

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



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Congress Passes Sneak Attack on Organic Standards

Congress voted this week to weaken the nation's organic food standards in response to pressure from large-scale food manufacturers.

The Organic Trade Association (OTA) and food processors have been pressing Congress to change the Organic Foods Production Act (OFPA) to allow for the use of numerous synthetic substances in products labeled "organic" and to weaken organic dairy standards.

A recent court decision ruled that the OFPA does not allow synthetic (non-natural) ingredients to be used in foods labeled "organic" and that the act must ensure a strong standard under which dairy cows are converted to organic milk production.

After rejecting efforts by members of the public interest and environmental community to reach an agreement on these issues, major food processors in the organic food industry, including Smucker's, Dean Foods, and Kraft, pushed Congress to "quietly" change the law to allow the use of such synthetic ingredients and potentially weaken the organic dairy standards.

"Congress voted to weaken the national organic standards that consumers count on to preserve the integrity of the organic label," said Ronnie Cummins, National Director of the Organic Consumers Association.

"The process was profoundly undemocratic and the end result is a serious setback for the multi billion dollar alternative food and farming system that the organic community has so painstakingly built up over the past 35 years. The rider will take away the traditional role of the organic community and the National

Organic Standards Board in monitoring and controlling organic standards. Industry's stealth attack has unnecessarily damaged the standards that helped organic foods become the fastest growing sector in the food industry."

As passed, the amendment sponsored by the Organic Trade Association allows:



· Numerous synthetic food additives and processing aids, including over 500 food contact substances, to be used in organic foods without public review.

· Young dairy cows to continue to be treated with antibiotics and fed genetically engineered feed prior to being converted to organic production.

· Loopholes under which non-organic ingredients could be substituted for organic ingredients without any notification of the public based on "emergency decrees."

The amendment was vigorously opposed by consumer, retail and growers groups, as well as public health and environmental groups, including National Cooperative Grocers Association, National Organic Coalition and Rural Advancement Foundation International - USA, Beyond Pesticides, National Campaign for Sustainable Agriculture, Organic Consumers Association, and Consumers Union.

Consumers sent more than 300,000 letters to Congress imploring members to stand up against industry's efforts to weaken the organic standards.

November 1-3, 2005

Harvest Blend Regular

- Baby Carrots
- Purple Cauliflower
- Broccoli
- Spinach
- Yellow Onions
- Romaine Lettuce
- Baby Bok Choy
- Cucumbers
- Braeburn Apples
- Bosc Pears
- Bananas
- Kiwi
- Valencia Oranges

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

Account Updates



We've gotten a lot of new customers lately, so this is a reminder that whenever possible, all changes to your account should be made through the Member Area of the web site.

Due to the amount of email we get, we cannot promise that requests sent to us in email will be seen in time for your next delivery.

If you have any questions about your account, we'd be glad to help. But please remember to use the web site whenever possible.

Recipes

Asian Pear Salad

- 2 pears, peeled, cored and sliced
- 1 cup port wine
- 2 shallots, thinly sliced
- 1 clove garlic, minced
- 1 tbsp Dijon mustard
- 2 tbsp balsamic vinegar
- 1 head romaine lettuce
- 1 cup crumbled Gorgonzola cheese
- 1 cup chopped walnuts, toasted

Preheat the oven's broiler. Arrange pear slices in a single layer on a baking sheet. Broil until nicely browned, 3 to 5 minutes. Set aside to cool. Pour port wine into a saucepan. Bring to a boil, and cook until the wine is reduced by 1/2. Remove from the heat and cool.

Pour the cooled wine into a blender or food processor, and add the shallots, garlic, mustard, and vinegar. Puree until smooth. Divide the romaine leaves evenly between four serving plates. Arrange some of the broiled pear slices over each pile of greens. Sprinkle with Gorgonzola cheese. Drizzle dressing over each plate, then sprinkle with walnuts. If you like, this can also be made in one large bowl instead of individual servings.

