

FAQ's FREQUENTLY ASKED QUESTIONS!

ABOUT THE MISSION!

Q. What community projects and events do you support or sponsor?

A. Important to remember our whole Mentoring Gardens Kitchen & Market began as and is a Community Project. While it is a business, it's a TEAM effort learning to market research, produce, prepare, sell in a variety of environments, and support the project through navigating the fluctuating economy to stay in business to keep doing what we're doing and branch out to help support and sponsor others. We're still working on organizing a cooperative-ownership model so our team and customers can have equity; there's a lot involved in that, especially when each year so far has brought it's overwhelming increases in cost of supplies/ingredients. We're not giving up on the idea! We are also still working on developing the extra space at our kitchen, into a little store, art shop, snack counter?

OTHER ENDEAVORS SPONSORED:

Current/On-Going: The Music Box Project, which is self-explanatory. Please read more about it at www.MusicBoxTime.com

We don't like the "Boast Box" but since you asked, we've sponsored and/or supported various community organization fund-raising benefits and events, by providing raffle baskets and products for organizations to sell at their events with all proceeds going to their cause(s); also Family benefits/community events, providing products/raffle baskets to raise funds for student sport teams, chronic medical care, surgeries, or families in need due to special or emergency circumstances. Odd Community Projects sponsored/supported: One example: was a public-purpose partnership with The Educare Foundation, Inc. and a Computer Skills agency to give away scholarships for individuals and specifically single parents hoping to improve their computer/technical skills to become more employable at higher salaries. Scholarship recipients were selected based on their essays written and submitted. Once graduated from the courses, part of the program was to help them find work utilizing the specific new skills learned. Many individuals couldn't afford business attire required in some office environments, so we organized a business clothing drive for outfits, accessories, shoes, so they would be completely equipped to begin their new jobs. Other areas: We've helped students produce their own music CD, write, direct and host stage plays, a dinner theater (but by the time they all got dressed up in kitchen coverings from head to toe, they got a little too distracted and didn't help much making the 25lbs of meatballs!) We've transformed stage plays to screen scripts, and more. For now we've got one scene from the film A Coat Of Arms filmed, and waiting on the funds to complete the movie. In the mean time, we are transposing the script to a Novel format and hopefully a Radio Drama! We hope to sponsor an Art Show with works from our staff and students.

About our Kitchen and where Mentoring Gardens began: See Our "STORY CARD" OR ABOUT PAGE! Stay Tuned and Updated at our website www.MentoringGardens.com

NEXT UP: ABOUT THE FOOD!

Q. Do you make Sugar-Free?

A. Yes we do. The majority prefer the Sugar-Free Cinnamon. We usually use Stevia Extract. This year we endeavor to make at least one Sugar-Free kind on a consistent basis.

Q. Can we make lower sugar varieties?

A. Yes we can. We've adjusted our recipes to be slightly lower sugar content per serving. Please note that all those without chips are less sweet.

Q. Can we make Hi-Protein Vitamin Enriched Bites?

A. Yes. We have tested a few recipes and hope make at least one SUPERFOOD High Protein and Vitamin Enriched on a consistent basis. Please check our website for what's available!

Q. How much is a serving?

A. We have had reports of people eating 2 bites with a beverage and feeling full, or curbing a hunger pang. We've also had reports of people eating a half bag because they're due for a meal and they enjoyed eating the bag. Either way works and is completely up to the individual. An average "serving" is about 7 pieces or ½ ounce.

Q: Does our granola have SOY in it?

A: There is no Soy in our granola unless there's pre-made baking chips such as Peanutbutter Chips, Butterscotch Chips, Chocolate Chips, Caramel Chips, Cinnamon Chips. Pre-made baking chips usually contain palm or soy in the chip itself. To avoid soy, please purchase a kind without any chips. If our product contains any type of baking chips it will always be on the ingredient label.

Q: Does our Canola Oil have soy in it?

