your feet. Get up early and watch the sunrise. Listen to the birds sing. Take a walk at

lunch, cook dinner en plein air. Attune yourself to the rhythm of the day.

You need to grow something.

As a society, we are disconnected from the Earth. There's a generation of kids growing up thinking that bacon comes from a plant. This has to end. You need to put down roots. You need to get your hands dirty. You can start small with flowers in a pot, an herb garden on the window sill. If you have the space, a medium-sized raised bed can provide vegetables throughout the spring and summer — and an appreciation for nature that will last for a lifetime.

You need to move.

It's been said we were born to run. And if you're not running, you need to be walking, carrying heavy things, or lifting them. You need to be sprinting up stairs, bounding down hills, leaping off curbs. When you move your body, you move your spirit. "*Shaking things up*" is not just a turn of phrase — without movement, you atrophy. You decay. Movement is the key. But...

You need to be still.

We live in a world of constant vibrations, of flashes, of notifications. You need to be aware of the

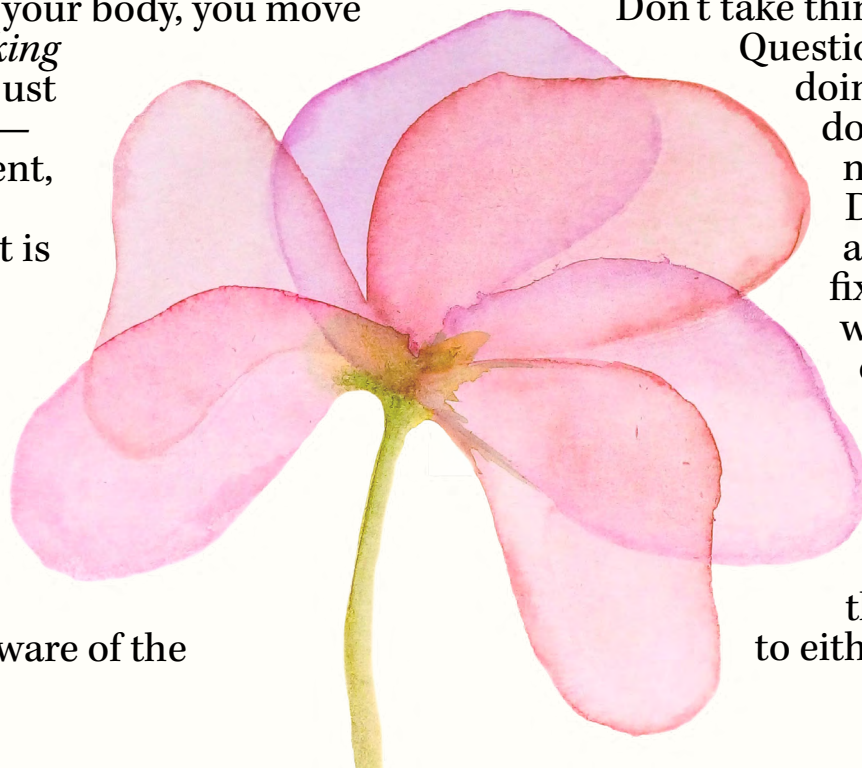
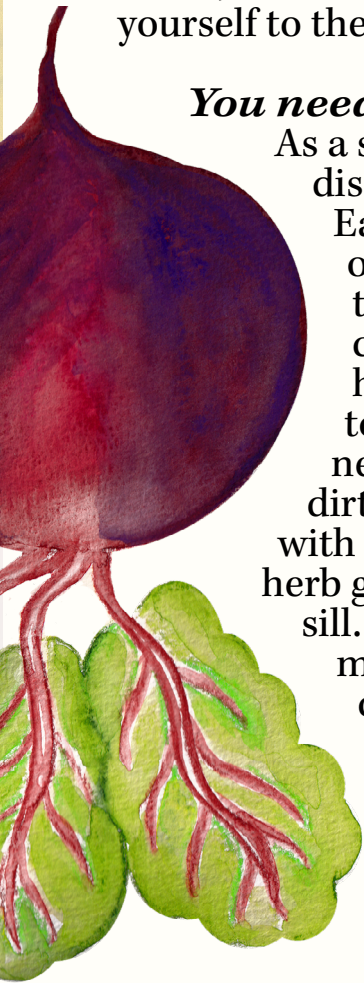
stillness within yourself. Find time to step away. Breathe in. Breathe out. When you're not moving your body, you need to quiet your mind. You need to find the calm, the stillness. *Slow is smooth, smooth is fast.*

