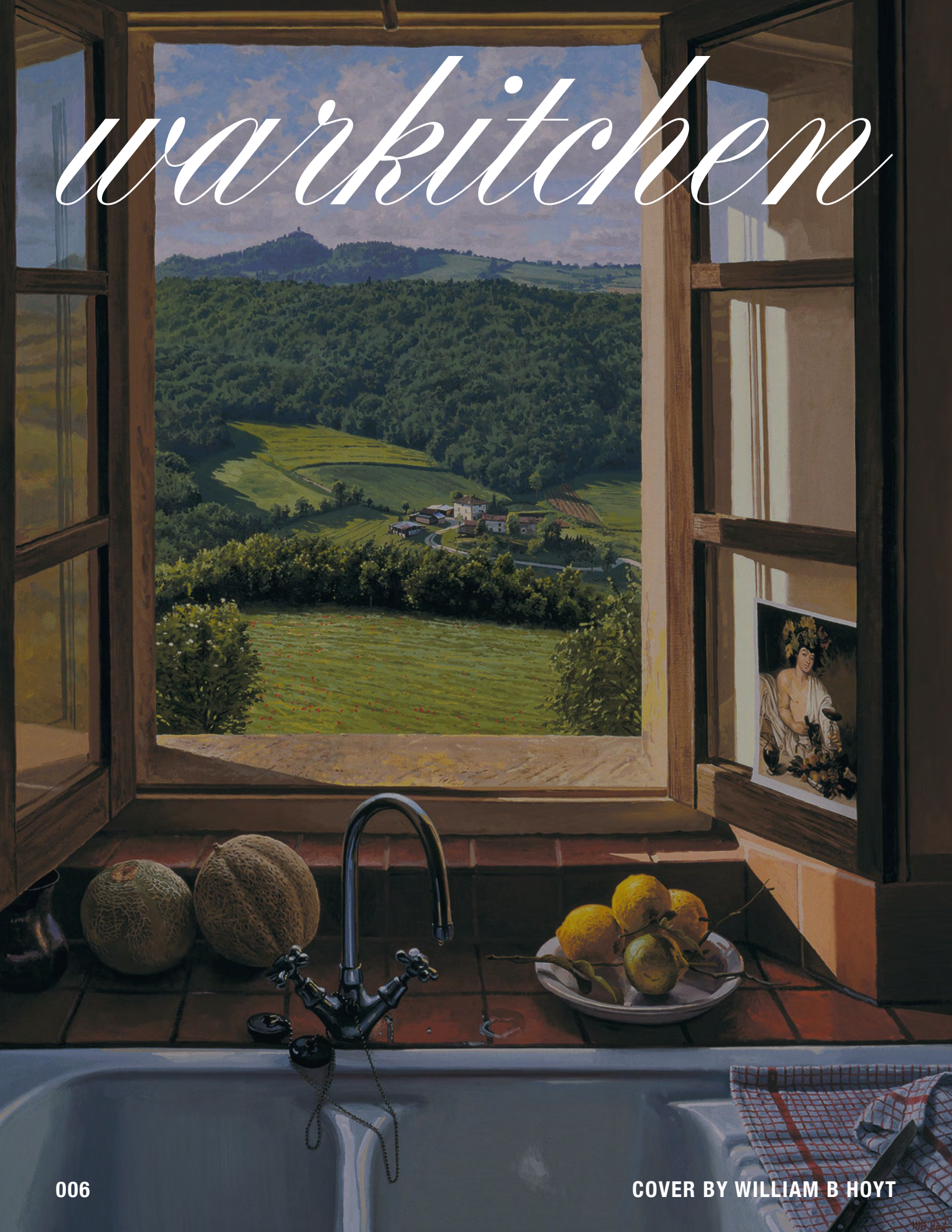
