

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



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Week of June 20, 2006

USDA Close to Approving 'FrankenPlums'

The United States Department of Agriculture (USDA) is now accepting public comments regarding the commercial approval of a Genetically Engineered (GE) plum variety, known as "C5."

Not only would the approval of C5 be the first commercially released GE tree variety in the United States, but also the first GE fruit approved for human consumption.

Approval of C5 will pave the way for more GE food and tree varieties, as well

as guarantee the widespread genetic contamination of conventional and organic stone fruit varieties, including plums, peaches, cherries, and apricots.

Since commercial approvals of GE soy, corn, cotton, and canola almost a decade ago, grassroots activists have effectively stopped new approvals of GE crops.

Genetically Engineered crops have contaminated organic varieties, have not been adequately safety tested, and have contributed to the corporate takeover of the seed supply.

Please contact the USDA today and call for strict health, safety and environmental testing for all GE crops, as well as increased funding for ecological and integrated pest management alternatives for the plum pox virus.

The GE C5 Honey Sweet Pox Potyvirus Resistant plum was developed jointly by USDA, the Institut National de la Recherche

Agronomique (France) and Cornell University.

The C5 plum variety is designed to be resistant to the plum pox virus (PPV). PPV, or Sharka, is the biggest plum pest in Europe and Chile.



First found in 1999 in Adams County, PA, eradication programs have been successful in containing the virus without the use of gene splicing.

Plum Pox causes no harm to animals or people who eat diseased fruit.

With the exception of GE papaya, GE plums would be the first significant gene spliced food to directly enter the food supply.

According to the Pesticide Action Network, countless toxic pesticides are applied to conventional plums, as well as dozens of "bad actor" pesticides, which include known or probable carcinogens and neurotoxins.

Organic certified plums are virtually free of dangerous toxins.

For more information, and to sign a petition to direct the USDA to reject genetically modified plums, visit http://www.democracynaction.org/dia/organizationsORG/oca/campaign.jsp?campaign_KEY=4190

Harvest Blend Regular

- Bicolor Corn
- Carrots
- Cauliflower
- Romaine Lettuce
- Celery
- Green Chard
- Grape Tomatoes
- Sweet Yellow Onions
- Strawberries
- Juan Canary Melon
- Snow Kist Peaches
- Rose Diamond Nectarines
- Hayden Mango

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.

Recipes

Hamburger Soup with Swiss Chard or Bok Choy

- 1 pound ground beef
- 1 large chopped onion
- 1 bunch chopped Swiss chard or bok choy
- 2 ribs chopped celery
- 4 chopped carrots
- 2 medium cubed potatoes
- 4 cubes beef bouillon
- 2 quarts of water
- Salt, pepper and fresh parsley, to taste.
- 1 package frozen peas.

Brown the beef with the chopped onions, then add the other ingredients (except the peas) and simmer, uncovered, for 45-60 minutes. Add the peas and cook 10 more minutes before serving.

Beet Root Puree

- 1 lb. beet root, wash trim
- 1 potato
- 1 tsp raspberry/red wine vinegar
- 1/8th tsp ground ginger
- 1/8th tsp grated nutmeg
- salt and pepper taste



Preheat oven to 400 F. Wrap beet root in foil; prick potato; bake all until tender – about 1 hour. Peel off skins. Work vegetables through a sieve or food mill (pureeing the potato in a blender would make it gluey). Add rest of ingredients and mix with a whisk. Serve hot.

Thai Roasted Carrot Soup

- 6 tbsp oil
- 1 lb carrots, diced
- 1 oz butter
- 1 onion, chopped
- 2 garlic cloves, chopped
- 1" ginger, chopped
- 1 stick lemongrass, chopped
- 1 red chili, sliced
- 1/2 tsp curry powder
- 1 tsp coriander seeds
- 14 fl oz coconut milk
- 1.5 pts stock
- 2 tbsp lime juice
- 2 tbsp chopped coriander

Heat the oil in an ovenproof dish and roast the carrots for 20–25 minutes until lightly golden and tender. Melt the butter, add onion, garlic, ginger, lemongrass, chili, curry powder, coriander seeds; cook over low heat for 5 minutes.

Stir in the roasted carrots, coconut milk, stock; bring to the boil then simmer for 8–10 minutes; remove from the heat, season, add the lime juice and coriander leaves; stir well. Serve.

Cream Of Cauliflower Soup

- 1 tsp. unrefined sesame or sunflower oil
- 1 medium onion, diced
- 2 bay leaves
- Pinch of sea salt
- 3 cups water
- 1 medium cauliflower cut into florets
- 1 cup soy milk
- 3 tbsp White Miso
- chopped parsley, optional garnish
- bread croutons, optional garnish

Heat a pot, add the oil and onions and sauté for 5-7 minutes with the bay leaves and pinch of sea salt. Add the water and bring to a boil. Add the cauliflower and cook for 15-20 minutes over a medium flame.

Add the soy milk and miso and gently simmer for 2-3 minutes. Blend the soup until smooth and creamy and serve hot or chilled with the garnishes.

Chard Stuffing

This is an unusual recipe using chard. It can be used for stuffing peppers, mushrooms or tomatoes before topping with cheesy breadcrumbs and baking, or it can be used as a filling for homemade ravioli, or piled on to garlicky bruschetta and sloshed with olive oil.

- 2 tbsp olive oil
- 1 onion, finely chopped
- 1 bunch chard, stems removed
- 2 tbsp chopped parsley
- 1 tsp chopped thyme
- 1 tsp chopped sage
- 1 tsp chopped rosemary
- squeeze of lemon juice
- salt and freshly ground pepper

Heat the oil in a frying pan, add the onion and sauté gently for about 12 minutes until soft. Drop the chard leaves into a large pan of boiling water. Cook for 3-4 minutes or until soft, then drain and leave to cool.

When the greens are cool enough to handle, squeeze them in your hands to get rid of as much moisture as possible. Then chop fairly finely and put in a large mixing bowl. Add the onions and the chopped herbs and mix well. Add a squeeze of lemon juice, season well, and the mixture is ready to use.