A. NO. NO. NO. We use pure Canola Oil and the only ingredient is Canola Oil. You will see some oils on shelves that combine multiple ingredients, however we are careful to purchase and use only oil with one ingredient as labeled.

Q: Why not use other oils, like Coconut, Avocado, Olive, or oils supposedly deemed more healthy?

A: We have tried through extensive research, baking-testing every oil on the market. Aside for the burn-element, and smoke level of every oil, each which has it's own burn and smoke-levels, they burn, change the taste, often times they are extra greasy, even in the limited amount we use, or create other issues we don't want, and tastes you don't want.

Q: Why use Canola Oil and "haven't you heard how bad it is for you?" Likewise: How about the positives?

A. FIRST OF ALL: In regards to our granola, we all have to remember ours is not coated, soaked, fried, baked or rolled in oil like most granola products are. Doing the math we determined for every market sized bag (average 5 ounces) there is about 2 teaspoons of oil. We really did a lot of research from many different sources. Attached are some...

Q. OTHER PERSPECTIVES FROM OUTSIDE SOURCES “Q/A: Canola Oil: Blessing or Not? SEE FURTHER RESEARCH BELOW.”

A. How does one sift through all the pros cons about every single thing? AT THE END OF THIS FAQ we'll share some information we found through our research on Canola Oil. A FEW PERSPECTIVES. Q: ARE WE THE ONLY ONES SEEING THIS?

Q: Do you do Special Orders using specifically requested ingredients?

A: YES we can. Special orders “extremely unique” are fine if a customer wants to buy a large amount of the batch. While we do our best to accommodate, most the time we have to bake what we know will sell. We occasionally bake ¼ or ½ batches of extremely unique kinds to market test, or for a special request.

Q: Have you ever used Millet instead of Oats:

A: YES we tried Millet, and made special orders to customers exact specifications. The customer bought one bag and the rest went to the farm for goat snacks, it sat around so long. All part of our learning curves!) Special orders such as these are fine if a customer wants to buy the majority of the batch.

Q: Do you make Organic Granola:

A: Yes we have. We took one year to research all Organic and made multiple kinds of Regular and Gluten Free Organic. The truth is, our customers preferred our original recipes, and the cost of all fully organic was not something they felt would be worth pursuing on a large scale basis. Time after time, in multiple different markets, customers chose the original recipes in regular and gluten free, over the Organic. We wasted or gave away a lot of bags! If we make organic again, we will do it by Special Order or only one or two kinds.

Q. Why not get certified through 3rd parties for organic and non gmo?

A. We have researched all the ways to get certified both Organic and/or Non GMO. First, there's lots of money involved to have a “3rd party” research your ingredients either Organic or Non GMO. As for our Organic Testing Year, we went through the painstaking effort to guarantee each product we purchased to make the Organic recipe was in itself certified organic, so why would we need to spend the money to say our product is organic? We know it makes a difference to people but maybe for factories and mass produced products it's worth the certification.

Q. Don't you want the Butterfly Stamp?

A. As for Non GMO the beautiful butterfly stamp, we all love butterflies. In our small corner of the world, we do the research as much as we possibly can to buy and use ingredients that are verifiably not derived from GMO's or bioengineered sources. The more research we did on the Non GMO Stamp, the more questions came up. We are still researching how do you know everything you need to know and likely, that's why people hire outside Certifications companies to do it, but it only seems logical to know where they get their answers from, and where those answers came from.

Q: Is there Cinnamon in all our kinds:

A: No. At one time, Ground Cinnamon was a regular part of our recipes. After multiple requests from regular customers to make some without Cinnamon, we adjusted the recipe and market tested, to only include Cinnamon in kinds specifically labeled such as Apple Cinnamon, Simply Cinnamon, or anything with a Cinnamon Chip. This was very well received, so we continue only to put Cinnamon in those specifically labeled with Cinnamon.

Q: Have you tried baking with other sweeteners instead of Sugar?

