

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



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## Organic News Roundup

### Teflon Byproduct Polluting Mississippi River

A government scientist has been forced to resign, after discovering dangerous levels of a toxic chemical in the Mississippi River.

The toxin, specifically known as perfluorinated chemicals (PFCs), is a byproduct of the manufacture of a number of products including Teflon.

In late 2005, Dr. Oliaei Fardin found dangerous levels of PFC's in the Mississippi River downstream from a 3M Corporation's dumping site in Minnesota. 3M had been dumping 50,000 pounds of the toxic chemical in the river every year, in a heavily populated metropolitan area, where the river serves as the main drinking water source. PFCs have caused birth defects and deaths in animal studies and are considered a likely human carcinogen.

Fardin, a scientist at the Minnesota Pollution Control Agency, found levels of PFCs in the area's fish that were the highest ever discovered in the world.

Following her discovery, she was unable to get the state to issue a public health advisory, as would normally be required by law. After she filed a federal whistleblower's lawsuit against the agency, Fardin was forced to resign by the Minnesota Pollution Control Agency's Commissioner, a former Executive of the 3M chemical company.

Her research, which has now been halted, would have helped assess how far downstream the chemical contamination had traveled in the Mississippi River, one of the nation's largest waterways and municipal water sources.

Please send a letter to the EPA, MPCA, and

Governor Pawlenty demanding the 3M Corporation be fined for chemical cleanup costs.

<http://www.organicconsumers.org/rd-pfc.cfm>

### Study: Eating Veggies Repairs Cell Damage

A new study published in the journal Nature indicates that eating certain vegetables can repair damaged DNA.

Previous studies have found nutrients that can help prevent cancer, but this research shows that certain vegetables can actually reverse cell damage that has already occurred.

Laboratory tests revealed that a compound called indole-3-carinol (I3C), found in broccoli, cauliflower and cabbage, can increase two specific protein levels that repair damaged DNA. "It is now clear that the function of crucial cancer genes can be influenced by compounds in the things we eat," said Eliot M. Rosen, MD, PhD.

<http://www.organicconsumers.org/foodsafety/cancer021206.cfm>

### International Court Indicts Dow & Monsanto

For over three decades, Dow and Monsanto have denied that Agent Orange is toxic, thereby avoiding billions of dollars in financial liabilities resulting from the massive and indiscriminate spraying of the toxic defoliant during the Vietnam War.

In a landmark lawsuit last month, a Seoul, Korea High Court ruled against Monsanto and Dow in favor of Korean veterans who

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### Harvest Blend Regular

- Broccoli
- Baby Carrots
- Red Leaf Lettuce
- Leeks
- Green Bell Peppers
- Tomatoes
- White Mushrooms
- Bacon Avocado
- Jonagold 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.

### You Don't Say...

"Indigestion: A disease which the patient and his friends frequently mistake for deep religious conviction and concern for the salvation of mankind. As the simple Red Man of the Western Wild put it, with, it must be confessed, a certain force: 'Plenty well, no pray; big belly ache, heap God.'" - Ambrose Bierce

"Those who give themselves indigestion or get drunk, do not know how to eat or drink." - Jean Anthelme Brillat-Savarin

"The only time to eat diet food is while you are waiting for the steak to cook." - Julia Child

"The best way to lose weight is to close your mouth - something very difficult for a politician. Or watch your food - just watch it, don't eat it." - Edward Koch

"Britain is the only country in the world where the food is more dangerous than the sex." - Jackie Mason

fought in the Vietnam War and have suffered serious health injuries from Agent Orange.

The court ruled there is ample evidence that Monsanto and Dow knew how toxic Agent Orange was before the corporations dumped 19 million gallons of the now banned herbicide on Vietnam between 1965 and 1972. The court said there is conclusive scientific data connecting Agent Orange with 11 types of medical conditions, including non-Hodgkin's lymphoma, Hodgkin's disease, prostate cancer and diabetes.

