



Harmony Valley Farm

An update for our Community Supported Agriculture Members - Since 1993
Local & Madison Edition

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President's Cancer Panel report highlights by Terri

Yes, everything does give you cancer. Here's the proof from the recently released Annual Report of the President's Cancer Panel (check out the full 240 page report at <http://deainfo.nci.nih.gov/advisory/pcp/pcp.htm>).

Rest assured, you are doing the right thing to reduce your exposure to environmental carcinogens by joining our CSA! Not only are you reducing your exposure to pesticides but you are also proof that **"individual small actions can drastically reduce the number and levels of environmental contaminants."**

From the Panel's report:

Dear Mr. President:

Though overall cancer incidence and mortality have continued to decline in recent years, the disease continues to devastate the lives of far too many Americans. In 2009 alone, approximately 1.5 million American men, women, and children were diagnosed with cancer, and 562,000 died from the disease. With the growing body of evidence linking environmental exposures to cancer, **the public is becoming increasingly aware of the unacceptable burden of cancer resulting from environmental and occupational exposures that could have been prevented through appropriate national action.** Our Nation still has much work ahead to identify the many existing but unrecognized environmental carcinogens and **eliminate those that are known from our workplaces, schools, and homes.**

To jumpstart this national effort, the President's Cancer Panel (the Panel) dedicated its 2008–2009 activities to examining the impact of environmental factors on cancer risk. The Panel considered industrial, occupational, and agricultural exposures as well as exposures related to medical practice, military activities, modern lifestyles, and natural sources. In addition, key regulatory, political, industrial, and cultural barriers to understanding and reducing environmental and occupational carcinogenic exposures were identified. The attached report presents the Panel's recommendations to mitigate or eliminate these barriers.

The Panel was particularly concerned to find that the true burden of environmental-

THIS WEEK'S BOX

ASPARAGUS: Try an asparagus grilled cheese sandwich. Slice asparagus thin and mix with camembert or brie cheese, thinly sliced radishes, and lemon zest. Spread onto two pieces of bread and add salad mix in the middle. Grill away!

GREEN GARLIC: Creamed green garlic makes a great sauce for grilled pork chops.

PARSNIPS: Parsnip chips are a great garnish to soups and a tasty snack. Slice them into thin rounds and toss in olive oil. Spread on a baking sheet and roast for 5 minutes in a 475°F oven.

SPRING RADISHES: Use the radishes and their leaves in a stir-fry. Cook green garlic, radishes, turnips tender then add the leaves and yukina savoy.

RHUBARB: If you find that you have acquired too much rhubarb, cut into ½ inch pieces and freeze. When you want to make your next rhubarb dish, simply pull them out of the freezer.

SALAD MIX: Serve salad mix undressed as a bed for fish or meat. The juices of the meat or fish and vegetables will make a delicious dressing.

SPINACH: Rough chop spinach and add with green garlic, potato onions, and cheese to scrambled eggs for a delicious breakfast treat.

PEA VINES: See Veggie Feature on back of newsletter

YUKINA SAVOY: With a mild taste of mustard, these young tender leaves and stems are excellent for salads and stir-fry dishes.

BABY WHITE OR CRIMSON TURNIPS OR BABY BOK CHOI: Cut the turnips in half; reserving the leaves. Toss with a pinch of curry powder, salt and pepper. Over high heat sear the turnips for one minute then add the leaves. Baby Bok Choi adds a nice crunch to a fresh salad or stir-fry. Add the bottom stems to your stir-fry first, adding the tender green leaves at the end.

POTATO ONIONS: Serve pickled potato onions on a cheese platter at your next party. Pickled onions will last 2 weeks in the refrigerator.

ly induced cancer has been grossly underestimated. With nearly 80,000 chemicals on the market in the United States, many of which are used by millions of Americans in their daily lives and are un- or understudied and largely unregulated, exposure to potential environmental carcinogens is widespread. One such ubiquitous chemical, bisphenol A (BPA), is still found in many consumer products and remains unregulated in the United States, despite the growing link between BPA and several diseases, including various cancers.

While BPA has received considerable media coverage, the public remains unaware of many common environmental carcinogens such as naturally occurring radon and manufacturing and combustion by-products such as formaldehyde and benzene. **Most also are unaware that children are far more vulnerable to environmental toxins and radiation than adults.** Efforts to inform the public of such harmful exposures and how to prevent them must be increased. All levels of government, from federal to local, must work to protect every American from needless disease through rigorous regulation of environmental pollutants.

Environmental exposures that increase the national cancer burden do not represent a new front in the ongoing war on cancer. However, the grievous harm from this group of carcinogens has not been addressed adequately by the National Cancer Program. The American people—even before they are born—are bombarded continually with myriad combinations of these dangerous exposures. The Panel urges you most strongly to **use the power of your office to remove the carcinogens and other toxins from our food, water, and air that needlessly increase health care costs, cripple our Nation's productivity, and devastate American lives.**

Also from the report- What Individuals Can Do:

Children

It is vitally important to recognize that children are far more susceptible to damage from environmental carcinogens and endocrine-disrupting compounds than adults. To the extent possible, parents and childcare providers should choose foods, house and garden products, play spaces, toys, medicines, and medical tests that will minimize children's exposure to toxics.