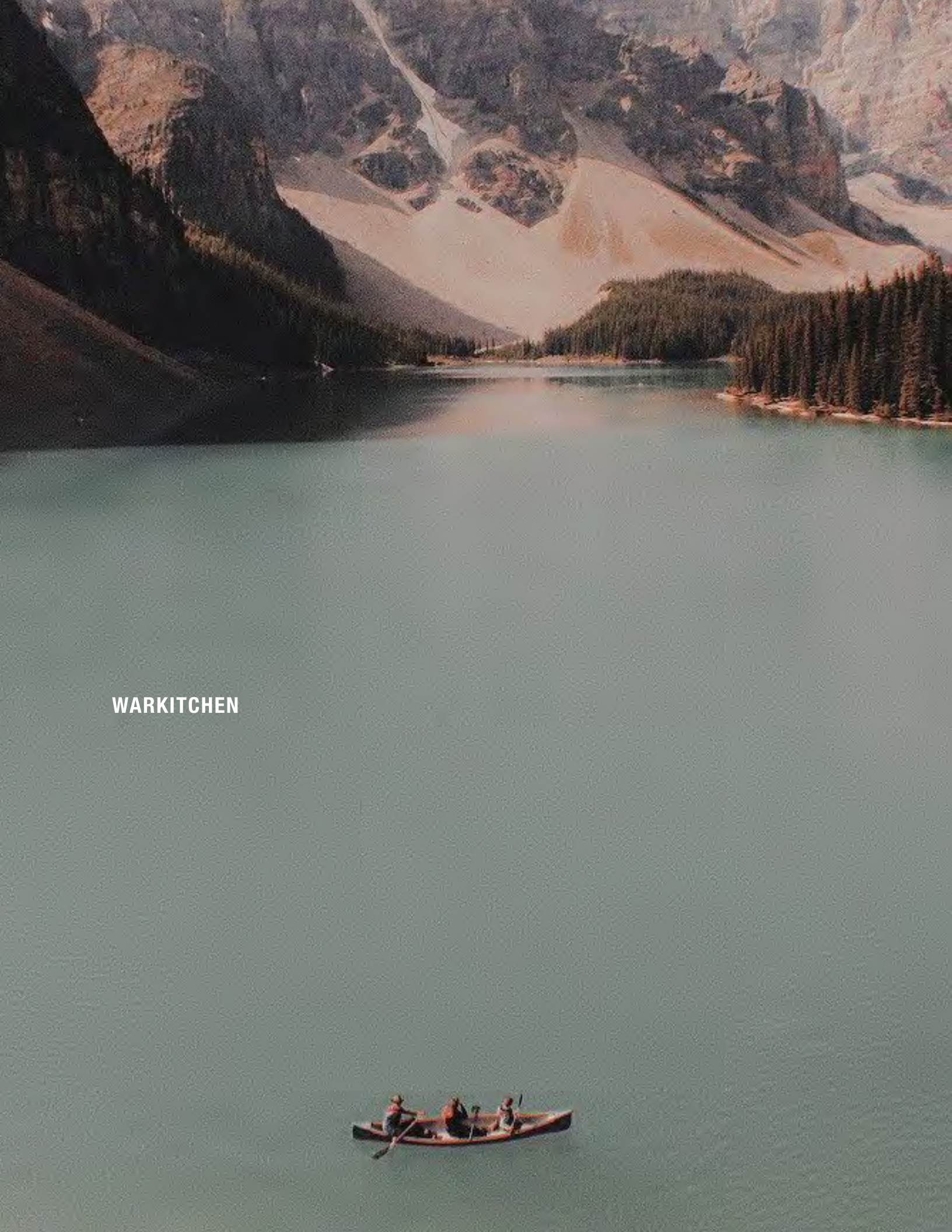


