

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



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

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## Another Sneak Attack on Food Safety

After a murky legislative process distinguished by a lack of any public hearing, the House is ready to rush to approve a special-interest measure for the food industry this week.

The bill would pre-empt all state food safety regulations that are more protective than federal standards.

A bipartisan majority behind this clearly dangerous bill is echoing the industry's line that the goal is simply to end consumers' confusion about varying state regulations that govern warning labels and protective inspections.

If consumers believe that, then we have some bottled water to sell them that no longer warns of arsenic levels, and a salmon fillet that drops the distinction between fish originating in the wild and fish from a farm. Such information and a much larger array of warnings could be expunged under the bill.

Professional associations of state health, farm and consumer officials – denied a hearing before Congress and taxpayers – warn consumers that countless protections on the state and local levels would be gutted in favor of a lowest-common-denominator dictated by food and retail interests.

The broad proposal threatens existing food safety programs affecting things like restaurant sanitation and sales of milk and numerous other vital products. The bill would invent a burdensome process by which states would have to petition federal officials to restore the safety regulations they now have.

The driving force behind the bill seems to be the challenge to industry forces posed by California, which is leading the way in demanding consumer warnings about mercury levels in fish, lead in calcium supplements and other hazards. Other states have followed suit.

Proponents of the bill in the food industry and Congress claim that their goal is being misunder-

stood. If so, they should pull the bill back and prove their case at open hearings that treat the public interest as something more than a nonentity.

Source: *The New York Times*

### UPDATE: VOTE DELAYED ONE WEEK

In a partial victory for consumers across the nation, the House has delayed the vote on H.R. 4167 for a week.

H.R. 4167, the "National Unity for Food Act", was set to come before the House of Representatives last Friday. If passed, this Act will take away the power of local and state governments to require food safety warning labels on food and beverages, keeping consumers in the dark about what is truly in their food.



Thus far the bill has been met with widespread opposition from consumers, health groups and state legislators. The Organic Consumers Association is concerned that lawmakers are selling out consumer health for campaign contributions.

"As we look at this bill it appears that House members have sold their votes to big business interests that fear consumer labeling laws which save lives and expose harmful ingredients commonly used in conventional foods and beverages," says Organic Consumers Association Executive Director Ronnie Cummins.

"Our members have sent 30,000 letters to Congress in the few days we have had to mobilize opposition before the expected vote. We are optimistic that this delay in voting means that Representatives have been listening to the emails and phone calls they have been getting and will ultimately defeat this bill."

The Organic Consumers Association (OCA) is calling on Congress to reject the "National Unity for Food Act" as an assault on local democracy  
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### Harvest Blend Regular

- Broccoli
- Carrots
- Red Chard
- Green Onions
- Jewell Sweet Potatoes
- Spinach
- Romaine Lettuce
- Bacon Avocado
- Pink Lady Apples
- Valencia Oranges
- Bosc Pears
- Kiwi
- Kent Mango

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

### OO News

We'll send out an email regarding some of these items soon, but as a special bonus for those of you who actually read the newsletter, you get to find out about these shocking items first. (Everyone now: *Whoooooo!*)

First, we now take Discover card. If you would like to switch your credit card billing over to Discover, call us and we will get that set up for you.

Whole chickens are available again! We're now carrying Eberly's whole organic chickens for a limited time. If they sell well, we will try and keep them in stock.

and food safety.

HR 4167 will only make it harder for food safety advocates to protect consumers from harmful ingredients or trace contaminants found in the nation's food supply.

States like California that have strict laws requiring labels on food and beverages that could cause cancer, birth defects, allergic reactions, or mercury poisoning would be preempted by this federal law. Alaska has a law requiring labels on genetically modified fish. The passage of this Act would nullify these and other state food safety labeling laws as well as prevent future laws from being passed.

"We are seeing increasing demand by consumers to know what is in the

food that they are buying. As more consumers refuse to buy food that is labeled as containing potentially dangerous chemicals, big agribusiness is moving to restrict consumers' right to know. Rather than clean up their products, they make huge campaign contributions to Representatives. In the end we hope that our Representatives will listen to their constituents and not their major donors and defeat H.R. 4167".

