

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



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Dangerous Levels of Arsenic Found in Non-Organic Chicken

Brand name chicken products sold in American supermarkets and fast food restaurants are widely contaminated with arsenic, according to independent test results released by the Institute for Agriculture and Trade Policy (IATP).

Testing of 155 samples from uncooked supermarket chicken products found 55 percent carried detectable arsenic.

Arsenic was more than twice as prevalent in conventional brands of supermarket chicken as in certified organic brands.

All 90 fast food chicken products tested by IATP also contained detectable arsenic.

Arsenic in chicken meat appears closely linked to the decades-old practice of intentionally and routinely putting arsenic into chicken feed.

At least 70 percent of U.S. broiler chickens have been fed arsenic, according to estimates.

"Adding arsenic to chicken feed is a needless and ultimately avoidable practice that only exposes more people to more of this ancient poison," said Dr. David Wallinga, a physician, author of *Playing Chicken: Avoiding Arsenic in Your Meat*, and director of IATP's Food and Health program.

"There is good news. Consumers can limit or eliminate their arsenic intake in chicken by making smart choices about which chicken to buy," said Wallinga.

"Our testing found plenty of supermarket chicken without any detectable arsenic. Birds sold under organic labels can't legally be given arsenic. For other chicken, your best bet is to directly ask for some assurance from the producer, supermarket or restaurant that's selling it."

The U.S. Department of Agriculture fails to

test for arsenic in the chicken breasts or thighs that Americans mostly eat, and does not make public results of its testing of individual brands.

Brand name chicken products tested by IATP included Foster Farms, Trader Joe's, Gold'n Plump, Perdue, Smart Chicken, and Tyson Foods.

Fast food chains that had chicken products tested included McDonald's, Wendy's, Arby's, Subway, Kentucky Fried Chicken, Church's and Popeyes. Chicken products were purchased from supermarkets and fast food outlets in Minnesota and California and were analyzed for arsenic by a private, independent commercial laboratory.

Some specific findings from the report:

* Arsenic levels vary significantly. The most contaminated brands of uncooked chicken breasts and thighs on average had arsenic levels around ten-fold higher than did the brands found to be least contaminated with arsenic;

* Plenty of the raw chicken tested had no or nearly no detectable arsenic, including that from some organic companies and most chicken tested from the world's largest chicken producer, Tyson Foods;

* Five packages of Gold'n Plump livers contained an average of nearly 222 ppb arsenic, the highest of all the chicken samples;

* Prepared chicken thighs from Church's on average had 20 times the arsenic levels of thighs from KFC. The chicken in sandwiches from Jack In The Box on average had more than five times the arsenic than in Subway sandwiches.

An estimated 1.7 to 2.2 million pounds of
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Harvest Blend Regular

- Russet Potatoes
- Baby Carrots
- Collards
- Red Onions
- Curly Parsley
- Tomatoes
- Green Bell Peppers
- Zucchini
- Fuerte Avocado
- Pinata Apples
- Valencia Oranges
- Red Bartlett Pears
- Tommy Atkins Mango
- Grapefruit

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

OO Reminder

Now that warmer days are upon us, please remember it is your responsibility to leave a cooler outside your door if you are not home to receive the delivery.

This is especially important if you are receiving dairy with your produce.

While we have, in the past, left the thermal bags at your door, we would really prefer not to do so, as the return rate on these bags is often a problem for us.

A cooler is also better for you because ice packs in the cooler will do a better job of keeping your food fresh in the ambient temperature than our bags without any ice.

Thank you for your business, and let us know if you have any questions.

roxarsone, a single arsenic feed additive, are given each year to chickens. Much of this ends up in chicken litter and the broader environment.

Arsenic causes cancer and contributes to other diseases including heart disease, diabetes and declines in intellectual function.

While none of the chicken products tested had arsenic levels above federal standards, much has changed since those standards were set. For one thing, Americans eat at least two and a half times more chicken than they did 40 years ago.

Additionally, the latest science reports that some forms of arsenic are more toxic than previously thought, and cumulative human exposures to arsenic, including in chicken meat, are likely higher than previously thought.