war kitchen





WARKITCHEN



The support I've been receiving on these issues has been flattering. Appreciate every single one of you sharing the mag to your circle and for just flipping through the pages, really. This is a fun pet project for me — a place to unload and express creativity with no bounds. Grateful to have you ladies & gents along for the ride.

We begin with some words on alfresco dining. Something that may have been (forcefully) revived the past few years. Get more Sun during your meals. Revive the very essence of “meal-time”.

Have you heard of Masanobu Fukuoka? In a perfect world, this would've been the guy. The guy to save farming and bring us closer to a world of real food. Earthm'n does an excellent job reviewing his book — *The One Straw Revolution*. “The ultimate goal of farming is not the growing of crops, but the cultivation and perfection of human beings.” — Masanobu Fukuoka.

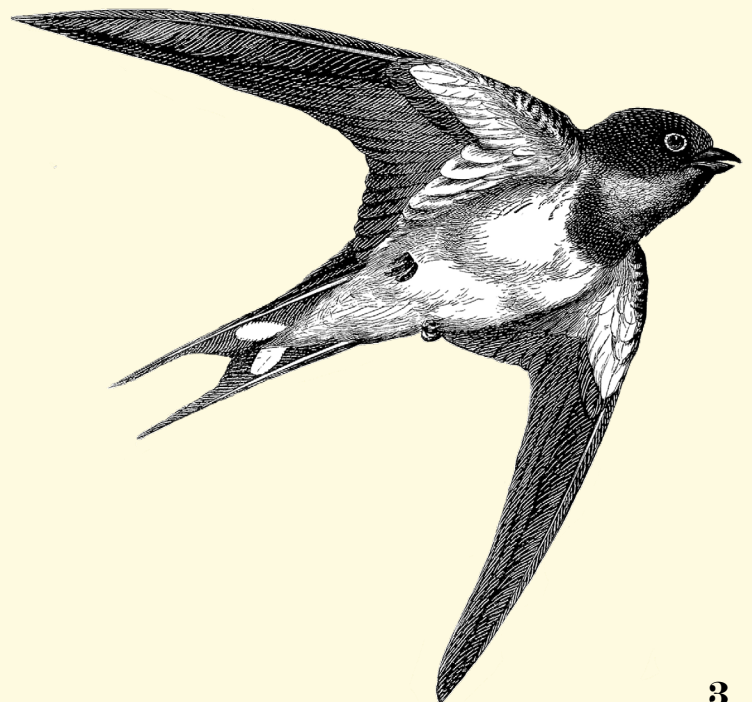
We then go through a classic

Marco Pierre White recipe followed by a primer on farmed salmon to complete the 6th issue of the #WarKitchen magazine.

If you'd like to be featured in future issues, get in touch with me [through DM](#) or [email](#).

Also, sign up for the email list [here](#). Will be dropping more electronic letters. As you know, we don't do cookie-cutter shit. Only the best, always bespoke.

As Always
Enjoy The Experience;
Till We Meet Again,
— **ROCK**





DINING AL FRESCO ON CAPRI, SLIM AARONS

There's something magical about eating outdoors. The Sun on your skin. Fresh air on your neck. Birds chirping. A certain romance you can't quite describe. Life's good.

The Origin Story

Eating al fresco, as we call it, is one of the joys of life. While it used to mean "in the fresh" or "to eat in cool air" in native Italian, it's now really just an English word for eating outside.

Prescription Al Fresco

Dining al fresco isn't purely for the aesthetics either. While it's

On Alfresco

certainly a beautiful experience, eating outside is actually healthier for you. There was a [paper](#) published in 2010 on al fresco dining being as good as a medical prescription. This is Actionable Advice I am 100% behind. Rays of Sunlight penetrating your food and your skin. Vitamin D levels skyrocketing. How can you fall ill? Unlikely odds. Especially when you have beautiful people around you. Impossible to lose.

The Original [redacted]

When you think about it, alfresco dining's actually the original [redacted]. At one point in the last few years, it was really the only space you could eat without covering your face. Eat indoors? Dangerous. Unless you're seated and the food's on your plat-

The Fall of The Average Meal

When you think about it, meal time itself has been denigrated. Oh, what a fall from grace. Meals used to be sacred. Families would gather. Food was prepared for hours, sometimes days. Conversation, warmth, joy. Now?

It's usually indoors. Dimly lit. Alone. Blue light illuminating the room. Zero ventilation. What kind of experience is that?

Food is nourishment. Food is for the soul. The environment in which you're consuming it makes a tangible difference. While you are full of life, why resort to having your meals like you're decrepit?

It's as simple as opening up all the windows and having your food kissed by the sun. When you're out, make good friends at the restaurant. Tip well. Outdoor dining always. Remember names.

Alfresco. We need to bring back proper meals. Righteous nourishment for the mind, body and soul.

Stay Eating Fresh. ■



Masanobu Fukuoka's "The One Straw Revolution"

A #WarKitchen Book Review



Masanobu Fukuoka was a naturalistic farmer living in Japan's Southern Island of Shikoku. While he was into permaculture and was an agriculturalist, he was a philosopher. You see philosophy reflected in his work with soil and it was what made him so interesting.

The One-Straw Revolution is a manifesto, a little green book even, on reinvigorating the Japanese landscape using wilding techniques of produce production.



A food revolution. Started from an ordinary piece of straw. What makes this one so special is not the individual holding it, but how it grows.

No machinery, no artificial fertilisers or chemicals. Just hard work and good practice. While most of it was written with Japan in mind, his philosophy is applicable to the rest of the world.

One-Straw Revolutionary

The Philosophy and Work
of Masanobu Fukuoka



THE PHILOSOPHY

It was the realisation that science and, in a greater sense, human knowledge was fundamentally limited that brought Fukuoka to this line of work. While fancy technology and fertilisers look good to the scientist, to the traditional farmer, they are agents of chaos. Novel solutions brings with them issues that need to be fixed – hopefully without resulting in an ecological disaster.

