

# Çin Tıbbı ile Şifalı Besinler



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# Kaynaklar ve Önerilen Okumalar

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## Gıda Kaynakları

Bu kitapta adı geçen yiyeceklerin çoğu, yerel bakkalınızda bulunamayabilir. Otlar, baharatlar ve diğer gıdalar gibi malzemeleri tedarik etmek için aşağıdaki kaynakları kullanabilirsiniz.

### ÇİN ŞİFALI OTLARI

Root and Spring  
[rootandspring.com](http://rootandspring.com)

Hazır Çin bitkisel çorba karışımları.

Spring Wind Herbs  
[springwind.com](http://springwind.com)

Yenilebilir Çin şifalı otları. Şirketin şifalı otları pestisit açısından test edilir, üstelik birçoğu da organikdir.

TAHILLAR, FASULYE/  
BAKLİYAT, YEMİŞ,  
BAHARAT/ŞİFALI OTLAR VE  
ULUSLARARASI GIDALAR

Asian Food Grocer  
[asianfoodgrocer.com](http://asianfoodgrocer.com)

Çoğu Doğu Asya malzemeleri. Satın aldığınız ürünün ilave sülfite, renklendirici, MSG veya koruyucu madde içermediğinden emin olmak için içindekiler listesini okuyun.

Bob's Red Mill  
[bobsredmill.com](http://bobsredmill.com)

Tahıllar, baklagiller, tohumlar, tam tahıllı unlar, yemişler.

**Eden Foods**  
[edenfoods.com](http://edenfoods.com)

Tahıllar, baklagiller, tohumlar, tam tahıllı unlar, deniz yosunu, kurutulmuş meyveler, otlar, baharatlar, çaylar, yağlar, sirkeler, birçok Doğu Asya malzemesi. Tüm ürünler GDO'suz, organik veya yerel kaynaklıdır. Konserve-ler BPA içermez.

**Gold Mine Natural Food Co.**  
[shop.goldminenaturalfoods.com](http://shop.goldminenaturalfoods.com)

Organik, yadigar, koşer ve yüksek kaliteli tahıllar, fasulye, baklagiller, miso, deniz yosunları, kurutulmuş gıdalar ve meyveler, umeboshi, çaylar, fermente gıdaların tedarikçisi.

**Kalustyan's**  
[kalustyans.com](http://kalustyans.com)

Tahıllar, baklagiller, tohumlar, tam tahıllı unlar, Hindistan cevizi sütü, deniz yosunları, kurutulmuş meyveler, kuruyemişler, sade yağ, otlar, baharatlar, çaylar, yağlar, sirke ve birçok Orta Doğu malzemesi.

**Lundberg Family Farms**  
[lundberg.com](http://lundberg.com)

Kaliteli pirinç ve pirinç ürünleri.

**Sadaf**  
[sadaf.com](http://sadaf.com)

Tahıllar, baklagiller, tohumlar, tam tahıllı unlar, deniz yosunları, kurutulmuş meyveler, sert kabuklu yemişler, yağlar, sade yağ, otlar, baharatlar, çaylar, sirkeler, birçok Orta Doğu malzemesi.

**Sahadi's**  
[sahadis.com](http://sahadis.com)

Tahıllar, baklagiller, tohumlar, tam tahıllı unlar, kuru meyveler, kuru yemişler, yağlar, şifalı bitkiler, baharatlar, çaylar, sirkeler, birçok Orta Doğu malzemesi.

**South River Miso**  
[southrivermiso.com](http://southrivermiso.com)

Bu çeşitler de dahil olmak üzere çok çeşitli lezzetli esnaf ve organik miso: pirinç, adzuki, nohut, arpa, karahindiba pırasası, tatlı beyaz ve sarımsaklı kırmızı biber misosu.

**ORGANİK ÜRÜN VE GIDALAR**

**Kuzey Amerika'da Topluluk Destekli Tarım Kaynakları**  
[localharvest.org/csa](http://localharvest.org/csa)

Tüketicilerin yerel, mevsimlik yiyecekleri doğrudan bir çiftçiden satın aldığı Topluluk Destekli Tarımı (CSA) bulup katılmaya yönelik bir kaynak.

**Yerel Çiftçi Pazarı Fihristi**  
(ABD, Kanada ve Uluslararası) [localfarmmarkets.org](http://localfarmmarkets.org)

**Organik Tüketiciler Derneği**  
[Organicconsumers.org](http://Organicconsumers.org)

Organik ve sosyal açıdan sorumlu tüketicilerin çıkarlarını destekleyen tüm konular için internet kaynağı.

**DENİZ YOSUNLARI**

**Maine Coast Sea Vegetables**  
[seaveg.com](http://seaveg.com)

Organik sertifikalı sekiz Kuzey Atlantik deniz sebzesi çeşidi sunar: laria, dulse, yosun, laver, deniz marulu, İrlanda yosunu, kaya otu ve mesane suyu. Ayrıca Çin'den iyi test edilmiş organik nori yaprakları da ithal ediyor.

**Maine Seaweed**  
[theseaweedman.com](http://theseaweedman.com)  
Elle hasat edilmiş kuru Atlantik deniz yosunları ve deniz sebzeleri.

**SÜRDÜRÜLEBİLİR DENİZ ÜRÜNLERİ**

**Monterey Bay Akvaryumu Deniz Ürünleri İzleme Programı**  
(Kuzey Amerika)  
[Seafoodwatch.org](http://Seafoodwatch.org)

Sürdürülebilir kaynaklardan deniz ürünlerinin nasıl seçileceği ve satın alınacağı hakkında bilgiler.

**BATI OTLARI VE BAHARATLARI**

**Frontier Co-op**  
[Frontiercoop.com](http://Frontiercoop.com)

Organik otlar ve baharatlar, çaylar, kurutulmuş meyve ve sebzeler.

**Mountain Rose Herbs**  
[mountainroseherbs.com](http://mountainroseherbs.com)  
Tohumlar, deniz yosunları, yağlar, otlar, toplu baharatlar, çaylar.

**Real Salt**  
[realsalt.com](http://realsalt.com)  
Yüksek kaliteli, mineral bakımından zengin, rafine edilmemiş ince, kaba, koşer veya toz deniz tuzu.

**YABANI YİYECEKLER**

**Ryan Drum**  
[ryandrum.com](http://ryandrum.com)  
Deniz yosunları ve deniz sebzeleri, otlar, yabancı gıdalar ve yabancı gıda tohumları.

**"Vahşi Adam" Steve Brill**  
[wildmanstevebrill.com](http://wildmanstevebrill.com)  
Yabancı bitkiler ve mantarlar.

**PİŞİRME TALİMATLARI/GIDA BİLGİLERİ**

**Gıda ve Su İzleme (ABD)**  
[Foodandwaterwatch.org](http://Foodandwaterwatch.org)

Herkes için sağlıklı gıda ve temiz suyu savunan kamu yararına çalışan grup.

**Rouxbe**  
[Rouxbe.com](http://Rouxbe.com)  
Profesyonel olmayanlar için çeşitli yemek pişirme talimatları sunan internet açılış okulu.

**Amerika Birleşik Devletleri Tarım Bakanlığı**  
Gıda Güvenliği ve Denetim Hizmeti [fsis.usda.gov](http://fsis.usda.gov)

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