

17 Flourishing VERDANT

Happy Pizza Party Day!

As I write this today it's rather cold and dreary, certainly not Flourishing!!! But that makes it a great day for a Pizza Party.

Sometimes we are asked why we have so many random celebrations. Firstly, these are not random, made up things (well ok, everything is made up in a way) but they are official celebration days. What constitutes *official* is subject to interpretation, but these have all been selected, designated, and recorded by some agency that's interested in their promotion. For example the National Arbor Day Foundation has decided on Arbor Day. You can decide for yourself whether or not you care about them or want to do anything about them.

Since everyone gets to decide for themselves whether or not they care about such things as Flag Day, Mothers Day, Fathers Day, Arbor Day, Bee Day, or Nylon Stocking Day, the only sensible approach to this matter is to put all of them on the calendar so you, dear reader, can celebrate the ones you like and ignore the rest.

Now, on to the subject of pizza's. There is a common belief that pizza is not healthy, to which we reply: that depends. If you're buying the cheap crap from the grocery store then probably it contains mostly bread, a bit of watered down tomato juice, fake cheese, and a pile of unpronounceable additives. I wouldn't even feed that to my dog (if I had a dog). On the other hand, you can make a very good and nutritious pizza yourself quite easily with minimal effort. I find that the most work comes from making the crust; everything else is really easy.

It's a fundamental principle of Dawn's that we are in control of our own destiny (to the extent quantum physics allows). So it's recommended to make your own pizza and not rely on the consideration of pizza factories to make a good healthy product. We recommend to make all your own food from the freshest and most healthy ingredients available, so this should be no surprise.

The first problem is what to do about the crust. Making that yourself gives you ultimate control of the product, but takes a lot of time. A good plan is to make a lot of them at once, and then pre-cook or freeze most of them for later use. When you make it yourself you are not obligated to use wheat flour; you can make it with corn meal, flax, buckwheat, potato, rolled oats, or really any starchy food (maybe even tapioca!). But most of these foods don't stick together well because they don't have gluten in them, which is the protein that makes bread chewy. The exception to that is flax, which doesn't have gluten but has some other sticky substance which works well for holding it all together. The trick is that you have to cook it a bit to activate the stickiness.

As far as toppings, there has been so much written and said about that already there is not much left to say. The only thing I will point out, is that the cheese is critical. It's extremely difficult to find suitable cheese. Even the really expensive deli cheese in most grocery stores isn't all that good; and certainly is not worth the price. There is only one sensible option, and that is to get your cheese directly from Wisconsin. If you have mediocre cheese, you will have mediocre pizza. In case you wonder whether your cheese supplier is adequate, you should submit a sample of the cheese to Sarah. She will tell you right away whether it's any good.

So you have a crust made with the starch base most agreeable to your constitution, and fresh healthy toppings of your choice, and finished off with the best available cheese (from Wisconsin); what can be unhealthy about that????