You need to let go. There are things you can control and there are things you cannot. Don't conflate the two. Let go of the things beyond your grasp, the things that don't affect you. Focus on what is happening in your home, on your street — not what's happening on the news, across the globe.

You need to make connections. Don't live in a silo. Get to know your neighbors, the folks behind the counter at the grocer, the butcher shop, the cafe. Be part of a community. You'll build a network, you'll find opportunity. When you are enmeshed in your community, you find serendipity everywhere. The woman next door who raises sheep, sells duck eggs. The man down the street who can help take down a dead tree, build a shed. Within a community, life gives you what you need.

You need to wonder. Ask why. Don't take things for granted.

Question what you're doing, why you're doing, why you need to do it. Don't do it with an agenda, don't fix your mind on whether it's right or wrong — but ask questions. Know why things are why they are — and have the conviction to either honor or



oppose. Above all, be curious because you can.

You need to laugh. Think deeply of the world, but lightly of yourself. Laugh at yourself, laugh with others. Notice the little things — the smile of a baby, the silliness of life. There's no reason to be so serious. There's an effervescence to the world, so easy to overlook. Notice it. Laugh at it. You'll feel better instantly.

There you are.

Ten Simple Things that will change your life. You can start today and tomorrow feel happier, healthier, wiser.

All it takes is you.

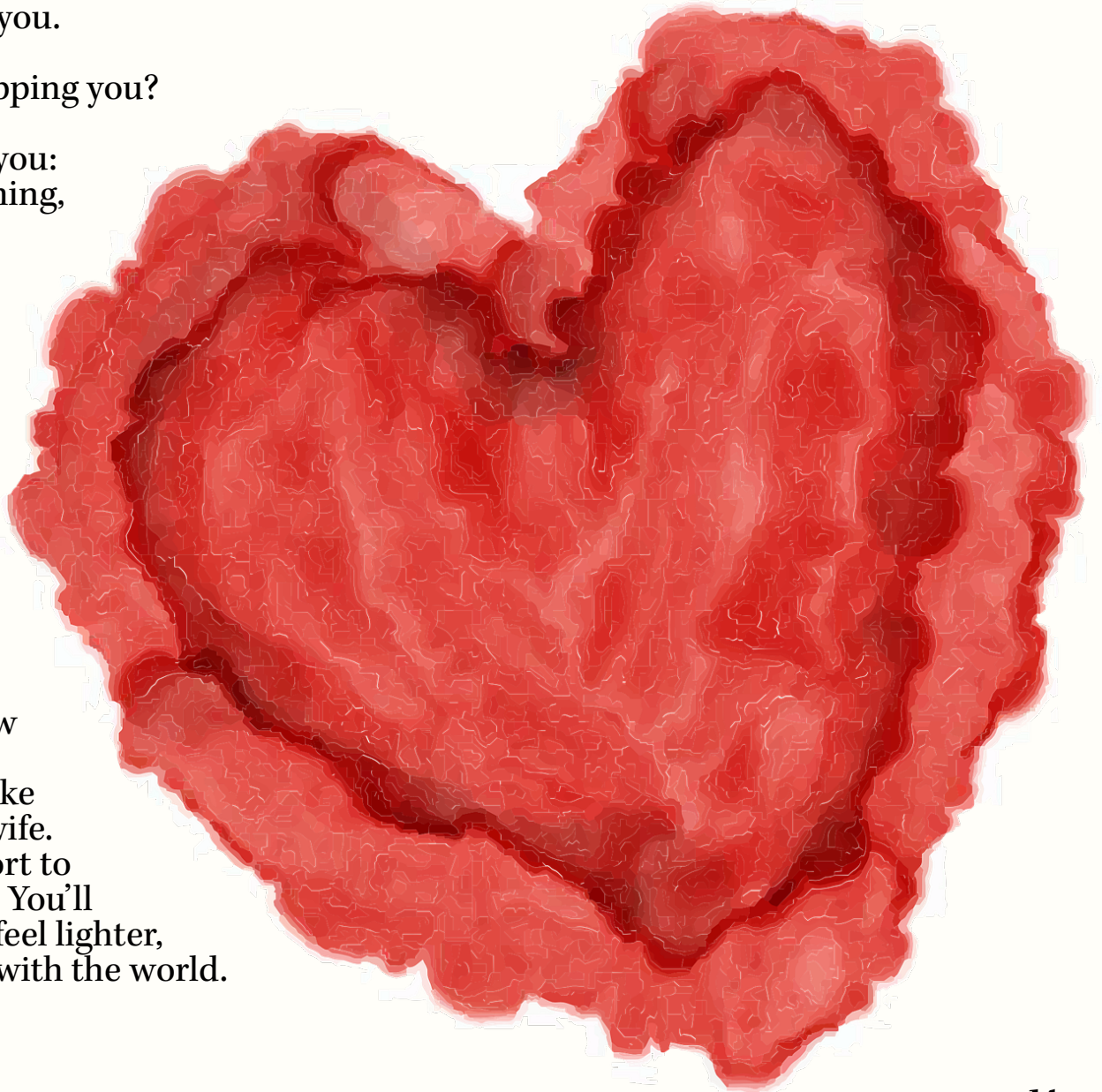
So what's stopping you?

