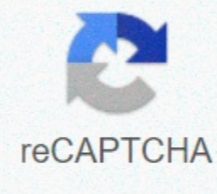




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What to eat at bojangles

Is eating honey ethical? Vegans have been debating this sticky question for decades — and now, they're not the only ones. Although mass honey production has long been thought of as a symbiotic process that helps bees and humans alike, recent environmental studies, along with an increase of declines in bee populations, have shown that this is the exact opposite: the industrial honey industry, being remotely mutually beneficial, is hugely harmful to bees and humans alike. Contrary to popular belief, cultivating honey for human consumption is not just a matter of letting bees do what they do and reaping benefits. Although the formation of honey is a natural process, humans extract far more honey than bees, since they are otherwise naturally bred. As a result, bees can be harmed during all stages of industrial honey production. Honey is made when bees suck nectar from a flower, reproduce it, and process it back to the hive with other bees. In their natural states, they use this honey as a food source during winter. But on honey farms, beekeepers that take honey and replace it with a cheap sugar alternative — one that is insufficient to meet the nutritional needs of bees. As a result, bees die from more exhaustion in an attempt to reproduce the honey they need; Others die of starvation or malnutrition, while others develop weakened immune systems and contract diseases. In addition, bees have harmful growth abnormalities, such as shrunken hypopharyngeal glands, while their hives are being transported from one farm to another. Drone bees are also killed during the artificial insemination process. Beekeepers often use smokers to soothe bees when inspecting bees, as smoke interferes with the primary form of the infused of bees: odor. Although the effect is reversible, too much unnecessarily irritates bees. Whole hives are often killed with cyanide if beekeepers deem it too expensive to keep them alive through winter. Yet another strategy is to clip the queen bee's wings to stop the massive herd applied by beekeepers; This ensures that there is no decline in honey production. But as Heidi Herrmann, cofounder of the Natural Beekeeping Trust, notes in the Telegraph, herds are the natural way to breed for bee colonies; It is their basic strategy for survival and for diversifying the gene pool. Motives for its suppression are questionable, and mostly spring from seeing bees as honey production units. Meddling with the natural forces of reproduction is misguided, I believe. [Source photos: DanielPrudek/Stock, Arsenispyros/Stock, Galina Shafrań/Stock] For some, the cruelty inflicted on bees during the honey production process is not a compelling reason to stop honey intake, because bees insects. This is a strange line of reasoning: Regardless of their classification, studies have suggested that bees may feel pain, and if they do, they do. There is no different in ways that speak of the pain felt by cows, chickens, pigs or fish. We do not yet know for certain that bees may feel pain, but given this uncertainty, we have a moral responsibility to behave as though they may be. Moreover, the negative consequences of industrial honey production extend far beyond bees. The honey industry also exacerbates an existing problem, a rather frightening one that has the potential to wreak havoc not only on bees, but on humanity itself. As environmentalists often note, bee populations around the world are in decline. Due to the important ecological role of bees in food production, this decline is nothing short of an existential threat to the long-term food supply of human beings. It would be natural to assume that the cultivation of honey, collectively, by cultivating and maintaining a constant population of bees, is part of the solution. But that is not the case. In fact, that is part of the problem. There are about 20,000 species of bees. Bees are one of them, but they are not the only species that need savings. On the contrary, some experts suggest that bees are actually making the problem of the decline in bee populations worse in two different ways. First, bees (who are domesticated) often compete with wild bee populations-species that really need to be saved for resources. Second, bees are selectively bred by beekeepers to maximize their productivity; However, selective breeding makes a species susceptible to the disease, and diseases contracted by the population of bees in the field can quickly spread to other bee species. As a result, the traditional honey industry makes the already serious problem of the decline in bee populations even worse. (Mace Vaughan, codirector of the Pollinator Program at the Xerces Society, a science-based nonprofit organization that protects wildlife through the conservation of invertebrates and their habitats, recently put it this way: Pollinator conservation is like keeping bees for bird protection to keep chickens.) It is no surprise that, of all the solutions that environmentalists have proposed to reverse bee population decline, buying more mass-produced honey is not one of them. Make no mistake: There are a lot of downsides to honey farm, and some of them are quite serious. Although bees may actually suffer as a result of commercialised