A. YES! We have tried baking with many and probably every natural sweetener on the market, including Honey, Agave, and others. Either cost prohibitive, changing the taste or consistency, or burn levels not compatible with our process, basic cane/brown sugar has repeatedly proven to be the simplest, purest at this time. We're still open and eager to testing more high-end natural sugars as finances allow. You know, when that economy goes back to normal...

Q. Why not just use Honey for sweetener?

A. After much research, as well as testing honey as a sweetener in the kitchen, we don't use honey for many reasons. The first revelation was that not all honey is created equal. There are many honey makers that feed bees pure sugar to yield more honey. When comparing sugar content between basic sugar and sugar-fed bee honey, the content was the same. Since there's no way to know how exactly the bees are fed, or what sugar content is added to different honey, there was no way to regulate our using honey as a better form of sweetener. BESIDES that, it's a sticky mess that burned, we could not make the pieces without it sticking to gloves, utensils, pans etc. The process actually added a whole lot more sugar content because honey didn't absorb into the mix. Honey also has an early burn point, and the taste changes, to even bitter. "RUMOR HAS IT" that honey can lose it's beneficial properties in high heat and turn toxic with extreme prolonged heat. SO, with all the negatives after trying to actually use it regularly in our baking process, we had no need to do further research on exact toxicities that would occur during our high heat and prolonged baking processes. Sticky yucky mess! Traumatizing really.

**MORE AND MORE RESEARCH AND EDUCATING TO DO
ON OPPOSING OPINIONS OF CANOLA OIL.**

**BELOW QUOTED FROM ARTICLE ENTITLED:
“What is Canola Oil?” Combined Scientific, Biological
Research. Sources are undisclosed in this FAQ.**

“What is Canola Oil? Combined Scientific, Biological Research”

“Q: What is canola oil?

A: Canola oil is the healthiest of all commonly used cooking oils. It is lowest in saturated fat, high in cholesterol-lowering mono-unsaturated fat and the best source of omega-3 fats of all popular oils. Canola oil comes from pressed canola seed. The seed is harvested from pods formed after the beautiful yellow flowers fade away. North American farmers have been growing canola seed for over 30 years. Canola is not rapeseed. It looks the same on the outside but it’s very different on the inside where it matters. In the late 1960s, plant scientists used traditional plant breeding methods to get rid of rapeseed’s undesirable qualities – erucic acid and glucosinolates. That means canola oil and meal are different from rapeseed oil and meal.

Q: Have human studies been conducted on the consumption of canola oil?

A: Yes. Clinical studies conducted over the past 20 years involving thousands of healthy volunteers, examined the role of canola oil in lowering blood cholesterol levels and reducing risk of coronary heart disease, cancer, diabetes and high blood pressure. The studies confirmed that when used as part of a balanced diet, canola oil has been shown to lower blood cholesterol levels and have a beneficial effect on clot formation, thereby decreasing the risk of heart disease and stroke. Canola oil contains just 7% saturated fat compared to, for example, 15% for olive oil, 19% from peanut oil and 12% for sunflower oil.

Q: Is canola oil safe for animals and humans?

A: Yes. Before being approved for food use, canola oil was required to go through stringent animal feeding trials to ensure it was a safe edible oil. And a great deal of research has been done which shows the benefits of incorporating canola oil into human diets.

Q: Was canola developed using genetic engineering?

A: Canola was developed using traditional plant breeding techniques, so it was not developed using biotechnology. However, about 80% of the canola grown in Canada has now been modified using biotechnology to make it tolerant to some herbicides. Using these specific herbicides has reduced the amount of chemical needed for weed control in the fields. Remember - the canola plant has been modified, not the oil. So canola oil from the herbicide tolerant plant is exactly the same safe and healthy oil as canola oil from conventional plants. The modification has been made to only one canola gene and it is a protein. Processing removes all proteins from canola oil. That means canola oil made from GM seed is conventional canola oil.

Q: Was GRAS status for canola oil purchased from the U.S. Food and Drug Administration (FDA)?

A: No. The FDA granted GRAS (Generally Recognized as Safe) status following the submission of a lengthy petition, which detailed years of research on the beneficial health effects of canola oil in human and animal diets.

