



What to find in your share:

N.Z. Spinach
Celeriac
Broccoli
Cabbage
Beans
Tomatoes
Eggplant
Peppers
Swiss Chard
Parsley
Basil
Cilantro
Dill
Beets
Carrots
Cucumbers
Summer Squash

Farm Harvest Festival:
Saturday,
September 29
2 - 6

Enjoy a day relaxing at the farm and enjoying great food and fun.

Celeriac- Flavor Packed Roots

As you have all likely noticed, the weather has been all over the place recently. After several weeks of cool weather, it feels like summer again. Hot and sunny days are making the peppers and tomatoes happy. The cool nights and soon to come mild days will be welcomed by lettuce and other fall greens and crops. We're still hoping for the rain to fall, but overall things are happy enough with our irrigation. We can only run the pump so much and have to watch the level of the well, so we are being selective when irrigating.

Celeriac- Closely related to both parsley and celery, celeriac is an ugly looking root crop loaded with celery flavor. Great for use shredded raw in salads, cooked in casseroles and soups/stews, or baked and mashed with potatoes.



Beet-Celeriac Bake

From Greenfields Farm, Ontario
-3-4 beets
-1 celeriac root
-1/2 cup orange juice
-1/2 cup stock

Thinly slice beets and peeled celeriac. In oven dish, alternate layers of celeriac and beets. Pour OJ and stock over layers. Cover and put in preheated 350-degree oven for about 20 minutes. Uncover and bake at 425 for about 10 more minutes.

Note- You can also use the stems and leaves from celeriac. They are much stronger than regular celery, so use sparingly.

News and Highlights

Call for Bags and Rubber Bands- Remember, we can always reuse plastic bags you may have around the home. We will gladly take back the bags we send you off with each week and reuse them, limiting our environmental impact.

Recycling Program- Please remember that we are collecting old cell phones and inkjet printer cartridges for recycling. You can bring the items by at pickups.

Farm Harvest Festival- We will be roasting a pig, having live music, a magic show, and all other kinds of family fun. Watch for more details soon.

Frankenfood on the Shelves: Genetically Modified Foods in America

By Daisy Novoa and Curtis Feather

Our mothers told us not to play with our food, but many people did not listen and now they are genetically experimenting with it. You most likely eat genetically modified (GM) food on a daily basis, because “there are about 40 varieties of genetically engineered items approved for marketing in the U.S. As a result, 60-70% of the foods on your grocery shelves contain genetically engineered (GE) components.” Look at labels and you’ll find corn (food starch, high fructose corn syrup, etc.) and soy products in almost all processed foods. Common GM foods are corn, soy, wheat, potatoes, cotton, canola and squash. This means that food you eat contains genes from other, usually totally unrelated, species. For example, genes from fish, scorpions, frogs, bacteria, and viruses have been inserted into food plants in genetic engineering labs. This completely differs from thousands of years of agricultural plant breeding and improvement, because GE crops contain DNA and genes from species that could never naturally cross.

Genes are very complex and powerful; therefore, their manipulation can be dangerous... “The effect of a gene is dependent on its location and its interaction with other genes. Therefore, insertion of foreign genes is bound to cause unpredictable surprises including, in the worst case, the appearance of harmful substances in the food.” In addition, GM crops affect other species diversity because the “new traits” are spread by wind or pollen to other plants.

The majority of corn and soybeans planted in the U.S. and a huge portion of potatoes and cotton are GM. These crops have been created to have traits that many scientists believed would improve production, feed the poor, and reduce pesticide use. But, unfortunately, the opposite has occurred. Massive corporations such as Monsanto have bought out rights to these seeds and have patented plants, genes, and food items, things they never created. Monsanto now owns about 70% of all vegetable seed stock in the U.S., and they are quickly buying out patents to organic varieties and refusing to market them. Farmers who are using GMO’s pay a premium for seeds that are bred with suicide traits, meaning they are not viable to save and reuse. These seeds are being given to poor farmers in Africa and Latin America as “aid”, where for all of agricultural history the farmers have saved their own seeds and now are dependent on large agribusiness corporations for their annual seed stock. Farmers generally must agree to use chemical pesticides, herbicides, and fertilizers on scheduled spraying, not just when necessary, hugely increasing environmental impact and cost for farmers. Other crops with inherent pesticide genes now are killing off not only their target pests but also beneficial insects, reducing yield and creating more resistant super pests. The same is happening with overuse of herbicides.

