

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



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Wal-Mart Threatens Organic Farms, Report Says

By Tom Daykin

Plans by Wal-Mart Stores Inc. to increase its offerings of organic foods could create a competitive threat to smaller organic farms and food producers, according to a briefing paper released Wednesday by a Wisconsin-based group.

Wal-Mart already is buying milk and other organic products from large-scale dairies and other large, conventional food producers that have little experience with organic production, creating what the Cornucopia Institute calls "corporate organics." The non-profit group is an advocate for what it calls "family-scale farms."

"This competitive challenge has the potential to destroy healthy markets for other retailers, distributors, manufacturers/processors, and family-scale domestic farmers," the paper says.

Wal-Mart, which is the nation's largest private employer, is the world's largest retailer, with annual sales of \$312 billion.

Its continued development of Supercenters - combined discount stores and supermarkets - has made it the nation's largest supermarket chain.

The Cornucopia Institute, in its briefing paper, says Wal-Mart is already the nation's largest retailer of organic milk through its relationship with Dean Foods Co., which owns Horizon organic milk.

The paper says Wal-Mart's business strategy of buying large amounts of products at low prices from conventional food producers like Dean will shut out small- and medium-sized organic food producers "who cannot compete on price with these industrial behemoths."

The group also questions whether large-scale

conventional food producers such as Dean truly reflect what the paper calls the "organic movement."

It said Dean and another Wal-Mart organic milk supplier, Aurora Organic Dairy, have confined their cattle in feedlots with little access to pasture, as required by federal organic standards.

In a statement, Wal-Mart spokeswoman Karen Burk said the company believes organic standards must not be compromised.

But the statement did not address the specific allegations made against Dean and Aurora, which are being investigated by the U.S. Department of Agriculture.

"We believe that both organic and conventional agriculture provide safe, healthy and sustainable products for customers," Wal-Mart's statement says.

"It is up to our customers to choose which type of product they want to buy, and we want to give them the choice."

That freedom to choose will determine whether Wal-Mart's organic strategy will succeed, said Mark Kastel, Cornucopia Institute co-founder.

That's why the group is publicizing what it considers Wal-Mart's practice of "cutting corners" when it buys organic products from companies like Dean and Aurora, Kastel said.

Armed with that information, Kastel said, consumers can better "partner with companies that share their values."

Harvest Blend Regular

- Cucumbers
- Baby Carrots
- Broccoli
- Green Kale
- Red Onions
- Yellow Squash
- Russet Potatoes
- Hass Avocado
- Kiwi
- Angelino Plums
- Dapple Dandy Pluots
- Bananas
- Bartlett Pears

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

OO Reminder

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 groceries 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.



Organic Consumers Association Calls For Boycott of "Factory Farm Milk"

While USDA bureaucrats drag their feet on closing key loopholes in national organic standards, retailers, wholesalers and major "organic" brands are continuing to sell milk and dairy products labeled as "USDA Organic," even though most or all of their milk is coming from factory farm feedlots where the animals have been brought in from conventional farms and are kept in intensive confinement, with little or no access to pasture.

The Organic Consumers Association is expanding its boycott of Horizon and Aurora organic dairy products to include five national "private label" organic milk brands supplied by Aurora, as well as two leading organic soy products, Silk and White Wave, owned by Horizon's parent company, Dean Foods.

While thousands of organic consumers and a number of natural food stores and cooperatives have joined, major national large grocery retailers have ignored the boycott.

Aurora Organic supplies milk for several private label organic milk brands, including Costco's "Kirkland Signature," Safeway's "O" organics brand, Publix's "High Meadows," Giant's "Natures Promise," and Wild Oats' organic milk.

Aurora Organic received a failing grade from the Cornucopia Institute's survey of organic dairies for its practice of intensive confinement of dairy cows. The Cornucopia Institute recently blew the whistle on Aurora Organic's greenwashing and its bogus certification of animal welfare.

Additionally, it's been revealed that much of the soy for Dean Food's White Wave tofu and Silk soymilk products are sourced abroad, primarily from Brazil and China. Environmental standards and workers' rights are routinely violated in these two countries.

Recipes

Braised Kale with Apples

- 1 medium bunch of kale
- 1 clove of garlic, chopped
- 2 tbsp extra virgin olive oil
- 1 15 oz. can of chickpeas
- 1 apple, washed and peeled, sliced thinly
- 1/2 cup pomegranate seeds or dried cranberries
- 1/4 cup feta cheese, crumbled
- salt and pepper

Wash and chop kale coarsely. Remove large ribs. Do not dry or spin kale. In large frying pan, warm olive oil. Add garlic and sauté 1 minute. Add sliced apples and let cook for 4-5 minutes - medium heat. Stir in chickpeas, and let cook another 2 minutes. Add kale. Cover. The kale will wilt under the cover after a few minutes. You can stir after 2 minutes.

Let sit over a low heat for 10 minutes. Remove cover and stir in pomegranate seeds if available. Add crumbled feta cheese. Stir it in. Season with salt and pepper.

Cilantro Pecan Pesto-Grilled Yellow Squash and Zucchini

- 1/4 cup pine nuts
- 1/4 cup pecans
- 2 garlic cloves, minced
- 3/4 cup fresh packed cilantro, roughly chopped
- 1 tbsp plum vinegar
- 2 tbsp extra-virgin olive oil
- 2 yellow crookneck squash
- 2 zucchini squash

Toast pine nuts in a heavy skillet on medium heat until fragrant and golden brown. Repeat for pecans. Combine the pine nuts, pecans, garlic, cilantro and ume vinegar in a food processor. Pulse until fine and well mixed. With food processor running, slowly add oil. Mix a few times by hand to thoroughly combine pesto.

Spray olive oil cooking spray or lightly rub olive oil onto grill grate to prevent sticking. Preheat grill to medium heat. Cut squash lengthwise (about three pieces per squash). Make 3 or so hatch marks on cut sides of squash and rub pesto onto cut sides of squash. Grill squash for about 5

minutes on each side or until golden grill marks appear and squash is soft. Remove and serve with extra pesto on the side if desired.

Colcannon

- 1.5 lbs. russet potatoes, peeled
- 1 bunch green kale
- 1 cup leeks or green onions, minced
- 1/2 cup soy milk or other non-dairy milk
- salt and black pepper to taste

Cut the potatoes into chunks, and boil in water to cover or until tender, but not mushy. Meanwhile wash and trim the kale, discarding any tough stems. Chop it and steam for 5-10 minutes, or until tender. Cool it and gently squeeze out the water.

At the same time, in a lightly oiled skillet, steam-fry the leeks until softened. Drain the potatoes well and mash with a potato masher. Beat in the soymilk, then the cooked kale and leeks. Add salt and pepper to taste. Serve hot with stew or gravy.

Bartlett Pear Muffins

- 2 cups all purpose flour
- 1/2 cup granulated sugar
- 3 tsp baking powder
- 1/2 tsp salt
- 1 cup milk
- 1 egg, beaten
- 1/4 cup melted butter, cooled
- 1 lemon zest
- 2 medium pears, diced
- 1/2 cup chopped walnuts or pecans

Preheat oven to 425 degrees, F. Sift together flour, sugar, baking powder and salt. Beat together milk, beaten egg, butter and lemon zest. Mix pears and nuts into flour mixture. Gently stir milk mixture into dry ingredients. Batter should be lumpy, not smooth. Do not over mix. Spray muffin pans with nonstick spray. Fill muffin cups 2/3 full. Bake at 425 degrees F for 20 to 25 minutes, until tops are browned. Remove from pan immediately, and serve warm.