Chemical Exposures

Individuals and families have many opportunities to reduce or eliminate chemical exposures. **The panel suggests some easy actions: filter your tap water; use glass or stainless steel water containers, thus decreasing the need for using & manufacturing plastic bottles, a toxic process in itself; store and microwave food in glass containers instead of plastic; remove your shoes before entering your home & wash work clothes separately from other family laundry. The most exciting recommendation (and hugely controversial to Big/Industrial Agriculture) is this one:*

•Exposure to pesticides can be decreased by choosing, to the extent possible, food grown without pesticides or chemical fertilizers (don't panic it's organic!*) and washing conventionally grown produce to remove residues. Similarly, exposure to antibiotics, growth hormones, and toxic run-off from livestock feed lots can be minimized by eating free-range meat raised without these medications if it is available...**

Also recommended:

•Individuals also can choose products made with non-toxic substances or environmentally safe chemicals. Similarly, reducing or ceasing landscaping pesticide and fertilizer use will help keep these chemicals from contaminating drinking water supplies.

And finally, my favorite:

Self Advocacy (aka personal responsibility)

Each person can become an active voice in his or her community. To a greater extent than many realize, **individuals have the power** to affect public policy by letting policy makers know that they strongly support environmental cancer research and measures that will reduce or remove from the environment toxics that are known or suspected carcinogens or endocrine-disrupting chemicals. Individuals also can influence industry by selecting non-toxic products and, where these do not exist, communicating with manufacturers and trade organizations about their desire for safer products.

Vegetable Feature: Pea Vine

What a pleasant surprise to have pea vine for the first time this season. I researched online about these young tender vines and found suggestions like using in salads, stir fry and omelets, but it wasn't until I started experimenting with it myself on Saturday night (technically Sunday morning), that I truly discovered pea vine. Pea vine, also known as dau miu (in Asian markets), pea tendrils or pea shoots, are the young leaves and shoots of the pea plant. Their curly tops taste of peas and the vine has a nice crunch similar to that of bean sprouts, but can be somewhat stringy. They are light and flavorful for a fresh snack by themselves and can be used in salads, sandwiches and stir-fry but I just discovered a new use that has me excited.

I chopped the pea vine into two to three inch pieces, sautéed them in butter and garlic, added my favorite herbs and used it in place of spaghetti! You can also use your favorite sauce (red, pesto or alfredo) to top this new spaghetti substitute, then add some sliced chicken breast for a great entree. Use this in place of pasta for a healthier meal.

Pea vine is packed full of carotenes—strong antioxidants that protect cells from damage and help prevent certain diseases. As with most leafy green vegetables, pea vine is nutrient-dense. A two cup serving (16 ounces), contains considerable amounts of Vitamins A, B-6, C, E, and K, folate, thiamin and riboflavin. Pea vine is also low in calories, with a scant 160 calories in the same size serving, and no fat.

To use, remove the leaves from the stems. Sometimes the stem portion is tender and can be eaten, but as the plant grows, the stem sometimes gets too tough to enjoy eating. Pea vine is fragile and best used within a few days. Keep them wrapped in paper towels in an open plastic bag in the vegetable bin of the refrigerator.

Enjoy these wonderful bunches of spring goodness while they last!

Pea vine Quesadillas Makes 4 quesadillas

1 bunch Pea Vine
1/3 bag of Spinach (about 2 cups)
4-6 stalks of Asparagus
1 stalk Green Garlic
3-5 stalks Potato Onion
1 medium size Parsnip
2-5 Baby White Turnips
½ lb. Castle Rock Colby
1-2 Tablespoons Olive Oil or butter
1 pkg. (8) Whole Wheat 8 or 10 inch tortillas

-Chop pea vine, asparagus, green garlic, and potato onion into bite size pieces, about an inch in length.
-Julienne or matchstick parsnip and turnips into one or two inch pieces.
-Shred Colby cheese.

-Melt butter or add oil in large pan (just enough to cover bottom of pan) over medium to medium high heat.
-Add parsnip and turnips and cook until tender (3-5 minutes)
-Add pea vine, asparagus, green garlic, and potato onion. Cook for 3-5 more minutes.
-Put vegetables into large bowl or plate and drain any remaining liquid from pan.

-Put pan back on heat. Add a little oil so tortilla does not stick.
-Sprinkle cheese on tortilla in pan. Wait till cheese is slightly melted and add a layer of vegetables about ½ an inch to 1 inch thick (or about ¼ of total vegetables), add more cheese and place another tortilla on top.
-Carefully flip quesadilla and heat other side about a minute until crispy.
-Cut into quarters and serve warm.
Repeat process 3 more times.

Note: To help flip quesadilla, place large plate upside down on top of quesadilla, flip the pan and plate so quesadilla is on the plate and slide back into pan.