While I have you:
One Bonus Thing,

You need to love.

Embrace your family and your friends. Do it figuratively and do it literally. Share love with those around you. Say it out loud and show passion. Hug your kids. Make love to your wife. Life is too short to do otherwise. You'll immediately feel lighter, more at ease with the world.

Bovillus is the pseudonym for Lou Tamposi, who writes Cow We Doin' — a weekly newsletter that thinks deeply about food and lightly about life. He lives in New England with two semi-feral children, a loving wife, and a mischievous dog.



LUCK WAS ALWAYS ON OUR SIDE

WARKITCHEN



Southern Classics.

Who said they had to be unhealthy?

Kelli Mizesko [@therootedhomeco](#)

I don't know about you, but I'm a sucker for really good southern food. I grew up eating my Maw Maw's fried chicken, biscuits, and green beans straight from the garden. Some of my most fond memories were helping her pick blackberries and standing on a stool watching her make blackberry jam. I also grew up eating my mom's chicken broccoli casserole, and I won't lie, I still occasionally request it to this day. As much as I love a good southern casserole, I realized that many of these southern staples rely on processed and refined ingredients that can leave us feeling less than our best.

The good news is that you can still enjoy all the goodness of southern cuisine without sacrificing your health! Here's how to take those classics and give them a whole food, nourishing upgrade that's tasty and satisfying.

One way to transform your favorite southern classics is to

switch out seed oils for animal-based fats or other low-PUFA oils such as coconut or avocado oil. Seed oils

such as soybean, corn, and canola oil are high in polyunsaturated fatty acids (PUFAs), which have been linked to inflammation, heart disease, and other health issues. Ironically, these modern day inflammatory seed oils have only been popularized for around a hundred years.

This means that our ancestors relied on

animal-based fats, such as butter, tallow, or lard. These healthy and flavorful fats have been used in traditional southern cooking for generations. Not only are they more flavorful, but they also have a higher smoke point and are shelf-stable, which means that they are less likely to oxidize. Cooking with animal-based fats also provides your food with additional bioavailable nutrients.

Let's talk about grains. Rice, bleached white flour, and many other beans and grains are staples in southern recipes. Unfortunately, these staples are not always easy on the gut. Instead of reaching for traditional bleached white flour, try using organic unbleached flour or other heritage grains, like einkorn.

To take it a step further, you can use fermentation methods, such as sourdough, to help break down the phytic acid and make the grains more digestible. When it comes

Our ancestors relied on animal-based fats, such as butter, tallow, or lard. These healthy and flavorful fats have been used in traditional southern cooking for generations.

to other staples, such as oats, rice, or beans, soaking and/or sprouting them in water with an acidic

medium ahead of time will help to break down phytic acid and make them even more nutritious. Trust me, your body will thank you!