Empowered by the successful lawsuit, Korean and Vietnamese veterans will rally outside the White House in April, calling on the U.S. government to assist in efforts to pay the victims of Agent Orange compensation for medical costs associated with exposure to the herbicide.

<http://www.organicconsumers.org/monsanto/orange060216.cfm>

## Recipes

### Pasta with Dandelion Greens

- 1 bunch dandelion greens
- kosher salt
- 1 pound penne or other pasta
- 1/4 cup extra-virgin olive oil
- 4 cloves garlic, chopped
- pinch dried red pepper flakes, or to taste
- freshly ground pepper and salt

In a large pot, bring 2 to 3 quarts of water to a boil. While the water heats, trim the greens and wash them well. Cut the greens crosswise into 1-inch pieces or strips.

When the water comes to a boil, add 1 tablespoon of salt. Toss the greens into the boiling water; cook until they are almost tender but still bright green, 8 to 10 minutes. (The time will vary. Testing them is the best way to know when they are done.)

With a slotted spoon, remove greens from the pot and toss into a large bowl of cold water. Add the pasta to the pot of water in which the greens were cooked. While the pasta cooks, squeeze the greens to remove as much water as possible. Fluff the greens to separate them, then set aside.

In a large, heavy skillet or a wok, heat the olive oil over medium-high heat. Add the garlic and cook, stirring constantly with a wooden spoon, just until the garlic begins to color. (Take care not to let it burn or the dish will taste bitter.) Add the pepper flakes. When the pasta is almost done, 10 to 12 minutes, add the drained greens to the pan and cook together for 2 minutes, stirring constantly. Remove pan from the heat.

Drain the pasta, leaving a bit of water clinging to it. Add the pasta to the cooked greens; toss well. Season to taste with pepper and salt. Serve immediately with a loaf of thick-crust, whole-grain bread. Makes 4 to 6 servings.

### Leek Potato Soup

- 1 large leek, cleaned and dark green sections removed
- 3 tbsp unsalted butter
- large pinch kosher salt, plus additional for seasoning
- 1 pound potatoes, peeled and diced small
- 1 quart vegetable broth
- 1 cup heavy cream

- 1 cup buttermilk
- 1/2 tsp white pepper
- 1 tbsp snipped chives

Chop the leeks into small pieces. In a 6-quart saucepan over medium heat, melt the butter. Add the leeks and a heavy pinch of salt and sweat for 5 minutes. Decrease the heat to medium-low and cook until the leeks are tender, approximately 25 minutes, stirring occasionally.

Add the potatoes and the vegetable broth, increase the heat to medium-high, and bring to a boil. Reduce the heat to low, cover, and gently simmer until the potatoes are soft, approximately 45 minutes.

Turn off the heat and puree the mixture with an immersion blender until smooth. Stir in the heavy cream, buttermilk, and white pepper. Taste and adjust seasoning if desired. Sprinkle with chives and serve immediately, or chill and serve cold.

### Leek Rings

- 3 quarts oil (peanut, vegetable, or canola)
- 12 ounces leeks, cleaned and trimmed of dark green parts
- 1 1/2 cups milk
- 1 large egg
- 2 cups all-purpose flour
- 2 tsp kosher salt, plus additional for seasoning

Preheat the oil in a heavy 5-quart pot over medium-high heat to 375 degrees F. Slice the leeks into 1/2-inch wide rings, separating them 2 layers at a time.

In a medium mixing bowl, whisk together the milk and the egg. In another medium mixing bowl, combine the flour and salt. Divide the flour into 2 separate, shallow dishes and place the milk and egg mixture in a third. Going 1 small handful at a time, dip the rings first into the first flour mixture, then into the milk and egg, and then into the second flour mixture.

Working in batches, fry the rings for 1 to 1 1/2 minutes, or until golden brown. Remove the rings to a cooling rack set inside a half sheet pan and allow to drain for 2 to 3 minutes before serving. Season with additional salt, if desired.