

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



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

Connecticut Schools Target Junk Food

Connecticut is on the verge of adopting the most far-reaching ban in the country on soda and junk food in public schools, in an effort to curb rising rates of childhood obesity.

Similar but weaker proposals have been introduced in at least 17 states this year, according to the National Conference of State Legislatures.

Policies are on the books in a few states, such as Arkansas and California.

Advocates say Connecticut's ban would be the strongest because it is so broad, applying to all grades and all school sites where food is sold.

"Connecticut would be the first state to apply those standards to high schools," said Margo Wootan, director of nutritional policy for the Center for Science in the Public Interest.

"Most of the recently passed policies are limited in that they only apply to elementary and middle schools."

Last week, lawmakers in the House voted 88-55 after an eight-hour debate to pass a law banning soda and junk food in cafeterias, vending machines and school stores.

It also requires 20 minutes of physical activity outside of gym for children in kindergarten through fifth grade.

The bill heads to the Senate this week where leaders expect it to pass.

"By no stretch of the imagination does it solve all the problems, but it's very important that we provide the right models in our schools," said Senate President Pro Tem

Donald E. Williams Jr.

The topic was one of the most contested issues of the session.

The lengthy debate outlasted discussions about the death penalty and a bill that allowed Connecticut to grant same-sex civil unions.

Lawmakers confessed their personal weight problems and many lawmakers openly drank soda during the debate.

Soft drink companies lobbied fiercely against the bill, and many high schools worried they would lose money if sodas disappeared.

In the end, weary legislators allowed a compromise that permits high school sales of diet soda and sports drinks on a limited basis.

"Diet sodas, while not particularly good for children, have zero sugar content and therefore do not contribute to the weight problem that we're trying to address," said Rep. Andrew Fleischmann, D-West Hartford.

Opponents argue that the legislation crossed a line, implementing a "Big Brother"-style mandate better handled by local school districts.

Rep. Lawrence Cafero, R-Norwalk, said the legislation wouldn't affect the obesity crisis when school menus offer selections such as cheeseburgers, pizza, chicken nuggets and nachos.

"How many of you will stand there and say,
(Continued on page 2)

May 24-26, 2005

Harvest Blend Regular

- Yellow Corn
- Carrots
- Spinach
- Sweet Onions
- English Peas
- Tomatoes
- Yellow Squash
- Cucumber
- Valencia Oranges
- Cameo Apples
- April Glow Nectarines
- Sunlit White Peaches
- Tommy Atkins Mango

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



"It is not really an exaggeration to say that peace and happiness begin, geographically, where garlic is used in cooking"

- Chef Marcel Boulestin
(1878-1943)

Organic Poultry Available Now

Due to extremely popular demand, we're now offering organic chicken and turkey.

Because this will be special ordered, you will need to place any poultry orders by Friday at 9 am, *the week before delivery*, to ensure you receive your chicken.

Chicken legs are available in 10# bags, and whole chickens and turkeys are also available, averaging four pounds each.



(Continued from page 1)

"If you have your share of sloppy joes and quesadillas, you're not going to put on a few pounds?" Cafero said.

Many state schools have already taken steps on their own.

Last year, New Haven Public Schools decided to make Nathan Hale Elementary School junk-free, taking soda out of vending machines and serving baked versions of french fries and tater tots. The initiative expanded this year.

Some are unconvinced the initiative is the right way to approach the obesity problem. Rep. Konstantinos Diamantis, D-Bristol, said he weighed 240 pounds as an eighth-grader and couldn't play sports because of weight limits. He lost the weight through will-power.

"There's a host of things that go into it," he said. "Banning a particular food isn't going to teach a child a proper form of nutrition."

Recipes

Lil's Pea Salad

- 3/4 lb. english peas
- 2 hard-cooked eggs
- 1/4 cup chopped onions
- salt & pepper to taste
- salad dressing or mayonnaise to blend
- 1/2 cup chopped celery (opt)
- 1 cup cubed cheese (opt)
- 1 small jar pimentos, drained

Chill peas and drain. Lightly toss peas, eggs, onions, chopped very fine with salad dressing. Add salt and pepper along with drained pimento. (Cheese and celery chopped very fine may be added.) Chill well and serve on a lettuce cup or in a bowl.

Shredded Yellow Squash

- 3/4 lb yellow squash, coarsely shredded
- 1 tbsp margarine
- 1/4 tsp dried oregano
- 1/8 tsp garlic powder
- 1/8 tsp chicken bouillon granules

Combine all ingredients in a 1 1/2 quart casserole dish. Cover and microwave on high for 2-3 minutes or until tender crisp. Stir about half way through cooking time.

Sweet French Onion Soup

- 1 lb sweet onions
- 2 tbsp butter
- 1 tsp salt
- 2 cups white wine
- 10 ounces canned beef consomme
- 10 ounces chicken broth
- 10 ounces apple cider (unfiltered is best)
- herbs: thyme sprigs, bay leaf and parsley
- 1 loaf country style bread
- kosher salt
- ground black pepper
- splash of cognac (optional)
- 1 cup fontina or gruyere cheese, grated

Trim the ends off each onion then slice from end to end. Remove peel and finely slice into half moon shapes. Set electric skillet to

300 degrees and add butter. Once butter has melted add a layer of onions and sprinkle with a little salt. Repeat layering onions and salt until all onions are in the skillet. Do not try stirring until onions have sweated down for 15 to 20 minutes. After that, stir occasionally until onions are dark mahogany and reduced to approximately 2 cups. This should take 45 minutes to 1 hour. Do not worry about burning.

Add enough wine to cover the onions and turn heat to high, reducing the wine to a syrup consistency. Add consomme, chicken broth, herbs, and apple cider. Reduce heat and simmer 15 to 20 minutes.

Place oven rack in top 1/3 of oven and heat broiler. Cut country bread in rounds large enough to fit mouth of oven safe soup crocks. Place the slices on a baking sheet and place under broiler for 1 minute. Season soup mixture with salt, pepper and cognac. Ladle soup into crocks leaving one inch to the lip. Place bread round, toasted side down, on top of soup and top with grated cheese. Broil until cheese is bubbly and golden, 1 to 2 minutes.

Squash Casserole

- 3 cups carrots, shredded
- 1 cup onion, chopped
- 6 tbsp butter
- 2 1/2 cups herb stuffing
- 1 can cream of celery soup
- 1 cup sour cream
- 3/4 lb yellow squash

Cook squash until tender and set aside. Cook carrots and onion in 4 Tbsp. butter till tender. Stir in 1 1/2 cup stuffing, soup, and sour cream. Stir in squash. Pour into lightly oiled 1 1/2 qt. casserole. Melt remaining butter, add rest of stuffing. Put on top of casserole. Cook at 350 degrees for 35 minutes.

Sweet English Peas

- 3/4 lb. English Peas
- 2 oz. butter
- 1 tbsp chopped fresh mint
- 1 tsp sugar
- salt and pepper, to taste



Cook peas in a small amount of boiling, salted water, until tender. Drain, and set aside. In another saucepan, heat the butter, and add the peas, mint and sugar. Cook over low heat for 2 minutes, tossing to mix. Add salt and pepper to taste, and serve.