

# 3900

LATVIA

## Ansis Sauka The Voice Coach

### ONE DAY'S FOOD

IN OCTOBER

**BREAKFAST** Soft-boiled egg, 2.4 oz • Rye bread, 4.9 oz; with ham, 1.9 oz; *Valio* Swiss cheese, 1.2 oz; and butter, 2 tsp • Shortbread cookies, 1.3 oz • *Verona Romeo* wafer cake, chocolate, 1.2 oz • Coffee with whole milk, 9 fl oz; and sugar, 2 tsp

**LUNCH AT SCHOOL CAFETERIA** Chicken in tomato broth, 7 oz • Potato with parsley, 9.7 oz; with mayonnaise, 2 tsp • Pickled beets, 3.8 oz • Cherry crumble tart, 5.9 oz • *Apsara* green tea, 12.2 fl oz; with sugar, 2 tsp

**DINNER** Rye bread, 4.7 oz; with ham, 1.9 oz; *Valio* Swiss cheese, 1.1 oz; and butter, 1.5 tsp • Carrot salad with sesame seeds, 5 oz • *Messmer* green tea with aloe vera, 12.2 fl oz; with sugar, 2.5 tsp

**SNACKS AND OTHER** Shortbread cookies, 1.6 oz • *Verona Romeo* wafer cake, chocolate, 1.6 oz • Chamomile tea, 9.3 fl oz; with sugar, 2 tsp • Hot chocolate, 5.8 fl oz • *Mangali* bottled water, 1.6 qt

**CALORIES 3,900**

Age: 35 • Height: 6'1½" • Weight: 183 pounds

**RIGA** • A rich, deep bass voice calls out a greeting as we meet Ansis Sauka, a voice coach for one of Latvia's most celebrated choral groups, the youth choir Kamer. Ansis sang with choirs himself and was an operatic soloist at one time, "But how many bass singers do you know?" he asks. "Everything is written for tenors." His country is home to one of the world's great singing traditions,

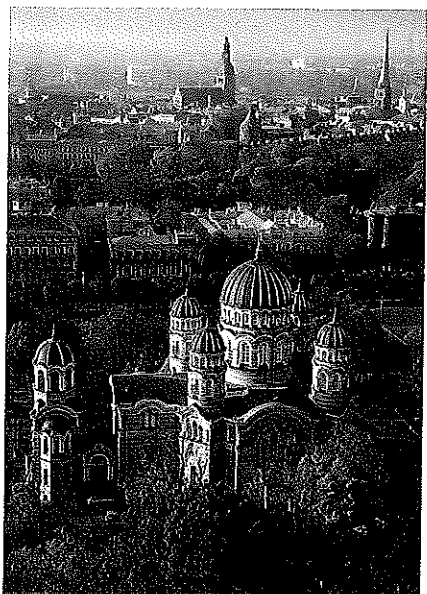
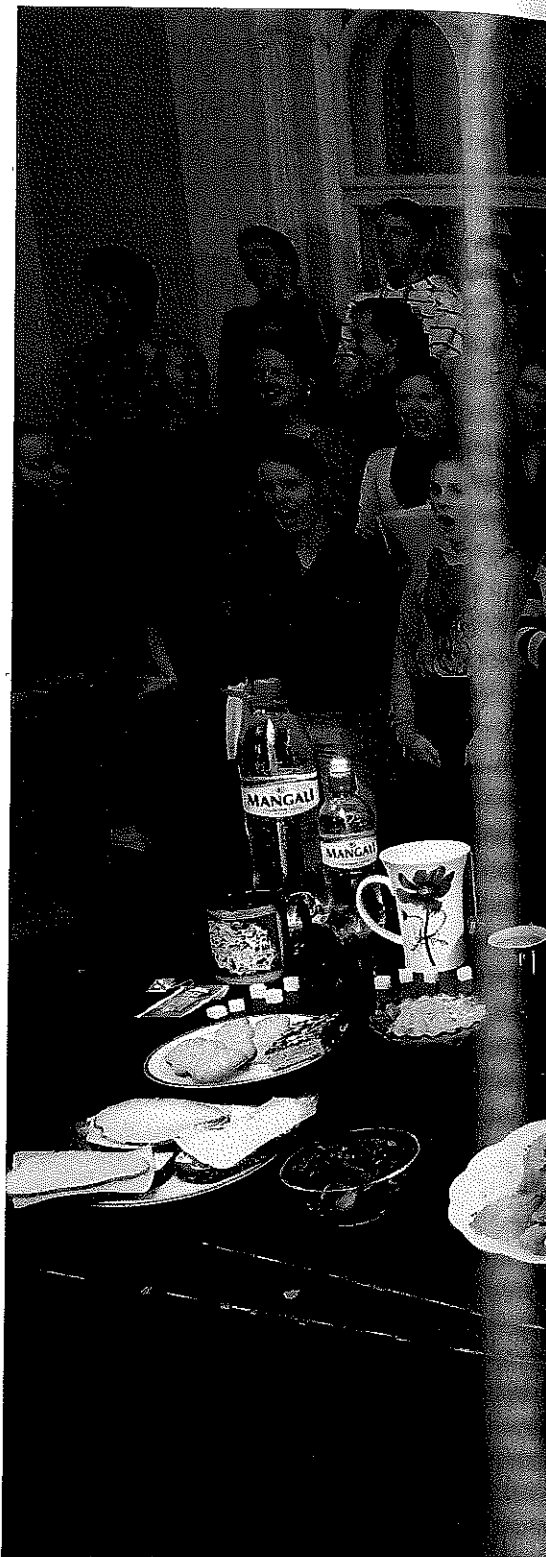
and its people have sung through the ages—even in its darkest hours.

