

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



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

## Organic News Roundup

### *Stop Factory Dairy Farms From Labeling Their Products As Organic*

The battle to safeguard organic standards is coming to a head next week (March 1-3) at the meeting of the National Organic Standards Board (NOSB) in Washington, D.C.

The board will be addressing the issue of livestock standards, specifically the controversy surrounding "factory dairy feedlots" marketing their products as "organic."

Ignoring USDA organic standards that require regular access to natural pasture for cows, intensive confinement feedlots with thousands of cows in Idaho, Colorado, and California are currently labeling and selling their products as organic.

Wisconsin's Cornucopia Institute has filed a formal complaint against several of these factory farm operations, including Horizon Organic, the largest organic dairy brand in the U.S. Horizon is owned by Dean Foods, the nation's largest dairy conglomerate.

It is important that the NOSB hear from as many consumers as possible on this issue. Studies have shown that grass-fed cows are healthier, and that their meat and dairy products are nutritionally superior to grain-fed cows reared in feedlots. For more information, visit <http://www.organicconsumers.org/nosb.htm>.

### *Dumping Frankenfoods On The Poor*

World Food Programme food aid shipments, predominantly from the United States, have been found to be heavily contaminated with Genetically Modified Organisms, including Starlink, a genetically engineered variety of corn banned for human consumption world-

wide. Starlink corn, which is gene-spliced with an insecticidal protein, was registered for animal feed use in the U.S. in 1998, despite protests from scientists that it would inevitably contaminate human food supplies.



As predicted, in 2000 Starlink contaminated a full 10% of the U.S. corn harvest, prompting complaints from hundreds of U.S. consumers who suffered allergic reactions after eating Starlink-tainted corn taco shells and other products.

Recent tests have found 80% of food aid corn sent to Nicaragua, Honduras, El Salvador and Guatemala contains GMOs which are prohibited in these countries.

### *Yet Another Study Finds Organic Food Is Healthier*

The Danish Institute of Agricultural Sciences has released a new study showing that lab animals raised on organic produce had stronger immune systems, slept better and were slimmer than those raised on conventional produce.

Dr. Kristen Brandt, one of the lead scientists in the study said they can't say specifically why there were developmental variations between the two groups of rats, but "the difference was so big that it is very unlikely to be random."

### *Healthy & Organic Foods For Students*

A number of schools around the U.S. are finding that offering healthy and organic food choices to children not only curbs obesity, but also increases students' abilities to concentrate.

What's more, healthier salad bars and lunch

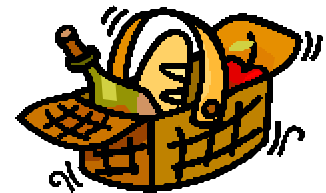
*(Continued on page 2)*

March 3, 2005

### Harvest Blend Regular

- Artichoke
- Baby Blood Beets
- Baby Carrots
- White Garlic
- Cilantro
- Green Leaf Lettuce
- Yellow Onions
- Tomatoes
- Jewell Sweet Potatoes
- Pink Lady Apples
- Valencia Oranges
- Royal Mandarins
- Kent Mango
- Kiwi

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



### Account Updates

With our continued growth, it has become difficult to keep up with account change requests made in email or by phone.

We'd like to request that our customers make every effort possible to utilize the online tools on the web site to update your account. The deadlines for all changes are listed online.

Of course, should you have any questions or problems, please let us know and we'll be happy to help.

Thank you for your business!

(Continued from page 1)

items are actually proving to be more affordable for school districts than conventional hot lunch lines.

In the U.S., public schools are paid state and federal dollars according to the number of meals served, and those districts that are providing students salad bar and organic options are seeing school lunch participation increase dramatically, sometimes even

doubling—as in the case of Hopkins, Minnesota, where two fresh fruits and six fresh vegetables are offered daily, along with whole grain breads, organic milk, and an assortment of foods made from scratch.

Food service directors attribute part of the success of the healthy salad bars to the fact that students simply like the freedom to choose what goes on their plates.

## Recipes

### Carrot Slaw With Cashews

- 3 cups carrots, shredded
- 1 quart boiling water
- 1/2 serrano chile, seeded and minced
- 2 tbsp lime juice
- 1/2 tbsp maple syrup
- 2 tbsp cashew pieces, toasted
- 1 tbsp cilantro, chopped



Place carrots in a colander. Pour boiling water over them, drain well. Combine chile, lime juice and maple syrup in a bowl and whisk with a fork. Add carrots, cashews, and cilantro and toss to mix. Serve at room temperature or chilled.

### Fiery Mango Ribs

- 6 lb of your favorite ribs
- 1 large fresh ripe mango
- 2 tbsp chiles
- 1/4 cup ketchup
- 1/4 cup tequila
- 1/4 cup freshly squeezed lime juice
- 2 tbsp oyster sauce
- 2 tbsp honey
- 6 cloves garlic, finely minced
- 1/4 cup finely minced ginger
- 1/4 cup chopped cilantro



Remove the membrane from the underside of the ribs. Then place the ribs in a rectangular dish or baking pan. To make the marinade, peel the mango and cut the flesh away from the seed. Combine the mango flesh and chiles in a food processor fitted with a metal blade and puree. Transfer the mixture to a bowl and combine with the remaining marinade ingredients.

Coat the ribs evenly on both sides with half the marinade. Marinate the ribs refrigerated for at least 15 minutes. For more flavor, marinate for up to 8 hours. Remove the remaining marinade to serve as a sauce for the ribs.

To grill the ribs, if using a gas barbecue, preheat to medium (325 F). If using charcoal or wood, prepare a fire. Occasionally during cooking, baste the ribs with extra marinade, stopping 15 minutes before removing the ribs from the grill.

To serve, cut each side of ribs in half, into 3 sections, or into individual ribs. Transfer to a heated serving platter or 4 heated dinner plates and serve at once accompanied by the reserved sauce.

### Tangerine Sweet Potatoes

- 2 lb. sliced peeled sweet potatoes
- 8 lemon slices
- 2/3 cup firmly packed brown sugar
- 1 tbsp grated tangerine or orange rind
- 1/2 cup fresh tangerine juice or orange juice
- 2 tbsp margarine, melted



Preheat oven to 400. Arrange potatoes and lemons in a 13x9" coated baking dish. Combine remaining ingredients. Then drizzle the sugar mixture over potatoes and cover with foil. Bake at or 35 minutes. Uncover, stir well, and bake an additional 30 minutes.

### Curried Sweet Potato Salad

- 2 lbs sweet potatoes
- 1/4 cup plain nonfat yogurt
- 2 tbsp reduced-fat mayonnaise
- 2 tbsp mango chutney, finely chopped
- 1 tbsp frozen orange juice concentrate, thawed
- 1 to 1 1/2 tsp curry powder, to taste
- 1/2 tsp cumin
- 1/2 tsp pepper
- 1/8 tsp salt
- 1 cup diced celery
- 1 tbsp coarsely chopped pecans, toasted

Place sweet potatoes in a large saucepan and add cold water to cover. Cover and bring to a boil over high heat. Reduce heat to medium-low and simmer until potatoes are fork-tender, 25 to 35 minutes. Drain in a colander and rinse under cold running water. Let stand until cool enough to handle.

In a salad bowl, blend yogurt, mayonnaise, chutney, orange juice concentrate, curry powder, cumin, pepper, and salt. Peel sweet potatoes and cut into 1/2" chunks. Add to dressing along with celery and toss gently until well coated. Sprinkle with pecans and serve.