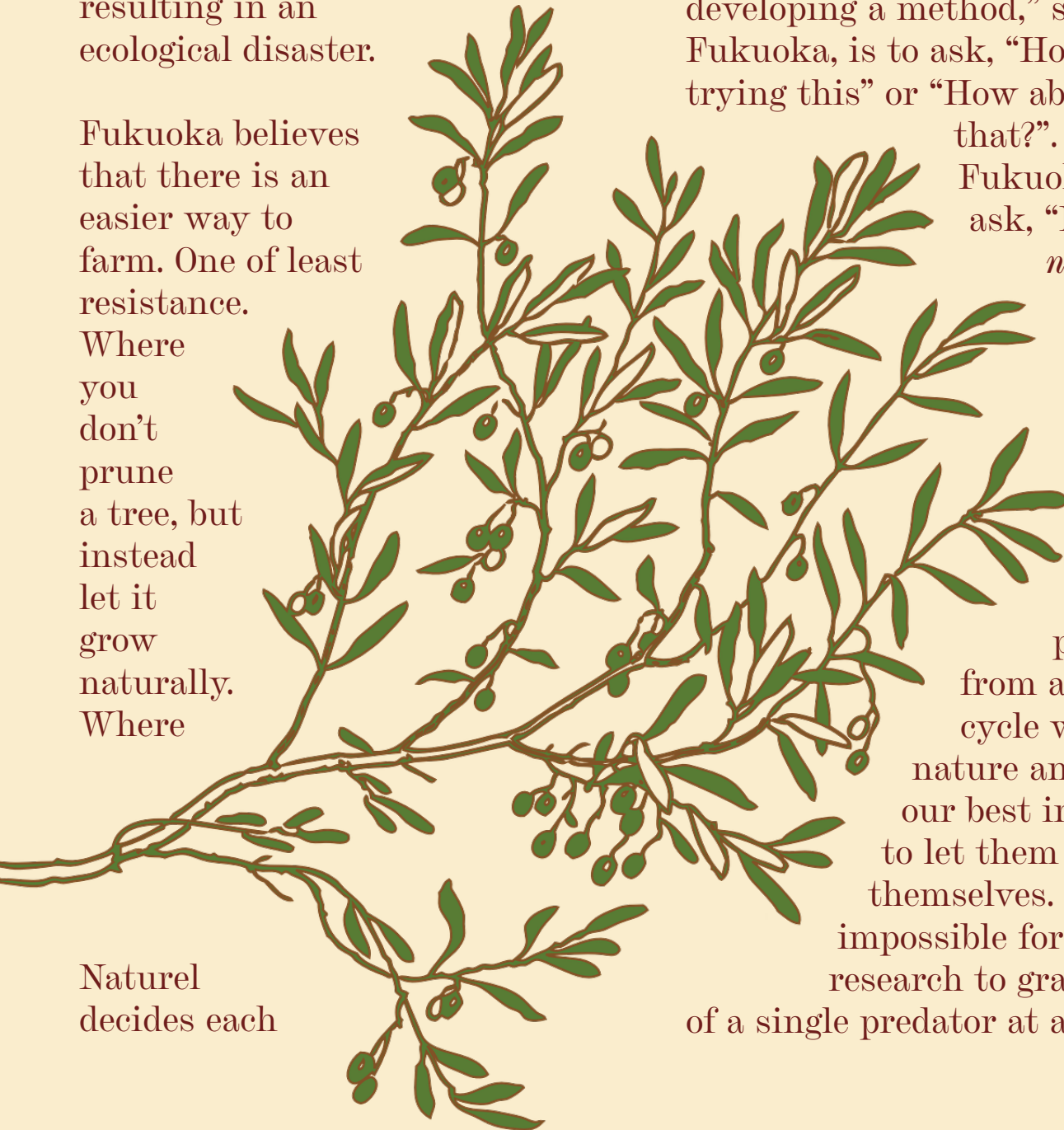
Fukuoka believes that there is an easier way to farm. One of least resistance.

Where you don't prune a tree, but instead let it grow naturally. Where

Naturel decides each

branch's path. Where you avoid using insecticides to kill bugs. Instead, you release ducks into your field. The outcome? Less insects and fat ducks. Where you do not fertilise your field, but instead grow a layer of *green manure* (clover, vetch, alfalfa or your local equivalent) and return unused organic matter to the fields.

