

Summer~ 2006
Special Issue

Don Varney
Creative

L I V I N G

Producer Lawrence
Bender on Al Gore and
"An Inconvenient Truth"

Boston's Union
Oyster House

Ribs... Ribs... Ribs...
Grill Master
Steven Raichlen

Garden In The
Woods... ROCK ON!

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Fun, Fresh and Local

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A Culinary Adventure Through the Zodiac Signs

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In response to the Astro-Foodology column in the May/June issue, I heard from a number of readers with food astrology questions. One asked, “Is there a way to know what NOT to eat depending on one’s astrological sign?”

In fact, from the standpoint of each astrological sign, there are plenty of red flags, forbidden fruits and Pandora’s boxes that merit consideration when it comes to navigating the grocery isles and restaurant menu offerings. With a little bit of applied astrological knowledge, all culinary experiences can be enjoyed, even if we need to curb our enthusiasm a little more at certain stations on the buffet line of life.

With 12 signs of the zodiac—three in Fire: Aries, Leo, Sagittarius, three in Earth: Taurus, Virgo, Capricorn, three in Air: Gemini, Libra, Aquarius and three in Water: Cancer, Scorpio, Pisces—we have the four elements of fire, earth, air and water that can tell us quite a bit about constitutional predisposition.

Please note: In addition to one’s Sun sign (the astrological month in which you were born), personal planets beyond the Sun—including the Moon, Mercury, Venus, Mars and Jupiter—will reflect these traits listed below. So, if you’re an Aries who likes to dawdle instead of rush or perhaps an Aquarius who prefers routine to constant change, then the rest of your astrological chart has a much more interesting story to tell!



ARIES: The greatest danger for Aries always lies in their “too much, too fast” approach to life which can register in the body as overexertion and over-stimulation. Headaches, eye strain and short tempers are often the result. Aries has a lively appetite but needs to remember to slow down when it comes to eating. Typical default traits to watch for include eating too fast, gulping food, eating on the run and not chewing food thoroughly enough. Like Scorpio, Sagittarius and Aquarius, Aries is drawn to sharp, strong, pungent and especially spicy dishes. From time to time, it would behoove Aries to lighten up on the cayenne, hot chilies, ginger and garlic.

TAURUS: As they say, too much of a good thing is generally, too much of a good thing. Taurus will be drawn to rich textures, savory sauces and juicy meats, with libational preferences ranging from sweet and fruity to complex and tannic. Taurus is not one to outrun the battle of the bulge so best to derive a more Taurean approach to healthy eating and culinary pleasures. By exercising their special knack for slow and steady enjoyment, Taurus can have their proverbial cake and eat it too by finding enjoyment in the QUALITY of the culinary experience not the QUANTITY. With Venus as the ruler of this sign, too many nutritional no-nos in the diet can register in the body as lethargy and blood sugar imbalances.

GEMINI: Needs brain food —plain and simple. This sign of the twins is characterized by busy minds with busy hands naturally preferring to pick and snack as thoughts of hunger arise. With attention to regular eating and proper nutritional balance of proteins, carbohydrates, fats, vitamins, minerals and fluids, snacking in small meals can be fine. But more likely than not, Geminis may be overlooking a food group when not sitting down to proper meals. If nutritional needs are pushed aside or postponed, nervous energy results. This sign rules nuts and no Gemini should be without a supply of nuts near-by at all times (hazelnuts, almonds and walnuts are best).

CANCER: It is my observation that Cancer earns the distinguished title as “Dairy Queen of the Zodiac.” Favorite foods for this sign often include things like macaroni-and-cheese, creamed soups (especially crab bisque,

clam or seafood chowder and oyster stew), ice cream, shakes and plenty of sour cream and butter on the baked potato. In moderation, all of these foods help serve the nutritional needs of any sign of the zodiac, but moderation is the key. Cancer will always have to watch for tendencies toward emotional eating. This sensitive, Moon-ruled sign will do well to learn to eat by the cycles of the moon. Like Pisces, Cancer needs to be careful of lymphatic stasis which will result in bloating, lethargy and under-performing immune function. Cancer natives should never eat when upset since this sign rules the stomach and the second phase of the digestive process.

LEO: In a recent food astrology survey I conducted, one question queried participants on what their favorite foods were. One Leo responded, “That’s easy: salt, sugar and fat.” In truth, that does sum up the dietary palate of many Americans today which has been educated by processed foods laden with dangerously high levels of sugar, salt and fat (many artificially flavored with GMO ingredients, hydrogenated oils and preservatives). This is a tribe of HEARTY eaters as well should be since Leo rules the heart. Because of this, heart healthy habits and heart healthy foods are a must for Leo. This would include easing up a little on the red meat, and getting plenty of fruits and vegetables included on the meal plan. For Leo, sun-kissed and warm foods are best. Often, chronic back pain can be a tip off to imbalances in Leo’s diet.

VIRGO: This sign of the zodiac can often be described as a nervous eater which will inhibit not only their ability to enjoy food, but also their system’s capacity to digest and assimilate nutrition since Virgo rules the intestines. Because of their sensitivity, Virgos need to pay special attention to how, when and where they eat. Additionally, it is crucial that the environment in which they dine is calm, orderly and clean so they can properly absorb the food’s nutritive chi. Intestinal disorders and food allergies are possible if Virgo is choosing the wrong foods or eating habits — fresh, organic with few additives is best.

LIBRA: Again, as with Taurus, we are under the domain of Venusian influences with Venus as the sign’s planetary ruler. She speaks to beauty, congeniality, refined

