

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



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## Organic News Roundup

### USDA Attempt To Bury Mad Cow Fails

Another case of Mad Cow disease (BSE) in the United States has been confirmed. The cow, apparently from Texas, was originally slaughtered and pronounced free of BSE by the USDA in November 2004, under rather suspicious circumstances. Facing mounting criticism by public interest groups, including the Organic Consumers Association, Consumers Union, and the Center for Media and Democracy, the USDA finally allowed a UK lab to retest the brain, revealing that the animal did, indeed, have the fatal brain wasting disease.



Despite warnings by scientists and bans on U.S. beef exports, the USDA still refuses to test more than a tiny fraction of U.S. cattle, and continues to allow the routine feeding of blood, manure, and slaughterhouse waste to farm animals. Consumers, responding to the fact that these risky practices are prohibited on organic farms, are turning in droves to organic and grass-fed beef. In 2004 organic beef sales increased by over 120% in the U.S.

### Help Wanted: Human Lab Animals

The EPA is now allowing chemical companies to conduct toxic chemical studies on low-income Americans. An analysis of 24 such studies found that 22 involved ethically questionable practices. A new related congressional report states that "nearly one-third of the studies reviewed were specifically designed to cause harm to the human test subjects or to put them at risk of harm."

The report said scientists conducting the experiments "failed to obtain informed consent

(and) dismissed adverse outcomes," adding that the tests "lacked scientific validity." One study involved paying college students \$15 an hour to sit in enclosed chambers while having insecticide vapors sprayed at them. The Bush Administration recently announced the EPA's new policy, which allows these types of human studies for the first time in decades.

Chemical companies have welcomed this announcement with the goal of generating studies that would allow their products to be considered "safer" than originally thought. Congress is currently discussing whether or not this process should be allowed to continue. Take Action: <http://www.organicconsumers.org/epa5.htm>

### Can Organic Farming Help Africa's Famine?



Despite intense pressure from the biotech industry, African nations are increasingly turning to organic farming practices rather than genetically engineered crops. Tewelde Berhan, head of the Environmental Protection Authority of Ethiopia, believes that organic farming is the solution to Africa's famine. "Organic farming disturbs nature as little as possible and reduces risks. Intensive farming has led to the exacerbation of pests and diseases," says Berhan.

While the biotech industry pushes expensive synthetic fertilizers on impoverished Third World farmers with claims of high yields, those farmers implementing simple organic soil amending techniques are witnessing

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### Harvest Blend Regular

- Broccoli Crowns
- Baby Carrots
- Yellow Onions
- Zucchini
- Spinach
- Romaine Lettuce
- Celery
- Cucumber
- Westley Apricots
- Strawberries
- Spring Bright Nectarines
- Rich Lady Peaches
- Santa Rosa Plums

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

### You Don't Say

"Cauliflower is nothing but a cabbage with a college education."

- Mark Twain

"I idolized my mother. I didn't realize she was a lousy cook until I went into the army."

- Jackie Gayle

"I never worry about diets. The only carrots that interest me are the number you get in a diamond."

- Mae West



higher yields without the chemicals or the cost. According to Berhan, "When well managed, and as fertility builds over years, organic agriculture isn't inferior in yield. Now, farmers don't want chemical fertilisers. They say, 'Why should we pay for something we can get for free?'"

#### *While Millions Starve, U.S. Wastes Billions Of Dollars In Food*

New statistics show that \$100 billion of food in the U.S. is wasted annually. As a result, the USDA is being asked to consider a proposal from the University of Arizona to create a "Food Loss Center" that would analyze methods of reducing food waste in the shipping, retail and home sectors. At present, the USDA is claiming it does not have the budget to create such a program.

According to Dr. Timothy Jones, an anthropologist at the University of Arizona's Bureau for Applied Research in Anthropology, "Huge amounts of food are being wasted throughout the industry.

A proportion of this waste is inevitable, but a large part of it can be eliminated and lead to increased profit, not only through cutting losses but also through increasing efficiency."