“The usual way to go about developing a method,” says Fukuoka, is to ask, “How about trying this” or “How about trying that?”. Instead, Fukuoka would ask, “How about *not doing this*, how about we *not try that*”. Simplifying farming to its ancient state. All plants come from a natural cycle within nature and it is in our best interests to let them cultivate themselves. “It is impossible for specialised research to grasp the role of a single predator at a certain





“The Ultimate Goal of Farming is not the growing of crops, but the cultivation and perfection of human beings”

– Masanobu Fukuoka



time within the intricacy of inter-insect relationships”. It is this idea of letting nature grow itself that Fukuoka works the land and developed his four principles.

THE FOUR PRINCIPLES

1. NO CULTIVATION

This means no ploughing or turning the soil over. Fukuoka believes the Earth cultivates itself through plant roots penetrating the soil and the activity of animals and microorganisms.

What ploughing does is cause rapid and strong growth of weeds to take place – causing the modern farmer hours of frustration; not to mention their continual re-emergence with each new tilling.

For those looking to *Fukuoka-ize* their green space; consider spreading straw and sowing clover amongst it to bring nature back into balance *over time*.

2. NO CHEMICAL FERTILISER OR PREPARED COMPOST

Just because you interfere with nature, does not mean you can heal its wounds. It is only the modern practice of farming that depletes the land of nutrients.

It makes sense that modern



practices deplete the land because of monoculture and improper understanding of the soil. Ask yourself, does nature ever lose its fertility? All you need to keep the soil healthy: Natural cycles of growth for a variety of species happen in the same space. Using green manure. Return organic matter back to where it came from. Poultry manure whenever necessary.

3. NO WEEDING BY TILLAGE OR HERBICIDES

“Weeds play their part in soil fertility and in balancing the biological community”. For Fukuoka, weeds should be controlled,



not eliminated. Once you stop cultivating soil, the number of weeds decreases sharply. With straw covering the ground, weeds are stopped short once more.

The important aspect of this practice is timing. For all crops, sowing seeds of the next harvest while the preceding crop is ripening will give the grain an advantage over the weeds. This should be enough to control weed growth.

3. NO DEPENDENCE ON CHEMICALS

Obviously no chemical fertilisers or herbicides, nor any insecticides for that matter. It is only through the extended use of modern practices that weak plants developed, as well as the insect imbalances that kill them.

“Nature, left alone, is in perfect balance. Harmful insect and plant diseases are always present, but do not occur in nature to an extent which requires the use of poisonous chemicals”.

The sensible approach to healthy yields: grow sturdy crops in a healthy environment. Don't downplay the holistic health of your land



TROUBLES OF MAINSTREAM RECEPTION

Big money, big names, big players. Agriculture & Agribusiness is a massive industry with lots of money riding on the continuation of the existing infrastructure.

I'm sure you can guess what happened when Fukuoka shared his low-cost ideologies.. Fukuoka's It did not make Big Agriculture happy. But that isn't who he was trying to please. Those few other farmers who slowly introduced his method, one step rescinded at a time, found success similar to his, and his consumers certainly got what they wanted: cheap and delicious produce.

At a conference organised by the Agricultural Management Research Centre and the Nada (Consumer) Cooperative, Agricultural and Industry leaders gathered to discuss: what is to be done with

the food pollution problems Japan had been facing. A discussion Fukuoka highlights to illuminate the corruption of the industry and government revolves around mercury levels in tuna.

Scientists had analysed a sample from a few hundred years ago and found that the sample also had mercury in it. So, the solution offered to the problem was “mercury consumption is necessary for the fish to live”. An audience in disbelief. The whole point of this conference was to talk about ways in which they could manage the pollutants that were already there, as well as mitigate any further pollution. The answer from the head of the Fisheries Bureau: things are fine the way they are, aka, keep the current practice.

When Fukuoka spoke at this conference, he said they should simply address these issues straight forward. The use of chemical fertilisers and machines used in modern agriculture, the application of which are causing these a cascade of ecological issues. All the leaders were there and ‘willing’ to take action so why not do it? Obviously, it would mean less power to the Co-ops and less money for the policy makers and therefore,

the conference was actually powerless to make change. His ideas were met with “Mr. Fukuoka, you are upsetting the conference with your remarks”. Having his mouth shut for him by the chairman of the conference, Mr. Ichiraku - head of the Japanese Organic Farmers Association. It was quite a brave thing Fukuoka had done. He stood up for what he believed and tried to save his beautiful country from worsening conditions. Thankfully, he never gave up and eventually, *The One-Straw Revolution* was written.