During the week Ansis doesn't have time to cook and neither does his wife, who's a publisher. They and their 15-year-old son are apt to rely on cold cuts, rye bread, and supermarket salads, reserving home cooking for weekends and summer holidays.

Ansis suffers from an esophageal hernia, which causes a burning sensation in his stomach when he eats the wrong foods. This means many of the traditional foods of Latvia—fermented, pickled, and sour—are off limits. No tomatoes, borscht, or sauerkraut without suffering. He eats them from time to time anyway, despite the consequence.

Carbonation is also a problem. So, while he loves *kvass*, a naturally carbonated beverage made from fermented bread, he can't drink it. Nor can he drink modern soft drinks. This isn't a problem, since he doesn't like them, but he remembers when they first came to the country: "At the end of the Soviet period, when everyone here thought everything outside of the Soviet Union was good...everyone drank this stuff. I did too."

As a vocal coach he's very aware of how food and drink affect his voice—no ice cream ever. But, he says, "strong drink—cognac, brandy, whiskey—are good for my voice."





Ansis Sauka, a voice teacher, musician, and composer, with his typical day's worth of food, rehearsing the Riga youth choir Kamer. Latvia's capital city, Riga, a UNESCO World Heritage Site with the oldest continuously running market in Europe, is known throughout Europe for its choral traditions. It proudly hosts the nationwide Latvian Song and Dance Festival every five years. In 2008 more than 38,000 singers, dancers, and musicians participated in the weeklong event. At left: The Nativity of Christ Cathedral, with Riga's Old Town and the Daugava River in the distance.

# 3900

USA

## Joel Salatin The Sustainable Farmer

### ONE DAY'S FOOD

IN OCTOBER

**BREAKFAST** Farm-fresh eggs (2), 3.4 oz; fried with butter, 1.5 oz; with black pepper, 1 tsp • Homemade pork sausage breakfast links from homegrown hogs, 7.7 oz • Apple, 5.1 oz • Banana, 5.1 oz • Whole milk (not in picture), 9.5 fl oz • Homemade apple cider, 9.5 fl oz

**LUNCH** Pearl Valley Cheese Company Colby cheese, 2.6 oz • Apple, 5.9 oz • Green bell pepper, 2.1 oz • Yellow bell pepper, 2.6 oz • Tomato, 4.2 oz

**DINNER** Chicken, 11.6 oz (raw weight); baked with Gunter's honey, 1 tbsp • Homemade applesauce, 9.9 oz • Potatoes, 5.5 oz; with butter, 1.5 oz • Homegrown beets, 4.7 oz; with butter, 1.5 oz • Homegrown green beans, 2 oz; with bacon, 0.6 oz • Homemade pumpkin pie, 3.7 oz; with Breyers ice cream, vanilla, 4 oz