Q: Does canola form "latex-like substances which agglutinate red blood corpuscles"?

A: No. In fact, canola oil has good effects on your blood. Canola oil is a good source of alpha-linolenic acid or ALA, for short. ALA is an essential omega-3 fatty acid required in the human diet because our bodies cannot make it. Animal and human clinical studies show that ALA has many of the same beneficial effects on blood clotting, platelet aggregation and the vascular system as omega-3 fatty acids found in fatty fish such as salmon and mackerel.

Q: Does canola oil cause emphysema, respiratory distress, anemia, constipation, irritability, and blindness in animals and humans?

A: No. After extensive animal and human testing, canola oil has been proven to be absolutely safe to consume and will not produce these or any other diseases or conditions.

Q: Is canola oil linked to mad cow disease?

A: No. There is no connection between BSE and canola oil.

Q: Does canola contain cyanide?

A: No, canola does not contain cyanide. Canola contains compounds that sound a little like that -isothiocyanates, compounds found naturally in many foods, especially in cruciferous vegetables such as cabbage, brussel sprouts, cauliflower, broccoli, kale, turnips and canola. Isothiocyanates are sulphur-containing compounds that have anti-cancer properties, a fact first recognized some 30 years ago. In rats and mice, isothiocyanates inhibit the development of tumors in esophagus, mammary and lung tissue. Isothiocyanates appear to act by interfering with the metabolism of cancer agents and increasing their removal from the body. The cancer-fighting properties of cabbage, cauliflower and the other members of the mustard family are likely due to their isothiocyanate content.

Q: Is canola made of a "very long chain fatty acid oil (c22)" that can cause a degenerative disease?

A: No. Canola oil's fatty acid profile consists predominantly (over 90%) of the 18 carbon unsaturated fatty acids oleic acid, linoleic acid and linolenic acid. Canola does not cause or contribute to any disease and in fact, it can improve health. The positive effects of canola's unsaturated fatty acids on certain health conditions, such as cardiovascular disease, are well documented.

Q: Are the covalent bonds holding fatty acids together harmful?

A: No. Millions of organic compounds found on earth contain covalent bonds. Covalent bonds are those in which atoms share their electrons. There is nothing dangerous or harmful about covalent bonds. They are the glue that holds most organic compounds such as fatty acids, proteins, glucose and ascorbic acid (vitamin C) together.

When necessary, the body uses enzymes (types of proteins) to break the covalent bonds during normal metabolism. The fatty acids found in canola oil and all other fats and oils contain covalent bonds that can be broken by enzymes to create compounds used to produce energy or make hormones and other important compounds.

Q: Do the glycosides in canola suppress the immune system?

A: No. There is no evidence that canola oil depresses the immune system. Glycosides are compounds formed from reactions involving alcohols and sugars such as glucose. Many compounds found in plants – flavorings, colors and steroids – occur as glycosides. Table sugar – or sucrose, as it is known chemically– is a glycoside, as is lactose or milk sugar and potato starch. So is salicin, the bitter-tasting glycoside obtained from willow bark and used by First Nations peoples many years ago to treat fevers and other ailments. Today, we use a related compound for the aches and pains of sore throats, colds and the flu– we call it ASA. Glycosides are a key part of normal human metabolism. There is no evidence that canola oil depresses the immune system.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8960439/>

This study is really interesting, because it found that transgenic canola oil resulted in improved blood omega-3 profiles consistently within 3 days. It apparently demonstrated the bioavailability of EPA and DHA.

Overview

Is canola oil a healthy oil?

The high unsaturated fat content in canola oil may protect against inflammation, microbial infection, or cancer, as well as other benefits (28). Other studies have found evidence that canola oil may: reduce cardiometabolic risk factors (29) delay heart disease progression (30)

Canola oil is generally considered the healthiest option due to its lower saturated fat content and higher levels of heart-healthy omega-3 fatty acids compared to vegetable and corn oils.”