Fukuoka is a personal hero of mine. The health of our world and food chain is almost the only thing I care about. It’s in the name. Fukuoka is a man who lived his philosophy and provided great, nutrient dense and flavour rich food to his countrymen. For anyone reading the WarKitchen, for those already aware of the war in your stomach and on our fields of produce, you will not regret reading this book and adapting its principles into your life

If you would like to get in touch with Earthm’n, you can reach him at earthm.n@proton.me

JAMES HUNT, 1977 JAPANESE GRAND PRIX



PALM STRINGS TRIBUTE
SEAN WOOLSEY STUDIO



MARCO PIERRE WHITE'S ESCALLOPE OF SALMON WITH BASIL

you need:

Fresh salmon filets
2 finely chopped shallots
15 basil leaves (julienne-ed)
40ml Noilly Prat
120ml fish stock
60ml double cream
15g butter
Ground white pepper
Lemon juice
Salt



to cook fish:

Season well with salt and pepper. Dry fry for 1.5 minutes each side over high heat. More pepper and lemon juice to taste.

to make sauce:

Sweat shallots in butter. Add basil when translucent. Deglaze with Noilly Prat, cook until liquid's almost gone. Add fish stock and boil, reduce by half. Add cream and bring gently to almost a boil. Finish by adding small pieces of butter and incorporating slowly. Season to taste with salt, pepper and lemon juice.

To serve: place fish on a warm plate and pour sauce around it.

**“SIMPLE THINGS, GOOD-LOOKING
THINGS. TEXTURE AND FLAVOUR.
THAT’S THE BASE OF EVERYTHING”
— MPW**

The Farmed Salmon Problem

Shiny steel. Unlimited courage. Salmon are fish built for adventure. They risk their lives swimming against harsh currents just to continue their bloodline. These days? Most of them have been domesticated, and have become an inferior species. You know, I used to be pretty impartial about farmed salmon. I didn't think much of them. I just knew they were not as nutritious and I believe that's what most people think. But then I decided to take a deeper look at the industry and boy, was I surprised.

THE SALMON FARMS

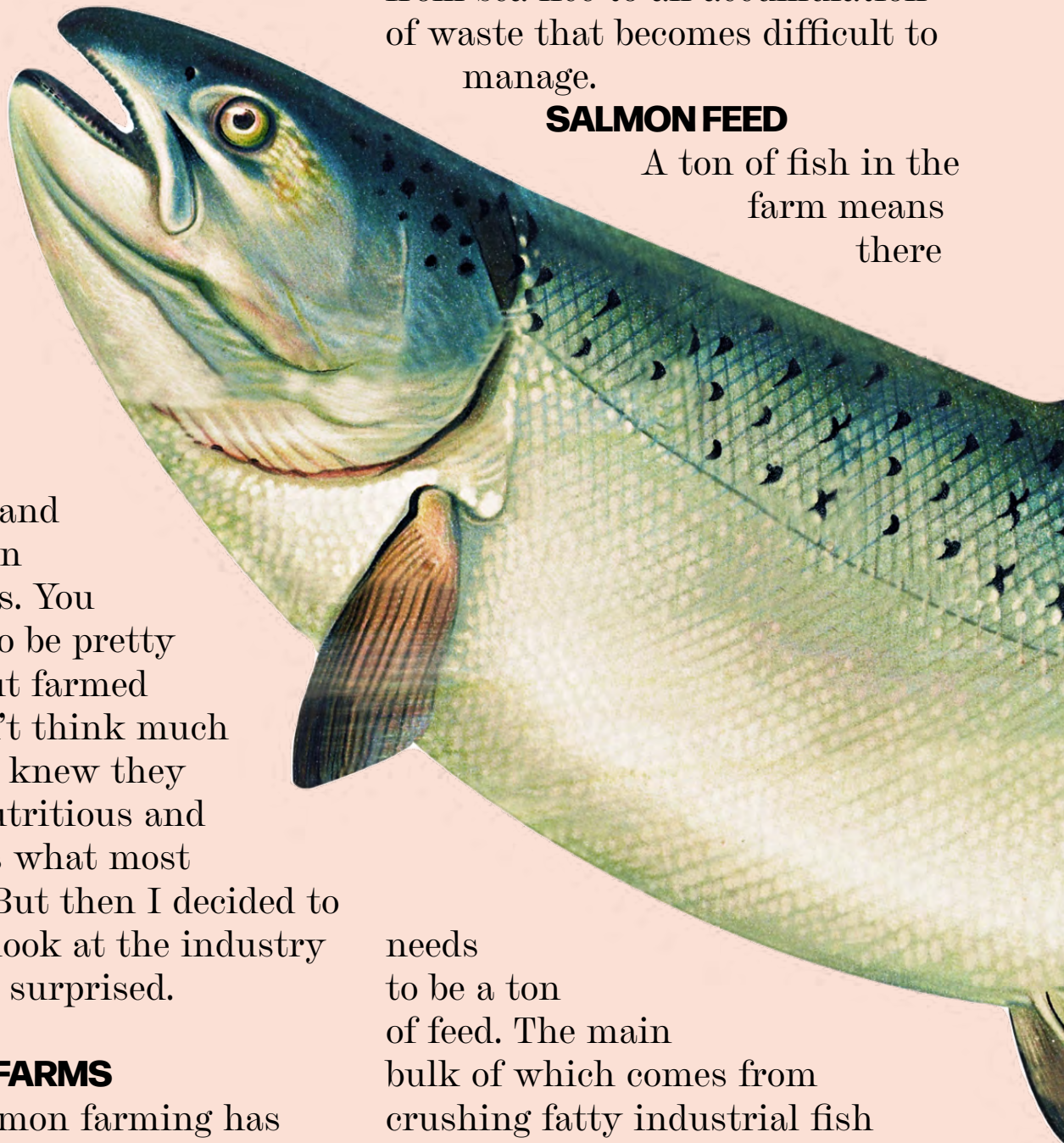
Aggressive salmon farming has been one of the main contributors to the poor nutritional quality of its flesh. Most of them live entire lives crammed in cages out in the open sea, where they barely

