

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



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## Farms Spar Over What Makes Organic Milk

A collection of organic dairy farmers have been taking aim at larger farms that also market their product as organic. The contention is that the larger farms have been taking advantage of vague wording in the U.S. Department of Agriculture's organic food guidelines and are housing cows in industrial-like facilities while selling their brand with the certified organic label.

The clash gets at just what the term "organic" means when it comes to milk. In addition to the assurance that cows aren't given synthetic growth hormones or antibiotics, does "organic" mean the milk comes from smaller farms where cows are led to pasture on a daily basis? Or does it only mean the cows are fed organic food that is pesticide-free?

At stake are the profits of an increasingly successful industry. Organic food sales rose at an average annual rate of 19.5 percent between 1997 and 2003, according to the Organic Trade Association's most recent survey. Organic dairy made up a significant part of that growth, with sales increasing by 22.5 percent each year in the same period to \$1.4 billion.

The main area of contention is pasture and just how much time organic dairy cows spend grazing. At the urging of a number of organic farmers, members of the National Organic Standards Board met earlier this month and suggested closing what they considered to be two loopholes in the USDA's rules for pasture requirements of organic dairy cows.

Hubert Karreman, a dairy cow veterinarian in Lancaster County, Pa., and member of the 15-member organic standards board explained that one of the USDA rules require that the cows have "access to pasture," but he says that wording doesn't assure the animals actually go to pasture.



The board's suggested new wording spells out that the animals graze on pasture during the growing season. They also specify that only cows in certain stages of life (younger than 6 months or any cows that are ill) be kept inside. Current wording says that cows in certain "stages of production" may be kept inside. Some say that larger farms have been interpreting that rule to mean that lactating cows may be kept inside.

One thing the new wording does not spell out, however, is just how much dairy cows need to graze on pasture to be considered organic. To address this issue, the board released a guidance statement to try and begin to detail pasture requirements for organic dairy cows.

The statement, which has been posted for public comment, suggests that pasture requirements would either stipulate that a minimum of 30 percent of an organic dairy cow's dry food intake over 120 days be from pasture grazing. Or, alternatively, the board suggested the requirements be based on regional soil standards that are already determined by the Natural Resources Conservation Service.

The latter rule would presumably mean that cows in drier regions would have less pasture requirements than those in areas with richer soil.

Health issues aside, others may be buying organic milk to support the idea of a humane farm with "happy" cows. If that's the case, Karreman says it's important that the USDA standards are clear enough to ensure that organic dairy products deliver on that promise. "There is a perception that this milk comes from happy cows on grass," he said. "I think we need to confirm that perception instead of undercutting it."

March 29, 2005

### Harvest Blend Regular

- Green Cabbage
- Yellow Onions
- Baby Carrots
- Hass Avocado
- Red Radishes
- White Mushrooms
- Red Chard
- Arrugula
- Valencia Oranges
- Lemons
- Cameo Apples
- Kiwi
- Bananas
- Anjou Pears

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

### Route Changes Coming

For the first time in two years, we're planning on making changes to the layouts of our routes in the coming weeks.

We will contact each of you who will be affected by the change before we switch over, but a quick summary:

1. Tuesday deliveries in Oviedo, Chuluota, and Winter Springs, as well as some parts of downtown Sanford will be moved to a new Wednesday delivery.
2. Thursday deliveries in Winter Springs, Oviedo, and other deliveries near the 417 will be moved to Wednesday as well.
3. Thursday deliveries downtown will be moved to Tuesdays.

We apologize if the changes inconvenience anyone, but we feel they are necessary to continue serving you at the same level of quality. Please call if you have any questions.

## ADVERTISEMENT



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Summer Menu Planning - Mon. April 25th 6pm  
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mon: closed  
tue-sat: 9am-9pm  
sun: 11am-5pm

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## Recipes

### Spaghetti With Tomatoes & Arrugula

- 1 lb spaghetti
- 1 bunch arrugula, chopped
- 6 shallots, chopped
- 4 garlic cloves, chopped
- 2 tbsp olive oil
- 2 cups tomatoes, chopped
- salt
- red pepper flakes
- cayenne, to taste

Cook the pasta until almost al dente; add the arrugula, cook for a few moments & then drain. Meanwhile, lightly sauté the shallots and garlic in the olive oil. Add the tomatoes. Cook over high heat until the sauce thickens, then season with the salt & hot pepper flakes or cayenne. Toss the pasta & arrugula with the tomato sauce and serve immediately.

### Mushroom Cabbage Soup

- 6 large green onions
- 2 green peppers
- 1 can of tomatoes (diced or whole)
- 3 carrots
- 1 container mushrooms
- 1 bunch celery
- 1/2 head cabbage
- 1 package soup mix
- 1 or 2 cubes bouillon (optional)
- 1 48oz can V8 juice (optional)
- Season to taste with salt, pepper, parsley, garlic powder, etc.

Slice green onions, put in pot and start to sauté with cooking spray. Cut green pepper stem end off and cut in half, take seeds and membrane out. Cut the green pepper into bite size pieces and put in pot. Take the outer leaf layers off the cabbage, cut into bite size pieces, put in pot. Clean carrots cut into bite size pieces, put in pot. Slice mushrooms into thick slices (otherwise they will disappear in the soup), put in pot. If you would like a spicy soup,

add a small amount of cayenne pepper (red pepper) now (1/3 teaspoon is quite a bit as the soup will get spicier as it cooks further). You can use beef or chicken bouillon cubes for seasonings. They have all the salt and flavors you will need. Use about 12 cups of water (or 8 cups and the V8 juice), cover and put heat on low. Let soup cook for a long time (two hours works well). Season to taste with salt and pepper.

### Chicken Stuffed with Mushrooms and Swiss Chard

- 1 breast of chicken
- juice of 1 lemon
- 1/4 cup extra-virgin olive oil
- 2 tbsp soy sauce
- 2 tbsp chopped fresh rosemary
- 1/2 cup dry white wine
- 1 1/2 lbs mushrooms, washed, trimmed and diced
- 3 stalks celery, diced
- 1 bunch chard, washed, dried, and chopped
- salt and pepper
- 1 tbsp chopped fresh thyme
- 1 egg
- 6 potatoes, peeled and quartered

Cut a pocket into the breast. Combine the lemon juice, olive oil, soy sauce, rosemary, and wine in a bowl. Place the chicken in a glass (or other non-reactive material) baking dish. Pour the marinade over the meat and refrigerate overnight, turning once or twice.

Preheat the oven to 300 degrees. Prepare the stuffing: Combine the mushrooms, celery, chard, salt, pepper, thyme and egg in a bowl. Drain the marinade from the chicken, reserving it for later use. Stuff the chicken with the mushroom-chard mixture. Place the potato chunks on the bottom of the baking dish. Lay the stuffed breast on top of the potatoes. Add 1 cup of the reserved marinade to the pan. Cover the contents of the pan with aluminum foil and bake for 30 minutes. Remove the aluminum foil. Raise the temperature in the oven to 350 degrees. Add the remaining marinade and continue cooking until the internal temperature of the chicken is at least 170 degrees. Remove from the oven and allow the meat to rest for 5 minutes before carving.