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Toxic Chemicals Detected in Blood of Newborns

Exposure to hundreds of toxic chemicals begins in the womb, finds a new study of the umbilical cord blood of 10 American newborns commissioned by the Environmental Working Group. The research and advocacy organization asked a lab to test 10 American Red Cross cord blood samples for what the group claims is the most extensive array of industrial chemicals, pesticides and other pollutants ever studied.

The group wanted to measure how early the human body burden of chemicals begins to accumulate. The lab tests found that hundreds of industrial chemicals, pollutants and pesticides are pumped back and forth from mother to fetus through umbilical cord blood.

The blood samples came from babies born in U.S. hospitals in August and September of 2004. Analysis conducted on the samples for 413 industrial and consumer product chemicals found that the babies averaged 200 contaminants in their blood.

The analysis tested for pollutants including mercury, fire retardants, pesticides and a chemical used in the production of Teflon, PFOA. In total, the babies' blood had 287 chemicals, including 209 never before detected in cord blood.

"For years scientists have studied pollution in the air, water, land and in our food. Recently they've investigated its health impacts on adults. Now we find this pollution is reaching babies during vital stages of development," said Jane Houlihan, EWG vice president for research, from the group's office in Washington, DC.

"These findings raise questions about the gaps in our federal safety net. Instead of rubber-stamping almost every new chemical that industry invents, we've got to strengthen and

modernize the laws that are supposed to protect Americans from pollutants."

U.S. industries manufacture and import some 75,000 chemicals. The current regulatory system does not require comprehensive testing of chemicals before they are put into products and it does not provide authority to the U.S. Environmental Protection Agency (EPA) to prevent harmful chemicals from being used in products and released into the environment.

The EPA has issued regulations to control only nine chemicals since the enactment of the federal Toxic Substances Control Act in 1976. The EWG points out that the system allows chemicals with known hazards and clear health impacts to remain on the market, even when safer alternatives are available.

"It's time for a complete overhaul of the current system," said Laurie Valeriano, Policy Director of the Washington Toxics Coalition "Government should phase out very harmful chemicals and industry must substitute safer substances when they are available. There is no reason consumer products should be filled with chemicals that poison babies when there are safer alternatives."

There is other evidence that chemicals harm embryos. Physicians for Social Responsibility has said, "It is clear that the developing fetus, infants and young children are particularly sensitive to the harmful effects of pesticides."

Each year, Americans use over 4.5 billion pounds of pesticides, including about one billion pounds of "conventional" pesticides

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August 2-4, 2005

Harvest Blend Regular

- Broccoli
- Celery
- Baby Carrots
- Cucumber
- Spinach
- Romaine Lettuce
- Italian Parsley
- Zucchini
- Tomatoes
- Summer Bright Nectarines
- Black Amber Plums
- Flavor King Pluots
- Black Seedless Grapes
- 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

"Parsley seeds must go to the devil and back nine times before sprouting." - Old folk saying.

"My favorite sandwich is peanut butter, baloney, cheddar cheese, lettuce, and mayonnaise on toasted bread with catsup on the side." - Senator Hubert H. Humphrey

"Who would guess that a peanut butter and bacon sandwich is so good it will bring tears to your eyes? It does. Add lettuce, and you have a complete meal, with every known daily nutrient needed by the average 200 pound man." - Roger Welsch, *Diggin' In and Pigg'in' Out*

"Without question, the greatest invention in the history of mankind is beer. Oh, I grant you that the wheel was also a fine invention, but the wheel does not go nearly as well with pizza." - Dave Barry

used in agriculture, industry, home and garden, says the Physicians for Social Responsibility. When pregnant women are exposed to pesticides and other chemicals, it appears that their developing babies are exposed too.

A 1993 study of exposure to these endocrine disrupters conducted by scientists with the W. Alton Jones Foundation and World Wildlife Fund, among others, found that, "Many of these chemicals can disturb development of the endocrine system and of the organs that respond to endocrine signals in organisms indirectly exposed during prenatal and/or early postnatal life; effects of exposure during development are permanent and irreversible."