**OTHER** Well water, 1 gal • Supplements: Bronson vitamin C crystals (not in picture), 0.5 tsp; multivitamin; zinc

**CALORIES: 3,900**

Age: 50 • Height: 5'11" • Weight: 198 pounds

**SWOPE, VIRGINIA** • Five hundred and fifty acres of pastoral bliss for his animals is how Joel Salatin describes the Shenandoah Valley farmland that his family has worked since the 1960s. "These are happy chickens," Joel says, tucking one under his arm as he shows us where it lives: a henhouse on skids that moves to a fresh patch of pasture every few days. He shows off his pigs as well, happily snorting and rooting around in an electric-fenced woodland plot, snacking on acorns and feeding on local grain—animals soon to be ready for slaughter, but living a good life until then.

Bucking the trend to modernize, industrialize, and overutilize the land, the Salatins, through trial and error, have built sustainable farming practices that take advantage of the earth's natural rhythms and try to return to the land what they take from it. "Never produce more manure in one spot than can be metabolized in the spot where it's produced," Joel says. And they don't. This is just one of his "core values," as he calls them.

Polyface Farms is pasture-based and what he calls "beyond-organic": a holistic agricultural enterprise raising cattle, hogs, chickens, turkeys, rabbits—and grandchildren. By carefully

managing and rotating pastures and animals (but not the grandchildren) in a pattern that naturally fertilizes and regenerates the earth, he raises healthy animals in humane environments without the need for chemical fertilizers.

Another key core value? "Every single person who eats our food is within a half day's drive," he says. And Polyface won't ship food anywhere—period. "Go find your own local farmer," he says. It was this last point that pricked the interest of writer Michael Pollan a few years ago, so much so that he signed on for a week as a Polyface apprentice, then brought the farmer—already famous (and infamous) in certain circles—to national attention in the book *The Omnivore's Dilemma*.

A writer himself, who once ruffled feathers as a young newspaper reporter, Joel has set much of his barnyard philosophy to paper, writing about farming practices, and also tilting at what he sees as chronically irrational government practices. "The animals are over here, but we have to slaughter them over there [off the farm]," is just one of his complaints. That and much more is outlined in his book *Everything I Want to Do Is Illegal*.