Now, let's chat about meat. We all know that southern food loves its meat, but not all meat is created equal. Choosing high quality, pasture-raised meat is worth the investment.

The meat tastes so much better, and it's more nutrient-dense. Grass-fed and pasture-raised meat is higher in healthy omega-3 fatty acids. In addition to being packed with B vitamins, meat from grass-fed/pasture-raised animals has been found to be higher in vitamins A, E, and other antioxidants compared to meat from grain-fed animals. So, don't skimp on the good stuff!

When it comes to seasoning, don't be shy. Southern cuisine is famous for its bold flavors. I find that most people tend to under-season their food when cooking these amazing southern staples. You can achieve these bold flavors without relying on processed seasonings, which are typically high in sodium and additives. Use fresh herbs and spices to build flavor in your dishes. Don't forget salt! Salt is such an important part of our diet. Making sure that you are getting the right type of salt is crucial. We personally love high quality sea salt and tend to stay away from regular table salt.

Next, let's talk about some specific southern favorites.

Homemade Mayonnaise

If you know anything about southerners, you know that we love our mayonnaise! We basically put it in and on everything. While I grew up a Duke's mayonnaise girl (if you know, you know), I can't get down with the soybean oil and processed ingredients. Don't worry, I have a solution! I learned how to make my own mayonnaise, and it couldn't be easier.

Here is a recipe from my 'Nourishing Summer Recipes' ebook for a quick and easy mayonnaise.

Ingredients:

- 1 cup high quality avocado oil
- 1-2 tsp apple cider vinegar
- 1/2 tsp salt
- 1/2 tsp garlic powder
- 1 fresh egg

Directions:

1. Crack your egg into any wide mouth sized jar.
2. Add apple cider vinegar, salt, and garlic powder.
3. Gently top with the avocado oil.
4. Next, using an immersion blender, place it at the very bottom of your jar and begin blending. You'll want to blend on the bottom of the jar for a few seconds, then slowly bring your blender up to the top.

Notes: We find that this mayonnaise lasts at least 2 weeks in the refrigerator if you use a fresh egg.

If your mayonnaise breaks, you can just add another egg and blend again slowly.



***“SOUTHERN
IS A HOT
SUMMER DAY
THAT BRINGS
ON A VIOLENT
THUNDERSTORM,
COOLING THE
AIR AND
BRINGING
UP
SMELLS OF
THE EARTH
THAT TEMPT
US TO EAT
THE SOIL”
— EDNA LEWIS***



Sourdough Southern Style Biscuits

Biscuits are another quintessential southern item and a beloved accompaniment to any meal, from breakfast to dinner. Unfortunately, traditional biscuit recipes rely on bleached white flour and shortening, both of which are highly processed and lack nutrients. However, with a few simple swaps, you can make biscuits that are both delicious and nourishing. Here is another recipe from my 'Everyday Sourdough: Sourdough Made Simple' ebook.

Ingredients:

- 2 cups all-purpose unbleached flour
- 1 1/2 tsp sugar
- 2 tsp baking powder
- 3/4 tsp baking soda
- 1 tsp kosher salt
- 1/2 cup unsalted butter, frozen at least an hour before making biscuits.
- 1 cup active sourdough starter (230 grams)
- 1/2 cup buttermilk (or milk)

Directions:

1. Preheat your oven to 425° and line a baking sheet with parchment paper or a silicone baking mat.
2. Combine flour, sugar, baking powder, salt and baking soda in a large bowl.
3. Use the large holes of a box grater and grate frozen butter. Toss grated butter into flour mixture
4. In a separate bowl, combine sourdough starter

and buttermilk. Add this mixture to the flour mixture and stir until a soft dough forms.

