



News from

Harmony Valley Farm

An Update for Our Community Supported Agriculture Members - Since 1993

LOCAL AND MADISON EDITION

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Week 50

Grazier's Organic Beef

We have plenty of beef available for January! Delivery is on January 19th & 20th! Spread the word!

Stock up for winter! Winter Vegetable Box Brochures are available off our website: www.harmonyvalleyfarm.com or at your dropsite! We can extend the deadline for these orders to December 23rd. Add a 5# bag of yellow and red onions to the list for \$8.

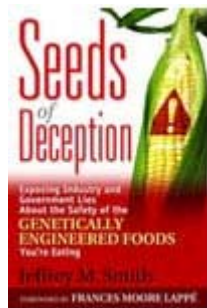
"Seeds of Deception"

Exposing industry and government lies about the safety of the genetically engineered foods we are eating. A book by Jeffrey M. Smith Article by Richard de Wilde

In 1992 the FDA made the following ruling which is still in place today: "Genetically Modified foods are substantially equivalent to their natural counterparts and hence do not need testing or regulation." The FDA scientists at the time were unanimous in their recommendation for extensive testing and regulation, but they were overruled by then FDA director Michael Taylor, former lawyer for Monsanto who later became Monsanto vice-president after leaving the FDA. Monsanto is the leading producer of Genetically Engineered (GE) crops, controlling 91% of the market. That is often times referred to as the revolving door between industry and government regulation. Here in farm country it is known as the "fox watching the hen house".

Since 1992 GE corn, soybeans, cotton and canola have become widespread in the US. Some 70% of the processed foods in the typical supermarket contain some form of GE food. The list includes: Dairy products from cows injected with rbGH, food additives, enzymes, flavorings, and processing agents, NutraSweet, rennet used to make hard cheeses, meat, eggs and dairy from animals that have eaten GM feed, honey and bee pollen that may have GM

sources of pollen, vegetable oil (soy, corn, cottonseed, or canola), margarines, soy flour, soy protein, soy lecithin, textured vegetable protein, cornmeal, corn syrup, dextrose, maltodextrin, fructose, citric acid, and lactic acid. Foods that often contain these ingredients are infant formula, salad dressing, bread, cereal, hamburgers and hotdogs, margarine, mayonnaise, crackers, cookies, chocolate, candy, fried food, chips, veggie burgers, meat substitutes, ice cream, frozen yogurt, tofu, tamari, soy sauce, soy cheese, tomato sauce, protein powder, baking powder, alcohol, vanilla, powdered sugar, peanut butter, enriched flour and pasta. The only way to really be sure that you are eating foods free of genetically modified organisms is to eat organic foods or foods labeled NO GMO.



So is it safe or is it making us sick? We don't know for sure because it hasn't been tested. But leading doctors and scientists have done some studies and are raising serious concerns. Since the introduction of GE crops into the food supply, there has been a 7 fold increase in food-borne- illnesses. Coincidence? There has been a 50% increase in allergies observed in the US and also in the UK.

This Week's Box

BROWN WEEK-FRUIT AND GIFT BOX DELIVERY

Last Regular Season Box!

- Beauty Heart Radish-** Try in cole slaw or with dill dip!
- Chioggia Beets-** Very sweet with a candy stripe.
- Green Savoy Cabbage-** Great for Cabbage Rolls!
- Carrots-** 5#!
- Celeriac-** Great in soups and stews or anywhere you would use celery.
- Garlic**
- Red and Yellow Onions**
- Parsnips**
- Gold Potatoes**
- Rutabaga-** Try mashed with potatoes or parsnips! Or make Cornish Pasties!
- White Sunchoke-** See Recipe
- Sweet Potato-** See Recipe
- Kabocha Winter Squash**

Never received an e-mail this season from Harmony Valley? WE DON'T HAVE YOUR CORRECT E-MAIL ADDRESS! We e-mail out our brochures, requests for volunteers, delivery schedule clarifications, farm event announcements, and our WINTER NEWSLETTERS! We have a long list of bouncebacks! Help us by e-mailing us your correct address!

CONFUSED ABOUT OUR FALL DELIVERY SCHEDULE?

- December 22-23-** No Delivery
- December 29-30-** No Delivery
- January 5-6-** Extended Season Boxes, Winter Box Delivery, Fruit
- January 12-13-** No Delivery
- January 19-20-** Extended Season, Fruit, Beef
- January 26-27-** No Delivery until May 2007!

This increase coincides with the introduction of GE soy and corn products. Coincidence? Maybe, but we should be doing some testing to find out just what is causing this enormous increase.