The scientists found that, "transgenerational exposure can result from the exposure of the mother to a chemical at any time throughout her life before producing offspring due to persistence of endocrine-disrupting chemicals in body fat, which is mobilized during ... pregnancy and lactation."

The EWG study comes at a useful time for residents of Washing-

ton State. The Washington State Department of Ecology is seeking public input on a rule to implement the state's strategy to eliminate persistent toxic chemicals including mercury, dioxin, and toxic flame retardants.

A coalition of groups, the Toxic-Free Legacy Coalition, is urging Washington state to include "a comprehensive, scientifically defensible, list of persistent toxic chemicals and establish clear goals and timelines for elimination" in the rule.

The coalition would like the state to include phthalates, chemicals used to soften vinyl plastic and in cosmetics, on the list of chemicals to be phased out. These chemicals were recently linked to reproductive problems in male infants. They were banned across Europe earlier this month.

The EWG study, "Body Burden: The Pollution in Newborns," is online at: www.ewg.org/reports/bodyburden2/

Recipes

Chilled Cucumber Parsley Soup

- 1 cup yogurt, natural
- 2 cup light cream or 1 cup milk
- 1 cup heavy cream
- 2 cucumbers, seedless, peeled, chopped
- 1 cup parsley, finely chopped
- 1 bunch green onions
- 2 tsp salt

Stir yogurt and cream together until smooth. Stir in remaining ingredients and refrigerate until serving time. Garnish with thin unpeeled cucumber slices and a dash of paprika.



Alton's Parsley Salad

- 1 bunch Italian parsley
- 2 tbsp fresh lemon juice
- 2 tbsp lemon zest
- 6 tbsp walnut oil
- 2 tsp dark sesame oil
- 1 tsp honey
- Salt and freshly ground pepper
- 3 tbsp toasted sesame seeds

Wash and dry the parsley. Pick the leaves, and set aside. Discard the stems. In a large bowl, whisk together the lemon juice, zest, walnut oil, sesame oil, honey, and salt and pepper, to taste. Add the parsley and sesame seeds and toss to combine. Allow the salad to sit for at least 30 minutes before serving so that flavors meld.

Chicken Kiev

- 8 tbsp unsalted butter, room temperature

- 1 tsp dried parsley
- 1 tsp dried tarragon
- 1 tsp kosher salt, plus extra for seasoning chicken
- 1/4 tsp freshly ground black pepper, plus extra for seasoning chicken
- 4 boneless, skinless chicken breast halves
- 2 large whole eggs, beaten with 1 tsp water
- 2 cups Japanese bread crumbs (panko), plus 1/4 cup for filling
- Vegetable oil, for frying

Combine butter, parsley, tarragon, 1 tsp salt, and 1/4 tsp black pepper in the bowl of a stand mixer. Place mixture on plastic wrap or waxed paper and roll into small log; place in freezer.

Place chicken breasts, 1 at a time, between 2 pieces of plastic wrap. Squirt chicken lightly with water and squirt the top of the plastic wrap as well. Pound to no less than 1/8-inch thickness. Season each piece of chicken with salt and pepper.

Lay 1 chicken breast on a new piece of plastic wrap and place 1/4 of the compound butter and 1 tablespoon bread crumbs in the center of each breast.

Using the plastic wrap to assist, fold in ends of breast and roll breast into a log, completely enclosing the butter; roll very tightly. Repeat with each breast. Place chicken in refrigerator for 2 hours, or up to overnight.

Place egg and water mixture in 1 pie pan and 2 cups bread crumbs in a different pie pan. Heat 1/2-inch of vegetable oil in a 12-inch sauté pan over medium-high heat until oil reaches 375 degrees F.

Dip each breast in the egg mixture and then roll in the bread crumbs. Gently place each breast in oil, sealed-side down, and cook until golden brown, approximately 4 to 5 minutes on each side, until the internal temperature reaches 165 degrees F.

Remove to a cooling rack set in sheet pan and allow to drain for 5 to 10 minutes before serving.