

Plenty

October/November 2008

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Bill McKibben On Global Warming And The Next President

# PLENTY

**THE WORLD IN GREEN**

OCTOBER/NOVEMBER 2008



**THE PLENTY 20**

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Companies, And Ideas That  
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**FEATURING ECO AMBASSADOR AL GORE**

**MATTHEW McCONAUGHEY TALKS SHEEP | ORGANIC COCKTAILS**

living  
FOOD



# The Darkness

Black is de rigueur for all things hip—cars, magic, the classic urban wardrobe. But what about food? Inspired by Halloween, we sought out the coolest ebony-tinged edibles for the perfect spooky feast —*Jessica Tzerman*

These toothsome (but not overly tacky) pin-wheels are sure to win over even the most avowed licorice haters. The only 100 percent organic licorice available in the US, Zagarese is made from **ITALIAN LICORICE ROOT**. The original flavor tastes of subtle, sweet anise—none of that in-your-face mustiness. **\$15.60 for 40 wheels, [store.organic-licorice.com](http://store.organic-licorice.com)**



The aptly-named and easy-to-identify **BLACK TRUMPET MUSHROOM**, also known as a black chanterelle, usually appears from June to September. Because of the popularity of this seasonal spore, however, dried specimens are readily available year-round. Just soak in warm water until soft. Or for a bit more flavor use stock, wine, or cream. **\$16 (4 oz), [gmushrooms.com](http://gmushrooms.com)**



**BLACK LIME**, a traditional Middle Eastern spice, is made by boiling the ripe fruit in salt water, then sun-drying it. The darker the lime, the more pungent the taste. Throw in a whole lime or two, piercing the skin first, to flavor a pot of legumes or a savory stew. For a bolder, more citrusy kick, use the pulp instead. **Oman Black Limes (whole), \$4.95 (1.5 oz), [nirmalaskitchen.com](http://nirmalaskitchen.com)**



This nutrient-dense **WHOLEGRAIN RICE**, known as nobleman's rice in Italy, where it's grown, smells of baked bread and tastes wonderfully sweet. Though its husk is actually dark red (shhh!), the cooked rice could easily stand in for inky black pasta; it's also great as a base for grilled halibut or striped bass. **Gli Aironi Venere Nero Rice \$14.95 (500 g [roughly 17 oz] bag) [formaggiokitchen.com](http://formaggiokitchen.com)**



No, this isn't caviar. It's organic, raw **BLACK SESAME TAHINI**, a nourishing, calcium-rich spread said to alleviate everything from blurred vision to, ahem, constipation. Perfect for darkening hummus or adding depth to sweet breads and cakes, it's also great on crackers or bagels (just schmear and serve). Be sure to add olive oil if you like it; this contains none. **\$11.99 (8 oz), [livingtreecommunity.com](http://livingtreecommunity.com)**

There's nothing **VANILLA** about Frontier Natural Products Co-op's extracts, sourced from far-flung vanilla-producing regions. Each Fair Trade-certified, organic variety has its own flavor profile, ranging from floral (Papua New Guinea) to smoothly sweet (Uganda) to smoky (Indonesia), adding a touch of the exotic to desserts, sauces, or even drinks. **\$6.49 (2 oz), [frontiercoop.com](http://frontiercoop.com)**