"Smarter poultry companies, from the world's largest to some of the smallest, no longer use routine arsenic," says Dr. Wallinga. "Europe has banned the practice. It's long past the time to take

arsenic out of U.S. poultry feed."

The report made several recommendations:

* Consumers should seek out chicken raised without arsenic in its feed, including that sold as USDA-certified organic chicken, under which the practice is prohibited;

* Poultry companies should voluntarily avoid the use of arsenic and inform consumers of such;

* Restaurants, hospitals and schools should ask their poultry suppliers to stop using arsenic in feed;

* Federal and state regulators should withdraw approval for meat and poultry producers to add arsenic to our food chain and environment.

The full report can be found at: www.iatp.org

Recipes

Chicken Stuffed with Rice, Sausage and Collards

- 1 whole chicken
- salt and black pepper
- paprika
- 1/2 cup turkey or pork sausage
- 1 cup cooked wild rice
- 1/2 cup cooked chopped collard greens
- 2 tbsp butter, melted



Preheat the oven to 375 degrees F. Wash the chicken and pat it dry. De-bone the chicken, leaving the leg bones intact. Season chicken with salt, pepper, and paprika. Set aside. In a small skillet, cook the sausage over medium-high heat, breaking it into pieces as it browns. Set aside.

Lay the chicken out, skin side down, in a baking pan. Layer the rice on top, then add the greens, and then cover with sausage. Fold the leg back to reform its shape and truss chicken with kitchen string. Brush the chicken with the melted butter. Bake for 55 to 60 minutes, basting occasionally, until the chicken is golden brown and tender.

Split Pea Onion & Pepper Burgers

- 1 tbsp olive oil, plus 2 tbsp for sautéing
- 1/2 cup chopped onion
- 1/2 cup chopped bell pepper
- kosher salt and freshly ground black pepper
- 2 tsp minced garlic
- 4 ounces mushrooms, sliced
- 3 cups vegetable broth
- 1 cup dry split peas, picked and rinsed
- 1/2 cup dry brown rice
- 1 tsp ground coriander
- 1 tsp ground cumin
- 3/4 cup plain dry bread crumbs, plus 1/4 cup for coating

Heat 1 tbsp olive oil in a large (4 to 6-quart) saucepan over medium heat. Add the onion and bell pepper along with a generous pinch of salt. Sweat for 5 minutes or until the onions are soft.

Add the garlic and mushrooms and continue to cook for another 4 minutes. Add the broth, peas, rice, coriander and cumin. Increase the heat to high and bring to a boil. Decrease heat to low, cover and cook at a simmer for 1 hour or until the rice and peas are tender.

Remove from the heat, cool for 5 minutes, and gently pour the mixture into the bowl of a food processor and process until just combined. Do not puree. Pour this mixture into a bowl and stir in the 3/4 cup of bread crumbs. Season, to taste, with salt and freshly ground pepper. Refrigerate for 30 minutes.

Shape the mixture into patties and dredge on each side in the remaining 1/4 cup of bread crumbs. Heat 1 tbsp of olive oil in a medium sauté pan over medium heat. Add 2 burgers at a time and sauté until brown on each side, approximately 3 to 4 minutes per side. To grill, cook on high for 3 to 4 minutes per side as well. Serve immediately.

Zucchini and Tomatoes

- canola or olive oil cooking spray
- 1 small zucchini, sliced 1/4-inch thick
- 1 small onion, sliced into 1/4-inch wedges
- 2 tbsp water
- 2 small tomatoes, cut into wedges
- 1/2 tsp garlic powder
- salt and black pepper, to taste
- 4 oz. pasta (preferably whole wheat), cooked

Spray a large, non-stick skillet with oil and heat over medium heat until hot. Add zucchini and onion and sauté, stirring frequently. Add water if vegetables start to stick to the pan. When zucchini and onion are partially tender, add tomatoes and garlic powder, reduce heat to low and cook, stirring frequently, for 3 minutes or until zucchini has reached desired tenderness. Add salt and pepper to taste and serve over hot pasta.