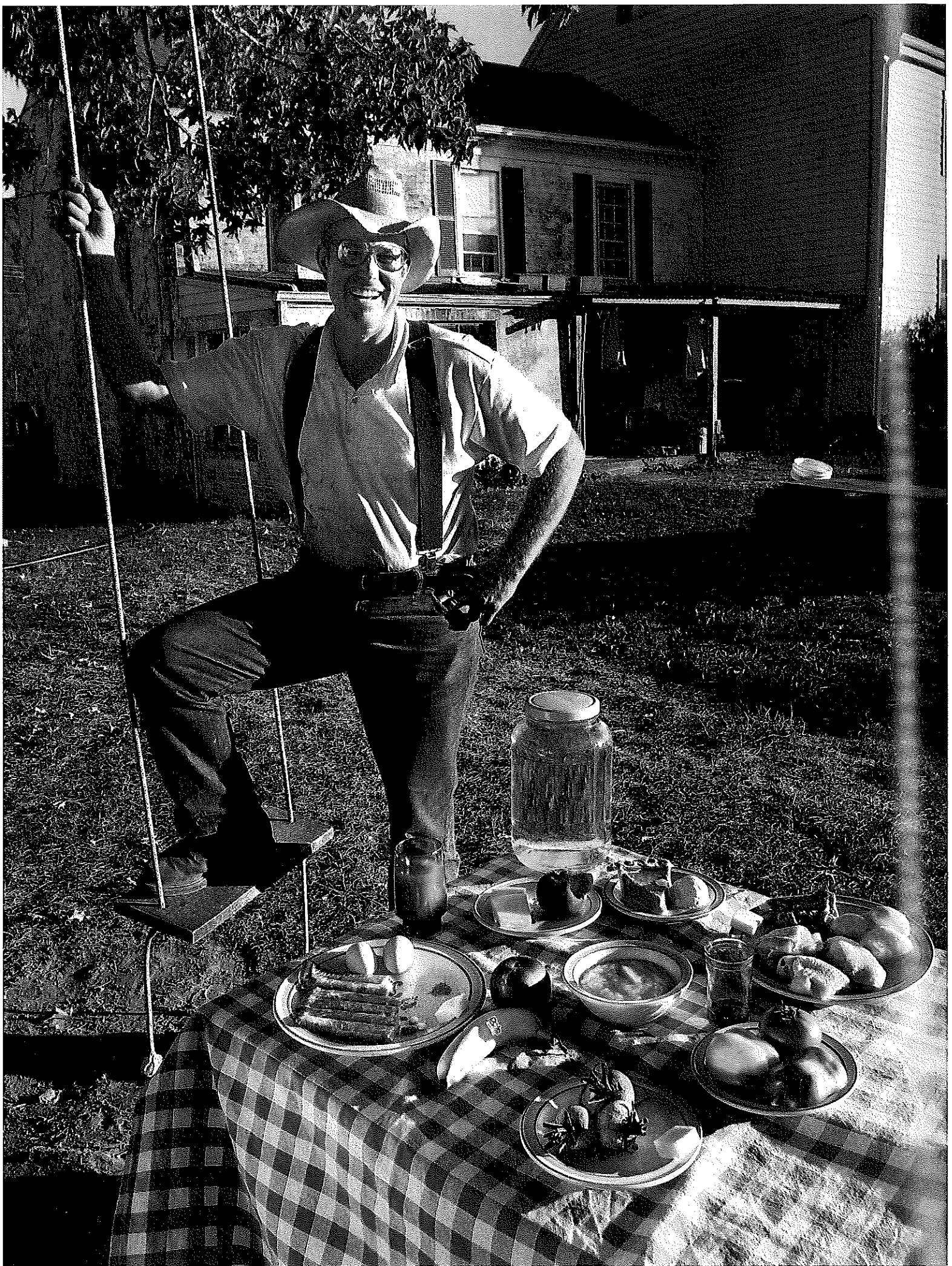
More core values? "Never sell or go public," he says. And he and his wife Teresa don't

believe in marketing plans: "We have zero sales goals. As soon as you start making sales goals, those begin driving production, then they drive distribution. If you have an empire mentality,...you will look at your business differently, your employees differently, your family differently, your patrons differently,...your ecological resources differently, and your society differently. You look at everything differently."

These days the self-proclaimed "lunatic farmer" is still farming, is much in demand as a lecturer, and his work to formulate environmental and moral values and practices is ongoing. Although he has ceded the day-to-day operation of Polyface Farms to the next generation—son Daniel who has worked on the farm since preschool—he's still hands-on: "I tell him to put me to work," Joel says.

Joel Salatin, a farmer and author, on his family farm in Virginia's Shenandoah Valley with his typical day's worth of food. Much of his daily fare is from his own farm, including applesauce and apple cider canned by his wife, Teresa, who fills the basement larder with the bounty of their farm each year. At right: After moving the portable henhouses to a fresh pasture with his tractor at dawn, he heads back to the barns to help rotate cattle from one pasture to another.









A prayer and then supper (at left) at Joel and Teresa Salatin's eighteenth-century farmhouse. Joel, center, and Teresa, at his left, are joined by Joel's mother, Lucille, who lives on the farm, and farm apprentices Andy Wendt and Ben Beichler. Supper tonight is Teresa's honey-baked Polyface Farms chicken, which "can't be served without her homemade applesauce," says Joel. In addition, there are buttered potatoes, garden-fresh green beans with cured bacon, buttered beets, and sliced fresh garden vegetables. But Joel's favorite meal of the day? Breakfast! "Aw man, pancakes, eggs, and sausage or bacon!" Top right: At dawn, the chickens in an eggmobile (portable henhouse) are released to spend the day pecking in the pastures that cattle have just vacated, eating insects, grass, seeds, and undigested bits in the cattle manure (helping to scatter it in the process). Bottom right: Apprentice Andy Wendt gathers eggs inside another portable henhouse, which is moved to a fresh section of pasture every few days.