have room to swim. Being in close proximity with so many other fish leads to a whole host of issues — from sea lice to an accumulation of waste that becomes difficult to manage.

SALMON FEED

A ton of fish in the farm means there

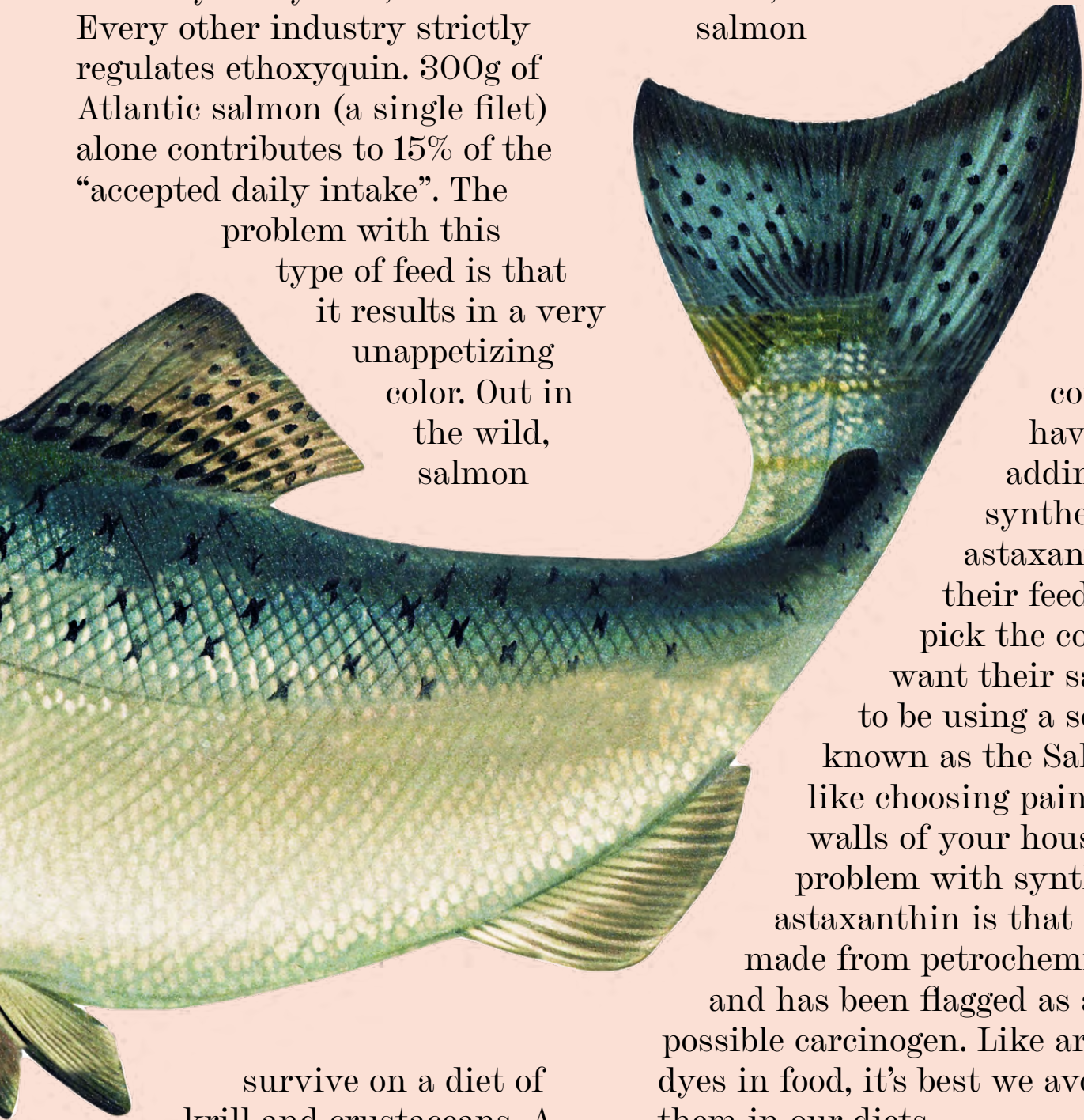
needs to be a ton of feed. The main bulk of which comes from crushing fatty industrial fish like eels, usually from polluted seas like the Baltic (they're cheap). To prevent the fat from turning rancid, they add ethoxyquin — a compound made in 1959 to be used