Due to the powerful agribusiness and food industry lobby, Congress and the FDA refuse to put in place labeling laws for GE foods. While Europe, Africa and most parts of the world refuse to use GE crops or at least clearly label them, our complacent and apathetic society has been left as guinea pigs in what may prove to be one of the most dangerous experiments in history.

“Today, the United States is the world’s leading genetically modified nation in terms of the area under cultivation and public acceptance of transgenic food. GM crops are literally everywhere and continue to grow, as they are used in food for both humans and animals. Currently, the U.S. does not require labelling of transgenic foods.”

The USDA continues to promote GMO seeds and practices even after several disastrous events. In Iowa, Curtis’ homeland, GMO corn engineered to contain BT pesticide crossed with milkweed (even though the USDA and Monsanto swore it wouldn’t) and subsequently, millions of monarch butterflies died off. Experimental seeds of wheat and alfalfa containing antibiotics were accidentally released into our fields and ended up on grocery shelves. At some point, we must ask ourselves, where is the limit? How many screw ups will be too many when we are playing with genes and irreversible cross-pollinating into the wild?

Quotes to keep in mind:

"The genetic modification of food is intrinsically dangerous. It involves making irreversible changes in a random manner to a complex level of life about which little is known. It is inevitable that this hit-and-miss approach will lead to disasters. It must disrupt the natural intelligence of the plant or animal to which it is applied, and lead to health-damaging side-effects." Dr. Geoffrey Clements

"Genetic engineering is inherently dangerous, because it greatly expands the scope for horizontal gene transfer and recombination, precisely the processes that create new viruses and bacteria that cause disease epidemics, and trigger cancer in cells." Dr. Mae-Wan Ho

"Today, patenting of life forms and the genetic engineering which it stimulates, is being justified on the grounds that it will benefit society, especially the poor, by providing better and more food and medicine. But in fact, by monopolizing the 'raw' biological materials, the development of other options is deliberately blocked. Farmers therefore, become totally dependent on the corporations for seeds." - Prof. Wangari Mathai

"We have been told that genetically engineered (GE) material just disperses in nature, but in fact, it is remarkably permanent. Biologically engineered genes and DNA have been found to persist in soil organisms, in insects, pollen, and especially water, and have been found in agricultural ditches as much as a kilometer from the original site. The antibiotic-resistant marker genes used in the process have survived digestion by cattle and even bees, and therefore pose a threat of increased antibiotic resistance up and down the food chain. This is one reason why the technology is under a de facto ban in Europe. The genes themselves are not confined to the original, patented plant, but can be spread by wind or pollen to other varieties of the same crop, and even to wild relatives." Dr. David T. Suzuki

Buying organically is the only way to know you are not consuming GM foods. Organic standards prohibit the use of any food items, ground covers, or other GM products. Organic farms are at risk in our country as GM production increases and cross-pollination and seed spillage from trains and shipping occurs. In several unbelievable cases, the U.S. and Canadian Supreme Courts both have ruled that organic farmers are at fault and liable to be sued for use when GM crops cross-pollinate into their fields by wind, spillage during shipping, or other means. This means organic farmers who want nothing to do with GMO's are being held at fault and sued by Monsanto and other massive corporations when GM seeds and blind science contaminate their fields and ruin their way of life!

Please continue to support organic farms, and if you are concerned about the use of GMO's, take action and try to make a change. Many communities and counties have successfully banned GMO farming, and there are multiple campaigns pushing for the labeling of GMO foods. Fortunately, many farmers have realized these "miracle technologies" aren't so great after all, especially when in the hands of greedy corporations such as Monsanto, and many farmers are returning to natural seed.

Useful sites: NOFA Mass Statement- <http://www.nofamass.org/programs/social/statement.php>

GreenPeace Campaign- <http://www.greenpeace.org/international/campaigns/genetic-engineering>

Shopping List- http://www.westonaprice.org/federalupdate/aa2003/actionalert_072403.html

Very Informational Movie on GMO's- *The Future of Food*- www.thefutureoffood.com
