



**Your on the  
Street Reporter**



**Uyless Black**

**You Should'a had the Lamb Chops**

## You Should'a had the Lamp Chops!

The on-going E. coli scares in Europe and North America continue to make the headlines. Granted, it's more than a scare for some people, especially the bean sprout diners who are dead. Yes, bean sprouts, those strange looking shoots that began to appear in salads after E. coli found its way into foods that forced people to eat salads in the first place.

Why would any healthy member of our race, conditioned to eat meat well before bean sprouts sprouted, forego a 30 oz. ribeye steak? It has nothing to do with the fact that this piece of meat contains enough calories and fat to feed a Salivating Army. The answer is that, in a few meat processing facilities, E. coli has been found in the meat that these factories bring to our tables. Even worse, E. coli has little protein; not a good ingredient for those eaters looking for energy food.

People who were persuaded to eat raw bean sprouts were under the impression that eating this uncooked vegetable was in their best interests. According to health food ads, "Bean sprouts are rich in vitamin E and good to maintain your skin health. They taste good and crunchy."<sup>1</sup>

We've been told about the benefits of eating raw vegetables. Uncooked, they are nature's natural bonbons. Even more: If we add salt and pepper; olive oil, garlic, and toasted bread crumbs, they take on the taste of real food: Sirloins!

Or consider the potato. We bake this vegetable in high heat for a prolonged time, then we smoothen its semi-liquid remains with salt, pepper, butter, sour cream, artificial bacon, and chives. From this shadow of the potato's former self, we have the taste of real food: T-Bones!

But bean sprouts? Not much can be done to make these slender nothings other than what they are: crunchy tasteless vegetables with little nutritional value. We could eat tons of the things and never gain an ounce of fat. We could eat tons of the things and starve to death.

It has been revealed that *only one* farm in north Germany was the source of E. coli-spiced-sprouts that so far, has led to 37 deaths and at least 4,000 sick people. (Because of ObamaCare, a wing in Congress managed to furlough the folks who monitor these sorts of things, things vital to our health and life. They did not furlough their own paychecks.)

Anyway, the food experts have jumped into the ring and offered advice to the public on how to avoid dying or becoming sick from eating bean sprouts: Don't eat them.

Fine, but how about the other foods (such as spinach, meat, and lettuce) that have been found to be tainted with E. coli? At this rate of E. Coli colonization of humans' food, our race in the future will find condiment choices for our salads and tacos to be limited:

- Waitress, "What would you like in your Burrito sir? Your choices are deep-sea sea-weed or mid-sea sea-weed---accentuated with El Paso pepper sauce. For your information and culinary security, these underwater veggies are still untainted from the E. coli plankton floating above them."

Fantasy? Check back to this blog site a few years from now. The bugs we chase and the preventative measures we take to cleanse ourselves of their effects are doing little more than making the bugs more bug-proof to our defenses. And we are running out of defenses.

I read an article that advised the washing of all vegetables before eating them. But not just rinsing them off; putting *each* vegetable in soapy water and washing it with a soft brush or

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<sup>1</sup> Quote from a Web page that promotes the vegetable.

cloth. The expert said, “After you’ve washed your veggies, just rinse-off the soapy water. The soap won’t be absorbed in the vegetable.”

Hand washing a few potatoes is one thing. Hand washing 10<sup>x</sup> bean sprouts is another:

- “I’m on a diet. It’s really working!”
- “What’s the secret?”
- “Bean sprouts.”
- “Oh? How many do you eat?”
- “None so far. I’m still washing them.”

The exercise gives a new meaning to a bean counter.

Initially, the bean sprout crisis reminded me of the famous nursery rhyme about Jack Sprat and his wife. They grew a huge beanstalk into the sky, one they climbed and encountered a giant.

But then, I recalled that Jack Sprat and his wife did not grow beans, nor did they eat them. They ate fat and lean and picked their plates clean...something to that effect. The Internet’s store of facts corrected my mental archives to inform me it was another Jack who grew the beanstalk, not Jack Sprat.

I stand corrected. But I thought the Jack Sprat rhyme, with slight modifications, would be a fitting ending to this story. Who could be better at re-arranging someone else’s verse? Bob Dylan!<sup>1</sup>

- “Bob, welcome back. I need your help. Can you make a few changes to... .”
- “Yeah, I’ve been listening back-stage. No need to fill me in. Here it is.”
- “Great, what’s the title?”
- “ ‘E. coli is Blowing in the Wind.’ I’ll let my poetic license take license:

Strum, strum, strum...

*Jack Sprat would always wash his sprout.  
But his wife liked hers unclean.  
Jack warned his wife, but did not shout:  
“You need to practice more hygiene!”*

*So, in between their many eats,  
Our Jack would proudly say,  
”My clean sprouts are really sweet!”  
And go along his way.*

*Ms. Sprat would only listen,  
as she chocked down unwashed beans.  
But in between her swallows,  
her skin took on a sheen.*

- “Bob: cool, angst-like, and appropriate. But how about some variety? Four lines every time? How about a limerick?”
- “I don’t do limericks, dude. Limericks are funny.”
- “Joan does.”<sup>2</sup>
- “OK, here goes:”

*The next day Jack was wheeling  
his dead wife to a ditch.*

*As he bade goodbye to his lover,  
he turned the wheel-barrow over,  
and into the ditch she pitched.*

- “That’s pretty abrupt.”
- “That’s limericks, dude. I’ll return to my four phrase cadence. That’s what made me famous:

*Jack asked, ‘Why not the lamb chops?’  
But Ms. Sprat did not reply,  
‘cause the bean sprouts in her colon  
were festooned with E. coli.”*

...♪♪♪♪

- “That’s a fine song. It gets the point across. Sort of like the warning label on a package of food, but done-up in lyrics.”
- “Yeah, my stuff always carries a message of something or another. And the wind is all around us.”
- “So is E. coli.”
- “That’s my point, dude. And from not just one farm or one plant.”
- “Like the wind.”
- “Yeah. Who knows where it will light-down next?”
- “The answer is... .”
- “...blowing in the wind...all over the place.”
- “Like a common cold?”
- “You get my drift, dude. Stay tuned for more E. coli songs.”

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<sup>1</sup> If you read some of my work, you will come across (on occasion) a criticism of some of Mr. Dylan’s work. My comments come not from spite. They come from disappointment of knowing he has taken (in my opinion only, as I am a fan, not a lawyer) undue license with the use of verse from a Civil War poet. I’ve only asked that Bob simply attribute some of his work for those pieces to its original source. We will remain fans, Bob. It will not diminish your brilliance.

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<sup>2</sup>Writer’s license: I made this up in order to motivate Bob.