5. Knead the dough on a lightly floured surface until it comes together (do not over mix).
6. Using a rolling pin, roll the dough into a 1 1/2 inch thick rectangle (you can also just use your hands to pat it out).
7. Cut out 8-10 rounds using a 2 inch biscuit or cookie cutter (remember to press straight down and not twist). You can also cut the biscuits into squares using a bench scraper.
8. Place biscuits onto the lined baking sheet and put in the freezer for 5-10 minutes before baking.
9. Brush the tops with melted butter and then bake for 14-18 minutes, or until golden brown.
10. Once removed from the oven, brush the tops again with butter and serve warm.

Notes: These biscuits freeze very well. After Step 8, transfer the semi-frozen uncooked biscuits to an airtight glass container. These keep well for about 3 months in the freezer. When you are ready to prepare your frozen biscuits, add 2-5 mins to your bake time.

All in all, southern food doesn't have to be a guilty pleasure. By swapping out refined ingredients for whole food, nourishing alternatives, you can enjoy all the flavor and comfort of southern cuisine without compromising your health. So go ahead, indulge in classic dishes, and feel good about what you're putting in your body.

This piece was written by Kelli Mizesko, of The Rooted Home Co. For more recipes like this, check out her sourdough ebook and nourishing summer recipes e-book at [The Rooted Home](#). You can also find her on Instagram at [@therootedhome.co](#).



You want the truth?



Most people are confused.
And they don't even realize it.

Don't believe me? Show someone this sandwich and ask them if it's healthy. Do it. What did they say? That it's got too much meat? That the eggs are going to cause heart disease?

Most people are **living with outdated beliefs**. The cholesterol myth has been debunked. Eggs are good for you. Heart healthy seed oils are bad. Artificial dyes wreck the brain. It's time to uncover the *real truth about nutrition*.

For a limited time, Optimal Fuel will equip you with the information you need, and teach you how to cook meals that are not only healthy, but irresistibly tasty (like this *coterie sandwich* you see) — all for just **\$39**. It's not your fault that you were misled. But it's time to say goodbye to confusion, and a warm hello to a healthier, happier you.

Take control of your health today and embrace the true power of nutritious, tasty food. Master the art of eating well, without sacrificing taste. Learn what it means to “eat healthy”. **It's time to level up. It's time to give your body the fuel it deserves.**

Highlights of the War Kitchen

APR 05

**The Big Fish Oil Scam:
We've Been Lied To**



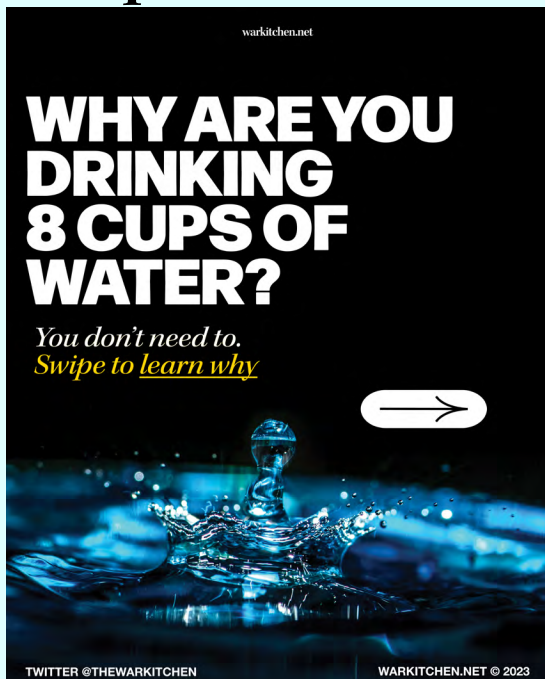
APR 07

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FARM FRESH

The Organic Egg Adventure: A Journey That Changed it All

Written by [@sprendax](#)



Imagine yourself driving down a rural Virginia backroad, with [“Gimme Shelter” by The Rolling Stones](#) blaring from your speakers as you pass by brown cows grazing on an open grass plain (as they should be). You squint your eyes at the upcoming intersection. Next to a run down 1985 Jeep Sahara for sale, you spot a small sign stuck into the ground. [“Organic Eggs, Turn Right”](#) is all it says. Curious, you turn. You go about 2 miles and you see a small yellow house. You get closer, and a man with long, grey hair greets you with a warm smile. He welcomes you in and ushers you to the backyard. Within seconds, you’re surrounded. Chickens, turkeys and ducks are all roaming in the sun eating bugs from the ground. You know you’re in the right place.

