

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



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Week of June 27, 2006

Study Links Pesticides With Parkinson's

People with long-term, low-level exposure to pesticides have a 70 percent higher incidence of Parkinson's disease than people who have not been exposed much to bug sprays, U.S. researchers reported on Monday.

Such workers include mostly farmers, ranchers and fishermen, the researchers report in the July issue of *Annals of Neurology*.

Their study supports previous research that suggests pesticides can be linked with Parkinson's, which is caused by the destruction of key brain cells, the team at the Harvard School of Public Health said.

"The findings support the hypothesis that exposure to pesticides is a risk factor for Parkinson's disease," they wrote.

Alberto Ascherio, an associate professor of nutrition and epidemiology and colleagues examined data from a 2001 American Cancer Society survey of 143,325 people.

The researchers contacted those people who reported they had been found to have Parkinson's.

The American Cancer Society was studying factors for cancer risk and all the people had reported on eating and lifestyle habits and environmental exposures.

More than 5,200 men and 2,600 women reported exposure to pesticides.

After adjusting for age, sex, and other risk factors for Parkinson's disease, the research-

ers found a 70 percent higher incidence of the disease among these nearly 8,000 people than among people who reported no exposure.



More men than women said they had been exposed to pesticides and those reporting exposure were more likely to report their occupation as farmer, rancher or fisherman, the researchers said.

People who had other jobs and who reported pesticide exposure most likely were using the chemicals at home or while gardening, the researchers speculated.

Exposure to asbestos, chemicals, acids, solvents, or coal or stone dust was not associated with a higher risk, the researchers said.

"Future studies should seek to identify the specific compounds associated with risk," the researchers said.

A class of chemicals called organophosphates has been linked with Parkinson's risk in other studies.

There is no cure for Parkinson's, which starts off with tremors and ends up paralyzing and often killing patients.

Globally, it is estimated 6.3 million people have Parkinson's, more than a million in the United States alone.

Harvest Blend Regular

- Yellow Ginger
- Carrots
- White Mushrooms
- Red Leaf Lettuce
- Red Onions
- Red Potatoes
- Tomatoes
- Yellow Squash
- Hass Avocado
- Blueberries
- Juan Canary Melon
- Sunlit Snow Peaches
- Bananas
- Tommy Atkins 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

Ginger-Sesame Chicken with Bok Choy and Mushrooms

- 1/2 cup chicken stock or canned low-sodium broth
- 3 tbsp low-sodium soy sauce
- 1 tbsp sherry
- 1 tbsp sugar
- 1 tsp cornstarch dissolved in 1 tbsp water
- 1/2 tsp unseasoned rice vinegar
- 1/2 tsp Asian sesame oil
- 1/2 tsp crushed red pepper
- 3 tbsp canola oil
- 3/4 pound oyster mushrooms, thickly sliced
- 3/4 pound skinless, boneless chicken breast halves, cut into 1-inch pieces
- Salt and freshly ground pepper
- 3/4 pound bok choy, thickly sliced crosswise
- 1 small red bell pepper, cut into 3/4-inch pieces
- 2 tbsp finely chopped fresh ginger
- 1 garlic clove, minced

In a medium jar, combine the chicken stock with the soy sauce, sherry, sugar, dissolved cornstarch, rice vinegar, sesame oil and crushed red pepper and shake well. In a large nonstick skillet, heat 2 tsp of the canola oil until shimmering. Add the oyster mushrooms and cook over high heat, stirring occasionally, until browned and tender, about 6 minutes. Transfer the mushrooms to a large plate.

Add another 2 tsp of canola oil to the skillet. Season the chicken breast pieces generously with salt and pepper, add them to the skillet and cook over high heat, stirring occasionally, until they are golden and just barely cooked through, about 4 minutes. Transfer the chicken pieces to the plate with the oyster mushrooms.

Add 1 tbsp of canola oil to the skillet along with the bok choy and red pepper and cook over high heat, stirring occasionally, until crisp-tender, about 3 minutes. Transfer the vegetables to the plate.

Add the remaining 2 tsp of canola oil to the skillet along with the ginger and garlic and cook, stirring, just until fragrant, about 1 minute. Return the chicken and vegetables to the skillet. Shake the sauce and add it to the skillet. Bring to a boil and simmer, stirring, until slightly thickened, about 1 minute. Transfer the chicken and vegetables to a bowl and serve.

Indian Potato Chops (Alu Ki Tikiya)

- 1 1/2 lb potatoes, boiled & mashed
- 1/2 tsp salt
- 1/2 tsp ground cumin
- 1 tbsp cilantro
- 1 small onion, very finely chopped
- 2 green chillies, finely chopped
- 1/2 tsp grated fresh ginger root
- oil spray for cooking

Mix all ingredients (except oil spray) together well. Divide into portions and shape each into a thick flat round. Heat a large frying

pan. Spray with a little oil or grease lightly. Cook 3-4 potato cakes at a time, depending on how large the pan is.

Do for about 5 minutes on each side until golden - DO NOT disturb them until the 5 minutes is up or you will spoil the crust. When they have been cooking 5 minutes try and lift them gently with a spatula. Lift rather than scrape, and flip over, remembering that they will still be very soft in the middle. When both sides are cooked, serve hot.

Melon with Sweet Ginger Mushrooms

- 10 oz button mushrooms
- 1 1/4 cups ginger wine
- 4 tsp soft brown sugar
- 1 small melon

Put the mushrooms, ginger wine and sugar in a saucepan, bring slowly to the boil, then cover and simmer gently for 10 minutes until the wine has reduced and become syrupy. Pour into a warm jar, put the lid on loosely and leave to cool.

When cold, screw down the lid tightly and keep in a cool place until required. The mushrooms will keep for several days. Cut the melon flesh into small cubes, or use a melon bailer to make tiny spheres. Just before serving, toss the melon with the mushrooms and syrup.

Ginger Beef with Mushrooms

- 1 1/4 lbs sirloin steaks or flank steak, cut into thin strips
- 2 tbsp peanut oil (or canola oil)
- 4 garlic cloves, minced
- 1 tsp salt
- 6 green onions, sliced
- 3/4 cup sliced carrots
- 1 lb baby portabella mushrooms, sliced
- 1/8 cup sherry wine
- 1/8 cup light soy sauce
- 2 tsp cornstarch
- 2 tsp fresh ground ginger
- 1/4 tsp Chinese five spice powder
- 1/2 tsp pepper
- 2 tbsp brown sugar



In a large skillet, heat oil on high heat. Meanwhile, in a small bowl, combine sherry wine, soy sauce, cornstarch, ginger, 5 spice powder, pepper and brown sugar. Mix well until cornstarch and sugar is dissolved. Sprinkle beef strips with the salt.

When skillet and oil are hot, add beef strips and garlic and stir-fry over high heat until beef has just a little pink remaining. Add onions and carrots and continue to stir fry over high heat for about 2 minutes. Add sherry/soy sauce mixture to skillet. Add mushrooms to skillet and continue stir-frying for about 3-5 minutes or until your carrots are desired crisp-tenderness.