

Miriam's Earthen Cookware Makes the Case for Pure Clay as a Cleaner Alternative to Cast Iron

The made in USA brand Miriam's Earthen Cookware explains why 100% pure clay may be the safest cookware for health-conscious cooks looking beyond cast iron and nonstick.



Boston, Massachusetts Oct 3, 2026 ([IssueWire.com](https://www.issuewire.com)) - As more home cooks move away from synthetic nonstick pans and their "forever chemicals," cast iron has become the go-to healthy alternative. But Miriam's Earthen Cookware is encouraging cooks to ask a prudent question: As cast iron is a METAL – and since metals are highly reactive to food and water, how healthy is it to cook with?

What Cast Iron's Reputation Leaves Out

Cast iron has strengths: it's durable, holds heat well, and is free of the PTFE and PFAS coatings found on conventional nonstick pans. However, cast iron is reactive with both acidic and alkaline foods, and this causes the leaching of the metal into food. And so, when we consume food that is cooked in these pots and pans, we are eating a toxic combination of nutrients + metal ions.

Here is the reaction we may have learned in 8th grade chemistry class: $4\text{Fe} + 3\text{O}_2 \rightarrow 2\text{Fe}_2\text{O}_3$
This reaction represents the resulting chemical reaction when iron combines with oxygen in the food. $\text{Fe}_2\text{O}_3(\text{s}) + 3\text{H}_2(\text{g}) \rightarrow 2\text{Fe}(\text{s}) + 3\text{H}_2\text{O}(\text{g})$, and this one shows what happens to hydrogen when combined with ferric iron leaching from the metal.

Both hydrogen and oxygen are required in their pure form in the body and are less useful, and even toxic when adulterated with metals from the pot. While we cannot address every danger as a result of nutrients contaminated by metal ions, the risks of cumulative exposure over time are clear.

Bear in mind, that in order to reduce the leaching of iron from the pot, most cast-iron cookware is now enameled or glazed or treated with toxic oils. These all carry their own problems of leaching dangerous chemicals into food.

Why Miriam's Earthen Cookware Recommends Pure Clay as the Safest Cookware

For cooks who want a surface that contributes nothing to their food, [Miriam's Earthen Cookware](https://www.miriamsearthencookware.com) offers pots and pans made from 100% primary clay, sourced in the USA and fully finished by hand burnishing without any toxic glaze. Because this fired clay is fully inert, in other words – non-reactive, nothing leaches: no metallic taste, no seasoning to maintain, and no metals transferring into meals. Cooks can prepare tomatoes, curries, and beans without a second thought.

Rather than the harsh, direct contact of metal, pure clay cooks with gentle, far-infrared heat that surrounds food with even warmth. That's why clay is the globally time-honored way to cook stews, grains, all types of dishes — and why that even, unhurried cooking can help spare the delicate nutrients that aggressive heat tends to degrade. Miriam's Earthen Cookware is certified free of lead and cadmium, develops a naturally non-stick surface when seasoned, and ships **carbon-neutral** in plastic-free packaging.

If your goal is a cooking surface that adds nothing to your food, Miriam's pure clay is hard to beat. It's naturally inert, it's made here in the USA, and it lets your ingredients taste pure and unadulterated.

About Miriam's Earthen Cookware

Miriam's Earthen Cookware crafts 100% pure clay cookware in the USA, free of glazes, coatings, and chemical additives, and independently tested and certified free of lead and cadmium. Naturally non-stick when seasoned, inert, and breathable, the cookware ships in plastic-free packaging. Learn more at **USA-MEC.COM** or **Miriamsearthencookware.com**.



Not All Iron Is the Same

Why the iron from your cookware isn't the iron your body wants.

Heme Iron

From whole foods



- Natural form found in real food
- Absorbed efficiently by the body
- The way your body is meant to get iron

VS.

Non-Heme Iron

From cast iron cookware



- Inorganic form, leached from the pan
- Poorly absorbed by the body
- Hard to control how much you get

The iron leaching from your pan isn't the same as nourishing your body with iron-rich foods.

Miriam's Earthen Cookware

Media Contact

Miriam's Earthen Cookware

*****@miriamsearthencookware.com

6174872563

11 Clare Ave, Ground Floor

<https://miriamsearthencookware.com/>

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