It’s Not Easy Work

Before visiting that chicken farm, I didn’t quite internalize the sheer amount of work that goes into raising, feeding, and marketing these pasture raised chickens and the eggs they lay. The farmers I met ditched more lucrative medical and engineering careers to live off the grid and work off their organic chicken farm. And they’re not the only ones. There is an growing movement of people who are prioritizing their health and well-being and sustainable farming practices are the bedrock of which its built upon.

The Importance of Holistic Living

Over the years, I’ve dabbled in the health sphere quite a bit and learned all the basics — avoiding seed oils, the myth of saturated fat, and the benefits of incorporating eggs into a healthy diet. But it is only more recently, after spending time around someone who lives a holistic lifestyle, was when I gained an entirely new perspective of just how important the QUALITY of a chicken’s life is, from birth to slaughter, and how that reflects specifically in terms of the nutritional quality of the eggs laid. Not all eggs are the same. Once you understand this, it is inevitable you eventually appreciate just how interconnected our environment all is. You soon will start looking for quality not just in what you’re eating, but in every other aspect of your life.

The Dark Side of Conventional Farming Practices

More than [90% of the corn and soybeans grown in the US](#) are raised from genetically modified (GMO) seeds, and this is what the typical American chicken consumes throughout is lifetime. Not to mention all the synthetic fertilizers, pesticides, herbicides, growth hormones, animal by-products, and other toxic pollutants. Would you be using these chemicals on your foods? Absolutely not! Yet, *they are in our food*, and we’re living in a world where you have to pay a premium just to avoid them. Conventional farming methods produce sick animals that live in treacherous environments for their entire lives, so much so they need to be injected with antibiotics and God knows what, just for them to make it to the slaughterhouse. Every dollar you spend is a vote. If you have the means, it only makes sense to vote for the farmers who are going out of their way to do things the right way.

Pasture Raised: A Healthier, More Human Alternative

Chickens were not meant to live in cages their entire lives. They were meant to roam, to forage freely on pasture. Chickens raised this way are attuned to their nature, and they eat bugs and worms from the ground, as well as some supplemental non-GMO feed from

a reliable vendor. Some farms like the ones at [Angel Acres](#), even include organ meats in the diet of the hens. The result of such care is that the animals end up happy, healthy, and they live the way nature intended. The best part about raising a chicken this way, is how great their eggs TASTE! Because of how bioavailable the eggs are, the yolks are usually a dark orange-yellow, and taste amazing served any style... especially sunny side up!

Choosing Farm Fresh Eggs

After about 2 weeks of eating these farmers' eggs I felt amazing! I noticed a shift in my mood, energy, and overall well-being. This is not placebo either. It's been studied that pasture raised eggs contain [twice as much omega-3 fatty acids, and much higher percentages of vitamins A and E](#), as compared to regular factory-farmed chicken eggs.

Supporting Local: Win-Win Scenario

What we've talked about are just the primary benefits of choosing to eat pasture raised eggs. When you support local farms, you are not just buying a superior product, you are helping the environment in a big way. You give these smaller-scale farmers a vote in confidence. You are helping to preserve traditional farming practices, in a market where Big Chicken and Big Egg dominate.

