

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



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Organic News Roundup, May 2005

Europe Debates Massive Chemical Ban

The European Parliament is set to debate new regulations that would dramatically increase the number of banned chemicals in the EU. The law would require manufacturers of some 30,000 currently legal chemicals to provide scientific evidence that their products are safe for human health and the environment. If the legislation passes, it would have a major impact on thousands of chemicals and products manufactured and sold in the U.S. Despite much weaker regulations in the U.S. many American companies have no choice but to adhere to European regulations given that the EU, with 25 countries and 460 million people, represents an even larger market than the U.S.

Corporate \$\$ Overpowers Science Again

The American Diabetic Association (ADA) is suddenly countering decades of scientific studies that have consistently linked diets high in sugar to diabetes. In a May 16 interview, Richard Kahn, the chief scientific and medical officer with the ADA said "What is the evidence that sugar itself has anything to do with diabetes? There is no evidence." Coincidentally, last month, the ADA announced a "three-year, multi-million dollar alliance" with Cadbury Schweppes, which is the third largest producer of soft drinks in the world.

Death May Be Linked To Mad Cow

The USDA has recently been accused of covering up cases of mad cow disease for over a decade. Now a deceased California man's family and doctor have announced they believe Patrick Hicks, aged 49, died late last year from variant Creutzfeldt Jakob disease, or vCJD. The fatal disease is contracted from eating beef contaminated with the mad cow

disease. Dr. Ron Bailey, a neurologist at Riverside Medical Center, believes this will be the first documented case of vCJD in the U.S., and in order to bypass the hand of the USDA, is sending brain samples overseas for testing to an independent laboratory. Over 150 Europeans have already died from vCJD, with thousands more believed to be incubating the disease.

Monsanto Documents Reveal Serious Hazards Of Genetically Engineered Corn

A May 22 headline news story in the London Independent has rocked Monsanto and the biotech industry and fueled the controversy over the safety of genetically engineered food. The story reveals that internal Monsanto documents, reviewed by EU scientists, show serious health damage to laboratory animals fed Monsanto's new genetically engineered "rootworm-resistant" corn. Rats who consumed the mutant corn developed smaller kidneys and exhibited blood abnormalities. Scientists say these are "red flags" for immune system damage and/or cancer tumor promotion. Although the EU will now undoubtedly ban Monsanto's new GMO corn, this same rootworm-resistant corn is already being grown and consumed on a major scale in the United States. Monsanto has denied that the corn can harm humans, but nonetheless refuses to turn over its data to the media, claiming that the lab studies are "Confidential Business Information."



Bill Says Soda In Schools Is Good

The Oregon Senate Education Committee has rewritten a law that would have banned

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May 31-June 2, 2005

Harvest Blend Regular

- White Corn
- Baby Carrots
- Spinach
- Red Onions
- Yukon Gold Potatoes
- Green Peppers
- Zucchini
- Cucumber
- Strawberries
- Sundowner Apples
- Bosc Pears
- Bananas
- Tommy Atkins Mango

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

You Don't Say

"It is not elegant to gnaw corn. The kernels should be scored with a knife, scraped off into the plate, and then eaten with a fork. Ladies should be particularly careful how they manage so ticklish a dainty, lest the exhibition rub off a little desirable romance."

- Charles Day, 1844

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.

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soft drinks from vending machines in the state's schools. In a complete turnabout, the new law actually gives the green light to sugary beverages in schools. Lawmakers instrumental in the rewrite process claim the change of heart has nothing to do with the fact that the Oregon Soft Drink Association, a powerful industry lobby group opposed to banning junk foods in schools, contributed \$91,000 to their election campaigns in 2004.

New Laws Aim To Mute Community Rights

Responding to the growing number of localities whose citizens are voting to regulate or ban genetically engineered crops, the biotech industry, led by Monsanto and Syngenta, has brought new legisla-

tion to ten states that would remove the rights of communities to have any control of agricultural regulations in their area. On one side of the issue, citizens and farmers in counties that have banned GE crops, like Mendocino, Calif., say they have a right to protect their predominantly organic county from contamination by GE pollen from neighboring crops. On the other side of the issue, the biotech industry is investing tens of millions of dollars to remove these local rights, saying anti-GE citizens and farmers "lack the education to make these kinds of decisions."



Recipes

Southwestern Shepherd's Pie with Chicken and Chili Mashed Potatoes

- 3 tbsp olive oil
- 2 tbsp unsalted butter
- 1 red onion, diced
- 2 ribs celery, diced
- 2 bell peppers, cored, seeded, and diced
- 3 garlic cloves, minced
- 1 jalapeno, seeded and minced
- 1/4 cup all-purpose flour
- 8 cups shredded cooked chicken
- 3/4 cup dry white wine
- 3 cups chicken broth
- 1/4 cup chopped fresh parsley
- 1/2 tsp dried thyme
- 1 tsp red pepper flakes
- Kernels from 2 ears fresh corn
- Salt and freshly ground black pepper to taste
- 2 cups Yukon Gold mashed potatoes made with milk
- 2 tsps chili powder
- Fresh parsley and fresh thyme, to garnish, optional

Preheat the oven to 400. Heat the olive oil and butter in a large skillet over medium heat. Add the onion and cook, stirring frequently, until slightly brown, about 5 minutes.

Add the celery, red bell pepper, and green bell pepper and cook 3 minutes more, stirring occasionally. Add the garlic and jalapeno and cook 3 minutes more, stirring occasionally.



Add the flour and cook, stirring constantly, until the flour starts to brown slightly, about 5 minutes. Add the chicken and wine and stir until the wine begins to evaporate, about 1 minute.

Slowly add the chicken broth, and continue to cook, stirring frequently, until the mixture begins to thicken and coats the back of a spoon.

Reduce heat to low, bring the mixture to a low boil, and cook 5 to 10 minutes or until the mixture thickens and is creamy.

Remove from the heat and add the parsley, thyme, red pepper flakes, and corn. Season with salt and pepper, and transfer the mixture to a 9- by 13-inch baking dish.

To make the chili mashed potatoes, mix mashed potatoes with 1 tsp of the chili powder in a bowl until well combined.

Spoon the chili mashed potatoes on top of the chicken and bake 20 to 30 minutes or until the potato peaks are slightly brown and the chicken mixture is bubbling around the sides of the dish.

Remove from the oven, sprinkle with the remaining chili powder and the parsley and thyme, if desired. Serve immediately.

Variations: For a more traditional shepherd's pie, eliminate the southwestern spices and add diced, sauteed celery and chopped, cooked spinach to the filling mixture. You can also try cooked lamb or beef in place of the chicken.

Alton's Roasted Vegetable Spread

- 1 bell pepper, sliced into rings
- 1 medium onion, sliced into rings
- 4 cloves garlic, crushed
- 1 small zucchini, sliced
- 1 tbsp olive oil
- 8 ounces cream cheese
- Kosher salt
- Freshly ground black pepper
- Challah, foccacia, or pita bread, for serving

Preheat oven to 400 degrees F. Place the bell pepper, onion, garlic, zucchini, and olive oil in a medium mixing bowl and toss until the vegetables are coated. Spread the vegetables evenly on sheet pan lined with foil and place to the oven. Roast, tossing occasionally, until they are soft and are beginning to turn brown around the edges, approximately 45 minutes. Remove from the oven and cool completely.

Place the vegetables in the bowl of a food processor along with the cream cheese and process until well combined and spreadable; do not process until completely smooth. Taste and season with salt and pepper, if desired.

Spread on soft bread, such as challah, foccacia, or pita bread. Store in the refrigerator in an airtight container for up to 1 week.