

Making America Organic...One Home At a Time!



P.O. Box 1138, Clarcona, FL 32710 407-522-1502 <http://orlandoorganics.com>

Organic News Bytes

ROCKET FUEL IN YOUR BREAKFAST?

This week the National Academy of Sciences (NAS) released its long awaited report on perchlorates, a byproduct of rocket fuel that has contaminated water, vegetables, and dairy products across the United States. Perchlorates, recklessly discharged into streams and rivers near military bases and weapons manufacturing facilities, have contaminated drinking water in 35 states, and have been detected in measurable amounts in 93% of lettuce and milk samples as well, including organic products.

The government funded NAS study has found that perchlorates are roughly ten times more toxic to humans than the Department of Defense has been claiming. Perchlorates can inhibit thyroid function, cause birth defects, and lower IQs. Perchlorates are considered particularly dangerous to children. In monitoring wells across the U.S., scientists have found perchlorate levels as high as 30,000 times what the NAS report indicates would be "safe" exposure.

Due to pressure exerted on Congress by military officials and defense contractors, there are currently no federal restrictions or tolerance levels regulating perchlorates. To date, only one Senator, Diane Feinstein from California, has proposed legislation that would clean up perchlorate pollution and make the military (and other perchlorate polluters) pay for this clean-up.

MAD COWS AND BUREAUCRATS

Despite repeated claims that "all is well," a third case of Mad Cow Disease has been confirmed in Canada. The discovery has prompted the U.S. Department of Agriculture to reconsider their plan to reopen U.S. borders to Canadian cattle exports. The beef industry and the USDA have always claimed that North America was free from the fatal brain wasting disease--until the first confirmed case in 2003.



Mad Cow has killed approximately 150 consumers in UK and Europe since 1996. Mad Cow disease is spread through the routine practice of feeding blood, manure, and slaughterhouse waste to cattle, a practice banned in Europe and prohibited on organic farms across the world.

ANOTHER CALIFORNIA COUNTY MAY GO GE-FREE

Activists in California's Sonoma County have successfully placed an initiative on the ballot for a 10 year moratorium on genetically engineered (GE) crops. After 500 grassroots volunteers collected a record 45,387 petition signatures, proponents of the ballot initiative are optimistic the vote will turn out in their favor. The proposal is considered slightly more moderate than bans that passed in Mendocino, Trinity, and Marin counties last year, since it calls for a

(Continued on page 2)

January 18, 2005

Harvest Blend Regular

- Carrots
- Celery
- Red Leaf Lettuce
- Spinach
- Yellow Onions
- Red Radishes
- Garnett Sweet Potatoes
- Hass Avocado
- Fuji Apples
- Haden Mango
- Bosc Pears
- Ruby Grapefruits
- Navel Oranges

See the web site for details on our other options. Produce bag contents are subject to change based on availability.



Produce a la Carte



We've added a new feature to our Member's Area, the ability to order a la carte produce from amongst the items we offer each week. Always wanted to order extra oranges or kiwi when they're in the bags? Check each week for a list of items that you can add.

If you have any suggestions for features you'd like to see added to our web site, let us know!

(Continued from page 1)

10 year moratorium on commercial cultivation of GE crops, rather than a permanent ban.

"ORGANIC" FACTORY FARMS?

The Wisconsin-based Cornucopia Institute has filed a formal complaint with the USDA National Organic Program against an "organic" dairy farm in Colorado. The industrial sized feedlot, Aurora Dairy, claims its milk is organic, despite the fact the facility houses 5,600 dairy cows in a factory farm setting with no real access to pasture (which is required by the National Organic Standards). A similar factory farm in Idaho supplies Horizon Organic (now owned by dairy giant Dean Foods) with much of its "organic" milk. Mark Kastel, Cornucopia's Senior Farm Analyst, said that such factory style operations go against the spirit of organic standards and threaten the livelihood of genuine organic

family farmers. Almost immediately following the complaint submission, the USDA issued an internal memo, asking the National Organic Standards Board to develop strict policies on the pasture requirements.

ORGANIC MILK HAS MORE NUTRIENTS

A new study has found that organic milk has higher levels of nutrients and antioxidants than conventional milk. According to research spearheaded by the UK's Soil Association, dairy cattle raised on an organic diet produce milk with 50% more Vitamin E and 75% more beta carotene than conventionally farmed dairy. The organic milk is also two to three times higher in zeaxanthine and lutein, which are powerful antioxidants. Jill Eisberg, chief executive of The Dairy Council said the research is "an interesting new development for the dairy industry."

Recipes

Orange Sweet Potatoes

- 2 lb. sweet potatoes; cooked
- 1/2 cup brown sugar
- 5 tsp butter
- 2 medium oranges, sliced thin
- 1/4 cup honey
- 1/2 cup orange juice
- 1/4 cup bread crumbs



Build up following layers in a medium size, buttered casserole: potatoes, sprinkled with brown sugar then dotted with butter, and then orange slices. Repeat until potatoes and oranges are used up. Heat honey (enough to make it liquid) and mix with orange juice. Pour over casserole. Combine crumbs with whatever butter and sugar are left and spread over top. Cover and bake 30-40 minutes at 350 degrees for 25 minutes. Remove cover after 15 minutes.

Spicy Sweet Potato Wontons

- 1 1/2 lb sweet potatoes
- 6 tbsp minced fresh ginger
- 1 cup chopped cilantro
- 6 serrano chiles, seeded & minced
- 1/2 tsp salt
- 32 round wonton wrappers
- 1 cup canola oil



Bake potatoes in a 375 degrees oven for 1 hour, or until very soft. Cut in half and scrape flesh into a bowl. (You should have about 2 cups.) Add ginger, cilantro, chiles and salt; mix well. Place 1 tablespoon filling in a won-ton wrapper. Brush a little water around rim of wrapper, fold in half (forming a half-moon); press edges of wonton together to seal. Set aside on waxed paper and cover with a damp towel. Repeat until all the wontons are filled.

Pour oil into a wok; place over medium-high heat until oil sizzles

when a drop of water hits it. Reduce heat to medium and, using tongs, slip a few wontons at a time into the oil. Fry for 1 minute, or until wontons are golden and slightly puffed. Turn and fry 30 or 40 seconds. Remove to paper towels to drain. Repeat with remaining wontons. Serve hot.

Carrot, Orange & Radish Salad

- 1 lb carrots, peeled & shredded
- 1 orange, cut into bite-sized chunks
- 3/4 cup radishes, thinly sliced
- 1/2 cup cilantro, chopped
- 3 tbsp olive oil
- 2 tbsp orange juice
- 2 tbsp lemon juice
- 1 dash cinnamon
- salt & pepper

Combine carrots, oranges, radishes & cilantro in a salad bowl. Whisk together the olive oil, juices, cinnamon, salt & pepper & pour over the salad. Cover & chill.

Just Orange and Radish Salad

- 1 bunch radishes
- 3 navel oranges
- juice of 1/2 lemon
- 1 tbsp olive oil
- 1/4 tsp salt
- 1 tsp powdered sugar



Trim and thinly slice the radishes. Remove the orange peel, including white membrane, with a sharp knife and cut the fruit into 1-inch pieces, saving any juice. Gently mix the radishes, oranges, orange and lemon juice, olive oil, salt and sugar.