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Cook with glass or ceramic cookware

- cookware and pot review
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Xtrema ceramic soup pot is safe for the environment and your food.

Credits: Xtrema

Cook with glass or ceramic pots and pans. A previous article titled [Throw out your Teflon](#) about non stick pots and pans suggested getting rid of Teflon. Here are alternatives to use instead.

In choosing green cookware, investigate what materials are used and stay away from metals and chemicals. Find out how it is manufactured and where. Is it distributed by ship and rail or by trucks using bio-diesel fuel? Does it give off anything harmful to the environment or workers in its manufacturing process or when you use it? Does it create food that is healthy for your body too? Can it be used on the type of cook top surface you have? Ask questions, read reviews and read labels before buying anything.

Old cookware like Corning and Pyrex glass are fine but breakable and harder to find in stores. When glass goes quickly from hot to cold, it can crack all the way up the handle and has been know to sever a vein in the wrist. Let it cool naturally before you put it in water. It holds heat nicely, especially for cooking greens. You can see through the pot so you know when water has been mixed in. It cleans well but can not be used on glass top stoves. Find replacements on EBay when you break lids or pots.



Safe cookware

Xtrema ceramic cookware is a good choice, is energy efficient, environmentally friendly and healthy. It is all made of 100 percent organic, natural, metal and chemical free ceramic minerals that are produced with a clean, natural gas firing kiln and recycled water, keeping their manufacturing environmental impact low. All their products have a non-scratch nontoxic cooking surface and they have won some "green" awards.

Be sure the ceramic cookware you buy is American made as there have been many problems with lead leaching out of foreign made ceramics. Look for "lead free" on the label. Wash it by hand and replace any that has cracks, chipping, or interior abrasiveness. Handle it carefully or it will break.

Le Creuset pots are enameled cast iron and are fine for healthy cooking, but are not very green. They are made with iron which is hard on the earth and they have to travel to the United States from France. They will last for generations but better for the earth is American made ceramic cookware.

Cheaper versions of enameled cast iron pots chip and scratch quickly and there have been several recalls. In August 2011, Martha Stewart's enamel coated cookware was recalled after there were cases of the enamel cracking and flying off the casseroles. About one million units of three sizes of casserole pans were recalled, the 7 quart, 5.5 quart and 2.75 quart. Consumers were told to stop using the flawed pans immediately. Meyer's Enamel-coated 8-inch cast iron skillets were recalled at the end of 2010 as were Castalon's frying pans because the enamel coating of the pan could crackle and break off after a few uses. In May 2012, Meyer's Circulon 13 piece cookware set was recalled due to cracking, breaking and shattering of the glass lid used with the 5-quart covered sauté pan.

If you have stainless steel, aluminum or cast iron pots and pans, it would be best not to use them either. Even better, stop cooking your food and eat it raw both for your health and that of the environment, saving energy and reducing toxins.

Stainless steel is better than Teflon's emitted chemicals. It is an inert metal that has been reported to leach small amounts of chromium, nickel and molybdenum into food. Especially the stainless steel with copper bottoms will release toxic vapors when heated. Micro minerals in our bodies must be carefully balanced or neurological disorders will occur. Stainless steel without the copper bottoms is better as far as releasing toxins.

Aluminum pots leach aluminum into food and that is linked with Alzheimer's disease. Aluminum has remained on the top 200 health-jeopardizing toxins list by the U.S. Department of Health and Human Services' Agency for Toxic Substances and Disease Registry.

Cast iron, unless it is enamel coated, goes into food, increases your iron ferritin levels. The increased oxygen stress raises the risk for cancer and heart disease. Any acidic food cooked in plain cast iron will get a metallic taste.