Bok Choy, Carrot and Apple Slaw

- 3 heads baby bok choy
- 1 tsp coarse salt (divided)
- 1 apple, peeled and cut into matchstick pieces
- 1 carrot, peeled and cut into matchstick pieces
- 1 1/2 tsp fresh lemon juice
- 1 1/2 tsp canola oil
- 1/2 tsp grated fresh ginger
- freshly grated pepper

Cut bok choy in half lengthwise and cut stem off as well as any bruised leafy tops. Rinse each half thoroughly to remove any grit. Slice each half crosswise into thin strips. Place all in a colander, rinse lightly and shake until most of water has drained. Coat top with 1/2 tsp salt, and cover with a plate that fits inside the colander. Place a canned good on top of the plate to weigh it down.

Meanwhile place apple and carrot matchstick pieces in a medium bowl. Add lemon juice, canola oil, and ginger. Add bok choy to the bowl with the apple and carrot. Add 1/2 tsp coarse salt and some freshly grated pepper to taste. Stir and refrigerate for at least 15 minutes before serving.

Broccoli Pear Almond Soup

- 1 head of broccoli
- 1 large onion
- 2 white parts of leek, chopped
- 41 1/2 oz butter
- 1 1/2 pints vegetable stock
- 5 oz low fat soft cheese
- 2 tbsp fine oatmeal
- 4 ripe pears
- 6 oz toasted, flaked almonds
- 1 pint milk



- salt and freshly ground black pepper

Trim the broccoli into tiny florets, chop the stalky parts into small pieces. In a large saucepan, melt the butter and add the chopped leeks, onion and broccoli stalks (leave aside the florets for later). Stir well and leave to sweat for ten minutes. Then add chopped pears. Stir in the oatmeal, almonds and milk a little at a time, stirring well after each addition. When the milk is stirred in, add the stock and seasoning. Whisk well and simmer gently for ten minutes.

While the soup is cooling, steam the broccoli florets for about 5 minutes. Pour the soup and place the soft cheese into a food processor, and blend until smooth. Return the soup to a rinsed out pan, add the broccoli florets and re-heat gently, adjusting the seasoning

Cauliflower, Potato and Leek Soup

- 1 pound potatoes, peeled
- 1 leek, split lengthwise and washed well
- 1/2 purple cauliflower
- 5 cups light chicken or vegetable stock
- 2 cloves of garlic
- 1 cup double cream
- 1/2 bunch dill (optional)

Dice potatoes, leeks and garlic. In a heavy based saucepan, sweat all three ingredients until the aroma of leeks is pungent. Add chicken/vegetable stock and simmer for 10 minutes, or until potatoes become crumbly. Cut purple cauliflower into small pieces and add to soup, and simmer for a further 10 minutes. Let stand for 10 - 15 minutes, then blend well. Let stand for a further 5 minutes and blend again.

Strain soup through a fine strainer to remove any coarse ingredient. Place soup back on stove top and add cream. Season to taste. Add 1/2 bunch of dill to soup before serving (optional).

Rotten Cauliflower Halloween Bake

- 1 coarsely chopped purple cauliflower
- 1 tbsp butter
- 2 minced shallots
- 1/2 cup butter
- 2 tbsp flour
- 1/2 cup half and half
- 1/4 cup chicken stock
- salt and white pepper to taste
- 1/2 cup dried bread crumbs
- 1/2 cup freshly grated parmesan cheese

Preheat the oven to 350 degrees. Arrange the cauliflower in a shallow casserole dish. In a small frying pan, sauté the shallots in 1 tablespoon butter over medium heat until soft. At the same time melt 1/2 cup butter over low heat in a small saucepan. Once the butter is melted add the flour and mix well. While stirring constantly, increase the heat to medium high. Cook the flour mixture for 3 minutes, then add the half and half and bring to a boil.

Add the chicken stock, salt, and white pepper and return to a boil. Add the shallots. Pour the sauce evenly over the cauliflower. Sprinkle with the bread crumbs. Bake for 30 minutes. Remove from the oven and sprinkle with the parmesan. Return to the oven right before serving and bake for about 5 minutes, or until the cheese melts.