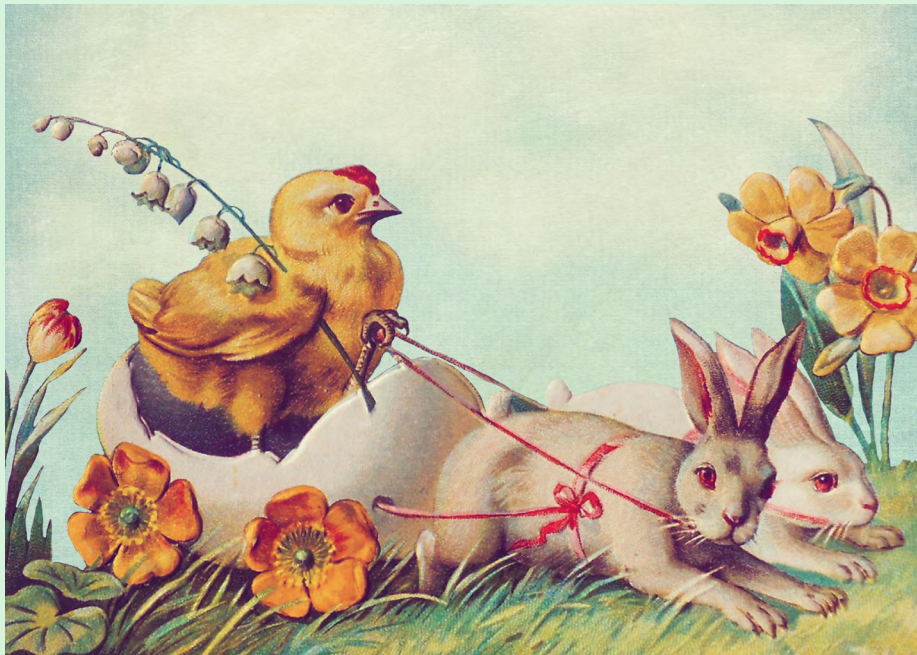
Feel Connected to Your Food

It's easy in today's world to enter your local grocery store and pick the cheapest eggs available, go home, and cook a standard breakfast. But after visiting a local chicken

farm and buying eggs from chickens raised in the way they are supposed to and witnessing it for myself, I felt a deep connection to my food that had been missing before. It is a different feeling when you ACTUALLY see the hens, rooster and the very farmer who gets up at dusk every morning to grow your produce. You feel part of a larger community, and you are even more thankful for what you have on your plate. The premium you pay for it is worth it. This is one way you can start leading a more mindful, fulfilling and healthy life.

Final Thoughts

I fully believe that seeking out a farm like this will lead to a life full of vitality.



Making the choice to prioritize high-quality, nutrient-dense food is an investment in your long-term health and happiness. By opting for farm-fresh eggs and supporting sustainable farming practices, you are taking an important step towards

living a vibrant and conscious life.

To conclude, the journey towards eating farm-fresh, pasture-raised eggs has opened my eyes to the importance of knowing where our food comes from and the impact our choices have on our health and the environment. By supporting local, sustainable farmers and prioritizing high-quality food, we can help create a healthier and better world for ourselves, animals, and our children.

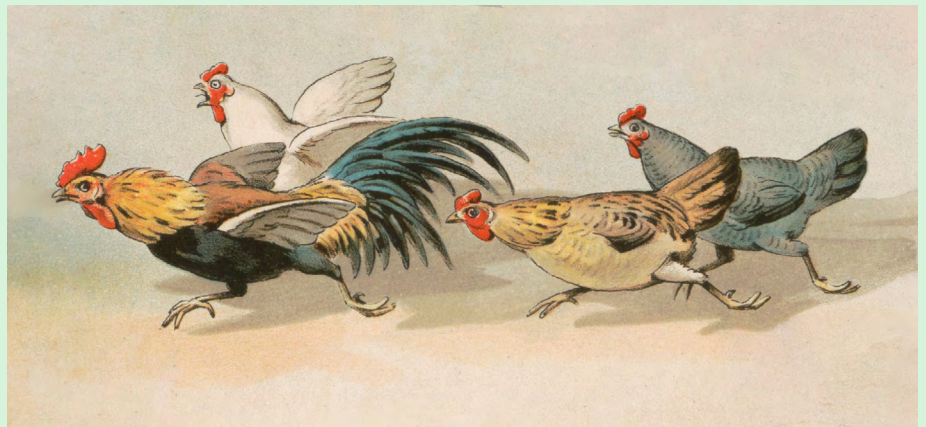


Happy Chicken, Somewhere down Rural Virginia



Pastured eggs, potatoes, mince & milk. The Best.

This piece was written by Sprendax. Let him know what you think of his story. You can connect with him on [Instagram](#) or [Twitter](#).



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Till Next Time,
Rocky