honey production, you don't like having to be concerned with the welfare of bees to see why honey production is problematic. If you're concerned with many of these issues, one option is to look for ethically produced honey rather than big-name store brands. A handful of honey companies, such as equal exchange and tropical forest, have adopted more sustainable production methods such as avoiding fertilizers, pesticides and crop monoculture, which damage biodiversity, as well as adequate food and resources available for wider bee and insect populations. Small, local farms often have similar practices Usage Usage Good A vegan beekeeper put it this way: providing a home for bees where they won't be mistreated, [on the backs of giant trucks] shipped across the country or given to eat genetically modified crops doesn't sound exploitative to me. As an added bonus, some say that ethically produced honey tastes richer than its mass-produced counterparts, often processed more than different countries, a mixture of different honeys. No matter the source, reducing or eliminating honey consumption is still the best consumer strategy for eliminating the plight of likely bees. But that doesn't mean you'll have to leave sticky, sweet things: Some companies selling vegan honey include Blenditup, Skinny Foods, Bee Free and D'Vestl Organics. Also, there are plenty of readily available honey options: Agave nectar, rice syrup molasses, and maple syrup all come with excellent food sweeteners that taste just as delicious as honey but none of the drawbacks. Now honey is as good as any time to make a cure, or switch to a honey-free diet- whether you're vegan or not. Brian Ketman is cofounder and president of the Mitring Foundation, a non-profit organization dedicated to reducing meat, eggs and dairy consumption to create a healthy, sustainable and compassionate world. Kateman is editor of the Kamterian Cookbook and The Reterian Solution. Skiphard cheeses for the main ingredients (cheddar, parmesan, Swiss) once you remove the mildew part and are safe to consume about an inch around it. But beware of soft cheeses (goat, cottage), as well as fuzzy or strange color spots on production and yogurt. Mold spreads easily on these foods because they are moist, so it's best to discard the whole thing, advises Christine Bruhan, PhD, director of the Center for Consumer Research at the University of California at Davis. veins of blue cheeses should be eaten on mold and rind of brie and camembert; For these varieties, follow the use-date. What if you accidentally eat some bad mold? Taste will likely tip you off before you consume enough to get sick. Not so fast. Pink poultry and meat can be cooked really well, while brown beef and white chicken can also be undercooked to eat. Tina Haines, technical information specialist at the USDA Food Safety and Inspection Service, R.D. Color and texture are not reliable ways to tell that pathogens such as E. coli and salmonella, which can cause flu-like symptoms, have been destroyed, warned. The only way to know for something is to use a meat thermometer. To kill harmful insects, cook the hen to 165 degrees, the internal temperature of pork and ground meats to 160 degrees and steak and roast to 145 degrees. Bacteria thrive in temperatures above 40 degrees. Make sure your refrigerator isn't warmer than that by placing a equipment thermometer on the top shelf if you don't already have one. Even properly refrigerated, food also left May be bad. Remember: Save, including takeouts and homemade meals, has already spent time in the air above 40 degrees. If something smells even after feeling or a day, trash it. But keep in mind that the worst pathogens don't produce a smell or anything visible, so don't make any leftovers fresh over a few days. Food can't be safely until it's still ice crystals or warmer than 40 degrees, Bruhn says. Get this state by thawing foods in the fridge; It takes longer than leaving them over the counter, so make the freezer plan to transfer the fridge the night before you cook. If you do not use thaw meat and forget to freeze it again on that day, it will keep a day or two in the refrigerator. If the milk (or any perishable food) is properly stored, it should be safe to consume for five to seven days after the sale, which is the last day the store should display a product. Once it's in your fridge, you should go by the date of use, the last day the item will be on its optimal taste and texture. Fortunately, milk is one of those foods for which taste and aroma can indicate deterioration; If it smells sour, scrap it. Frozen foods act as ice packs to maintain freezing temperatures. The item in a stocked freezer will last about 48 hours; Foods in a half-full freezer will remain frosty for only 24 hours or so. The fridge will increase above 40 degrees after power without temporary about four hours, then discard the bad stuff after that. True, wasting food is a shame, but it's better to be safe from the sick! Try these meat-free meals themselves does not provide medical advice, diagnosis, or treatment. Any information published on this website or by this brand is not intended as an alternative to medical advice, and you should not take any action before consulting with a healthcare professional. Professional.

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