#### *California Legislature May Pass "Monsanto Law"*

California state legislators may try to pass a law shortly that would take away counties' rights to ban genetically engineered crops. So far three of California's 59 counties have passed GE crop bans, with Sonoma County slated to vote on a ban in November. Across the U.S. 11 states have already passed these "Monsanto Laws."

The apparent ringleader of this plan is State Assemblyman Simon Salinas of District 29 (representing Santa Clara, Monterey, San Benito and Santa Cruz Counties). You may want to call or fax Salinas' office and tell him to back off. Simon Salinas' office can be reached at Phone: (916) 319-2028 or Fax: (916) 319-2128.

## Recipes

### Apricot Chicken

- 2 lbs chicken tenderloins, cut in half
- 1/2 cup rice wine vinegar or white wine vinegar
- 1/2 cup water
- 1/2 cup sugar
- 3 tbsp soy sauce
- 2 tbsp sherry
- 3 tbsp catsup
- 2 tbsp cornstarch
- 2 tbsp peanut oil
- 4-6 fresh apricots, halved
- 3 green onions, cut into 2-inch slivers



Combine vinegar, water, sugar, soy sauce, sherry, catsup, and cornstarch for sauce; set aside. In a wok or large frying pan, heat oil and stir-fry chicken over high heat 10 minutes or until tender and golden brown. Add apricots, stir-fry 1 minute. Pour sauce mixture over chicken. Cook, stirring until thickened. Garnish with green onion slivers.

### Gingered Beef with Broccoli Crowns

- 2 cups broccoli crowns
- 3/4 lb lean beef cut for stir fry
- 3 tbsp water
- 1 1/2 tbsp cornstarch
- 2 tbsp vegetable oil
- 1 tbsp unpeeled fresh ginger, minced
- 3/4 cup low sodium stir-fry sauce
- 1 red pepper, cut in 1-inch pieces
- 1/2 cup shiitake mushrooms, stemmed
- 1/2 cup snow peas, trimmed



Rinse broccoli. Microwave, covered on HIGH for 3 minutes; drain. Place beef in a small bowl. Pour in water, 1 Tbsp at a time,

working in with hands until water is absorbed into beef. Sprinkle cornstarch over beef and work in with hands to coat all pieces.

Heat nonstick wok or skillet on HIGH. When hot, pour 1 Tbsp oil down sides of pan. Add ginger and beef; stir-fry just until beef browns. Add sauce and toss to coat; remove beef from pan. Add remaining oil. Add broccoli to pan along with peppers, mushrooms and snow peas. Stir-fry 2 min. Return beef with sauce to pan; toss to heat through, about 30 seconds. Serve with steamed rice.

### Chipotle Pork Stew with Plums

- 1 tbsp vegetable oil
- 2 lb boneless pork shoulder cut into 1 1/2-inch cubes
- 1 medium onion, cut into wedges
- 2 cloves garlic, finely chopped
- 2 tsp salt
- 1 tsp ground cumin
- 1 tsp ground cinnamon
- 1 tsp dried thyme leaves
- 1 can (28 ounces) diced tomatoes, undrained
- 1 cup orange juice
- 1 to 2 canned chipotle chiles (in adobo sauce), finely chopped, adobo sauce reserved
- 2 medium potatoes cut into 1 1/2-inch pieces
- 1 cup baby carrots
- 1 lb plums, halved & pitted

In large Dutch oven or saucepan heat oil over medium-high heat until hot. Add pork; cook 5 minutes or until browned, stirring occasionally. Add onion, garlic, salt, cumin, cinnamon and thyme; cook and stir 4 to 5 minutes or until onion is translucent. Add tomatoes, orange juice, chipotle chiles and 1 to 2 tsps of the reserved adobo sauce; bring to a boil.

Reduce heat to low. Cover; simmer 30 minutes. Add potatoes and carrots; simmer 20 minutes. Stir in plums; simmer 10 additional minutes or until pork and vegetables are tender.