

Week # 9 Timken Farm Community Supported Agriculture

Frankenstein in Your Fridge -by Mark

Well the time has come dear reader to take you deeper into the world of your food. I hope by now you better understand our farm and by now you are fairly convinced that this food is healthier both for you and the environment. However, we are still some distance from lasting sustainable solutions in the worlds overall food production system. As I write this huge corporations are whipping up new ways to profit from you and the earth— enter the Gene- Modified food (GM). Scientists have been tinkering with genes and food in an attempt to create, for example, a tomato that stays ripe longer or crops that are resistant to insects.

Here is my stance. I am unable to stop companies from testing and creating genetically modified foods at this point, but I deserve the right to have those foods labeled so that I have a choice as to whether or not to eat them and support the companies that create them. When you go out to eat or snack on popcorn at the movie theatre or buy packaged food at the grocery store, there is a large likelihood you have just ingested GM products. Did you know that 2/3 of the processed food in the United States contains GM technology? The United States has all kinds of labeling laws but the food industry has fought like mad to stop the labeling of GM ingredients. That is why I ask if the GM foods we eat are so safe and so good for you then why not label them? Why, because there is too much uncertainty and the repercussions of GM products are just being understood. But as the U.S government drags its feet regarding the safety of food in our stores the potential for disaster lurks.

One example is cross-pollination, where a field of organic corn is contaminated by the “drift” of a GM planted corn field. The farmer has no barrier and no ability to decipher if his/her crop is now GM. At the current rate of cross- contamination within 50 years the majority of organic foods will not be organic.

Folks, the time to act is now. It is our right to have access to safe, healthful foods and at the very least to know which foods are not organic. Only 50 out of the 400 Congressmen and women have endorsed the GM Labeling Bill currently before Congress. Please join me and go to www.thecampaign.org and send an email urging our representatives to support this important legislation.

Food System Factoid:

In a recent ABC Poll 93% of Americans support labeling. 52% believe that GM foods are unsafe. 57% said they would not buy food that was labeled genetically engineered.

Beets, plain & Simple– Heather

Cut off greens and roast beets (350 degrees) in the oven with skins on in about 1/4 in of water for about 1/2 hour depending on size. Let beets cool, peel off the skin. One way to tell if the beet is done is by how easily the skin comes off. You should be able to peel with your thumb. Slice beets very thinly in rounds and sauté in olive oil and garlic– serve warm and drizzle with balsamic vinegar and rock salt.

*** Congrats to Mary who got married!

What's in your box:

Lettuce– Salad Bowl

Basil– Sweet

Carrots- Mookum or Nantes Fancy

Beets– Detroit, Red Ace, Chioggia

Cabbage– Derby Day

Tomatoes– Sun Gold and Stupice

Raspberries– Summit, Meeker

Summer Squash– Crookneck, Seneca, Sunburst

“ But belief in what? I asked myself that night. Perhaps it should be called a hope rather than a belief– the hope that while so much has changed, and will change, in our highly accelerated society, a few values can be maintained that have come to us from the past, that we may remain a town where the eccentric finds shelter, the original mind flourishes and is sustained, and the children are brought up to love these hills and brooks and woods as passionately as their grandfathers did. For is it not the love of the wild places that binds us all together?”

May Sarton– *Plant Dreaming Deep*