Tens of thousands of consumers have responded to alerts from the Organic Consumers Association, Consumers Union, the Center for Food Safety, the National Campaign for Sustainable Agriculture, and other groups also working to defeat H.R. 4167.

*Source: Organic Consumers Association*

## Recipes

### Red Chard Rollups

- 1 cup brown rice, cooked
- 2 tbsp pine nuts
- 2 tbsp raisins
- 1/2 tsp parsley
- 1/4 tsp garlic paste
- salt, to taste
- 2 tbsp olive oil
- 1 tbsp lemon juice
- 1 tsp rice vinegar
- 1 bunch red chard

Add to rice the following ingredients: pine nuts, raisins, parsley, garlic paste, salt, rice vinegar, lemon juice, olive oil, and mix well. Remove the chard stems where the leaf begins. Place approximately two tablespoons of rice mix one inch away from the edges. Roll like a tamale. Be very gentle while you are rolling, as the thick stem tends to crack and/or break through the leaves. Place seam side down in a steamer. Repeat until the rice mixture is spent. Place the steamer in a pan with one inch of water in the bottom and cover. Steam until the chard leaves are dark green.

### Pasta and Chard with Meatballs

- 2 slices white bread
- 1 cup water
- 1/4 pound ground veal
- 1/4 pound ground beef chuck
- 1/4 pound ground pork
- 1/4 cup minced onions
- 2 tsp minced garlic
- 1 tsp salt
- 1 tsp freshly ground black pepper
- 1/4 finely chopped green onions
- 2 quarts beef stock
- 1/2 pound dried pasta sheets, broken into small pieces
- 1 bunch Swiss chard, cleaned, stemmed and shredded
- 4 ounces Parmigiano-Reggiano cheese, grated

Place the bread in a shallow bowl and pour the water over the bread. Allow to sit for 10 minutes. Remove the bread from the bowl, squeezing out the excess liquid. In a mixing bowl, combine the bread, meats, onions, garlic, salt, pepper, and green onions. Mix well. Form the meat mixture into small balls, about the shape of quarter. Bring the beef stock to a simmer, add the meat balls and cook for 25 to 30 minutes. Add the pasta and Swiss chard, continue to cook until the pasta is

tender, about 6 to 8 minutes. To serve, ladle the soup into individual bowls. Garnish with the cheese.

### Herb Turkey Wraps

- 2 tbsp light cream cheese
- 2 tsp minced fresh dill leaves
- 4 herb tortilla wraps
- 8 butter lettuce leaves
- 12 ounces sliced turkey breast
- 1 tomato, thinly sliced
- 1/2 avocado, sliced
- 1 cup bean sprouts

Combine cream cheese and dill in a small bowl. Spread 1/2 tablespoon of cream cheese mixture on each wrap and top with 2 lettuce leaves. Stack 3 ounces of turkey on the lettuce and then place 2 tomato slices on each stack of turkey. Divide the avocado slices evenly among the wraps and place on top of the tomato slices. Divide bean sprouts evenly among the wraps and place on top of the avocado. Fold bottom of wrap toward the top of the wrap and then roll until filling is encased in wrap. Serve immediately.

### Pink Lady Apple Pancakes

- 3 tbsp butter
- 3 tbsp brown sugar
- 1 tsp cinnamon
- 1 Pink Lady apple
- 4 eggs
- 1/2 cup flour
- 1/2 cup milk
- 1/2 teaspoon salt

Preheat oven to 425°F. Measure butter, brown sugar and cinnamon into 10-inch skillet with ovenproof handle and heat in oven, stirring occasionally, until very hot and bubbly, about 5 to 8 minutes.

Meanwhile, core and slice the apple. When butter mixture is bubbly, carefully remove pan from oven and arrange apple slices in circle in pan. Return to oven for 3 to 5 minutes while preparing batter.

In mixing bowl or blender, combine eggs, milk, flour and salt and beat or blend until smooth. Slowly pour batter over apples in skillet, distributing evenly. Return to oven until puffy and well-browned, about 20 to 25 minutes. Invert serving plate on top of skillet, then turn over and lift skillet off to serve hot, apple-side up.