as a pesticide. It's been studied that the ethoxyquin from the pellets find themselves in the flesh of farmed salmon. You do not want that in your system, it is toxic. Every other industry strictly regulates ethoxyquin. 300g of Atlantic salmon (a single filet) alone contributes to 15% of the "accepted daily intake". The

problem with this type of feed is that it results in a very unappetizing color. Out in the wild, salmon

red color we see in salmon flesh, as well as plenty of the nutritional benefit we get from salmon flesh. To replicate the color of wild salmon, farmed salmon



survive on a diet of krill and crustaceans. A natural antioxidant known as astaxanthin is what's found in these creatures that's mainly responsible for the orange / deep

companies have been adding synthetic astaxanthin to their feeds. They pick the color they want their salmon to be using a scale known as the SalmoFan, like choosing paint for the walls of your house. The problem with synthetic astaxanthin is that it's made from petrochemicals and has been flagged as a possible carcinogen. Like artificial dyes in food, it's best we avoid them in our diets.

PCBs & TOXINS

Overcrowding, pesticides used to fight off sea lice and the poor

feed has all led to the harmful compounds and toxins found in farmed salmon flesh. Farmed salmon are fattier as well, and it is the fat of these fish that these toxins bind to.

DESTROYING ECOSYSTEMS

Aggressive farming of salmon not only pollutes and damages marine life but it poses a threat to wild salmon populations. Wild salmon population in Norway has halved from what it was in the 80s.

Farmed salmon escape their cages and spread sea lice & diseases. They destroy natural ecosystems and are a threat to marine life.

Over 2 million have escaped in the last decade alone.

ACTIONABLE ADVICE

Stick to real salmon. They taste better. They've lived eccentric lives. There are better meat alternatives out there, you don't have to resort to farmed salmon. Also, don't be a freak about it. Having some sashimi every now and then will not destroy you. The key is to fix what you can control and not worry about the rest. The important message here is to stop people spending hard-earned money on a fraudulent product. Especially when it claims to be extremely healthy for you.

If you find yourself eating farmed salmon, here's what you can do to minimize toxin exposure:

- Don't eat the skin
- Keep portions small
- Choose portions with more flesh than fat (wherever possible)

RESOURCES

1. [Farmed Norwegian Salmon](#)

World's Most Toxic Food (Documentary on YouTube)

2. [Salmon Farming Exposed](#)

(Documentary on YouTube, goes in depth about the farmed salmon industry in Australia)

3. [Victoria Bohne's paper on ethoxyquin](#) in the muscle of Atlantic salmon

4. [PCBs and Pesticides](#) in Farmed Atlantic Salmon vs Wild Alaskan Salmon



@optimal_LD

Want to write for the #WarKitchen?

LIFESTYLE | NUTRITION | GASTRONOMY

send me an email:

rocky@optimaldesign.net