If we want scientific testing we have to look to Europe. The only “thorough” testing of the GE technology was done in the UK by Arpad Pusztai. He developed the first comprehensive test of GE foods and thought that his testing protocol would be adopted worldwide and would show the technology to be safe. But after 2 years of research his team at the prestigious Rowitt Institute became alarmed at the results. Pusztai found that there were myriad concerns with the technology in general. It was not an exact insertion of a new gene as the GE industry would like us to believe, but that the ‘insertion’ of a foreign gene with an antibiotic marker produces many, many unwanted, unpredictable, unstable and potentially dangerous changes. When the foreign gene is blasted into the host, there is damage to surrounding DNA. These damaged fragments attach to healthy DNA and produce unknown and unstable changes. Scrambled code, hitchhiking molecules, and chaperone folders (improperly folded protein is the cause of Mad Cow disease) are only three unknowns. Add horizontal gene transfer and antibiotic resistance – yes, the resistant genes are being transferred to intestinal bacteria. Inserted genes are not controlled by the plant’s normal DNA, but are constantly on, replicating themselves in every part of the plant non-stop. Pusztai’s research found lowered immune system and increased risk of cancer.

Add unstable and changing proteins, accidental gene stacking and allergens and you can see why Pusztai was alarmed and called for extensive and long-term studies before any release of GE foods. But they were secretly in the food supply for 2 years before Pusztai’s research and then he was fired, silenced and his data confiscated for 2 more years. When he was finally able to tell his story, in 1999, it was all over Europe and, to this day, GE foods are mostly banned from the continent as in most of the rest of the world.

But did we hear about this? No, it did not make the news in this whole country. I urge you to get this book and read it cover to cover. It is quite scientific, but

reads like a thriller, and yet it is a true story.

But the most convincing evidence yet for this farm boy comes from the dozens and dozens of stories from fellow farmers who report cows and pigs that become sterile, and sheep that died from eating GE crops. And the many observations that when given a choice, any animal, cow, goat, deer, moose, goose, duck, mouse and rat will eat non-GE foods and not touch the GE. They will walk through a field of GE crops to get to a non-GE field to eat. What the scientists have not told us, the animals instinctively know.

Currently Commercialized GM Crops in the U.S.

- Soy (80%)
- Cotton (70%)
- Canola (60%)
- Field and Sweet Corn (38%)
- Hawaiian Papaya (more than 50%)
- Zucchini and Yellow Squash (small amount)
- Tobacco (Quest brand)

Winter Crudite Salad

From The Martha Stewart Living Cookbook

- ½ tsp. Dijon mustard
- 1 ½ tsp. sherry vinegar
- 1 ½ Tbsp. extra-virgin olive oil
- Kosher salt and freshly ground black pepper
- 1 medium celeriac
- 4 carrots, cut into 2 ½ inch matchsticks
- 1 beauty heart radish, cut into matchsticks

1. In a bowl, combine mustard and vinegar. Whisk in oil until creamy. Season with salt and pepper.
2. Peel celeriac with a sharp knife. Cut root in half crosswise; slice each half as thinly as possible. Keep slices in a bowl of cold water until needed. Drain and pat dry when ready to toss with vinaigrette.
3. Place the vegetables in separate bowls; season with salt and pepper and toss. Add 1 ½ teaspoons dressing to each bowl, and toss again. Arrange vegetables in piles on salad plates; and serve.

Two Great Pancake Recipes

Try these variations on the traditional Potato Latke

Sweet Potato Pancakes

From The Moosewood Cookbook

- 4 cups (packed) coarsely grated sweet potatoes
- ½ cup grated onion
- 3 to 4 Tbs. lemon juice
- 1 tsp. salt
- Black pepper, to taste
- 4 beaten eggs
- 1/3 cup flour
- Optional: ¼ cup minced parsley
- Oil for frying
- Toppings: sour cream and applesauce

1. Combine all ingredients and mix well.
2. Heat a small amount of oil in a skillet until it is very hot. (it should sizzle a fleck of batter upon contact.)
3. Use a non-slotted spoon to form thin pancakes, patting the batter down. Fry on both sides until brown, adding small amounts of additional oil, as needed.
4. Serve hot, with toppings.

Sunchoke Pancakes

From The Victory Garden Cookbook

- ½ lb. Sunchokes
- 1 small onion, grated
- ¼ cup grated celeriac
- 2 Tbsp. lemon juice
- 2 eggs
- ½ tsp. salt
- Freshly ground pepper
- Butter
- Vegetable oil
- Sour Cream and Applesauce

Wash and peel chokes and place in 1 quart water to which the lemon juice has been added. Beat together eggs, salt and pepper. Drain and dry chokes and grate directly into egg mixture, add onion and celeriac. Heat equal amounts of butter and vegetable oil over medium-high heat, in a sauté pan, preferably no-stick. (The amounts of butter and oil depend on how many pancakes are cooking at a time. A 6-inch pan would call for a tablespoon each of butter and oil.) Stir grated choke and egg mixture and ladle out approximately ¼ cup per pancake, which will spread to about a 3-inch diameter. Cook until browned on each side, 8-10 minutes in all. Serve immediately with sour cream or applesauce.

Thank You For Helping to Make 2006 A Great Season!

We would especially like to thank our Site Coordinators, Alex Squitieri our website guru, Carol and Bob Philbin our fruit box researchers, Mary Gallagher our volunteer truck rider coordinator, and all of you who helped to deliver CSA boxes in Madison! You are very much appreciated! And thanks to all who responded to our volunteers needed e-mail! Stay tuned for our winter newsletters! We e-mail them out to all members!