



Genetically Modified Salmon

Salmon could be the first genetically modified animal approved by the FDA paving the way for other genetically modified animals such as pigs and cows. It is unclear whether consumers will know they are buying a GMO product. David Edwards who heads the Bio-technology Industry Organization has commented that special package labeling just causes confusion for the consumers. Currently FDA rules only call for special labeling if there is a material difference in the end result. Washington Post reporter Lyndsey Layton notes the FDA won't let conventional food makers trumpet the fact that their products don't contain genetically modified ingredients. The FDA told Spectrum Canola Oil that is could not use a label that included a red circle with a line through the word GMO because it suggested that there was something wrong with genetically modified food.



COOKING



CARAMELIZED STIR FRY GREEN BEANS

BY JASON JOHNSON

- 1 pound fresh green beans
 - 1/8 cup virgin olive oil
 - 3/8 cup apple cider vinegar
 - 1 1/2 tablespoon sugar
 - salt and pepper to flavor
- Cook green beans on medium high heat in pot or skillet.

Add virgin olive oil coating all green beans. Stir fry until they start to loose firmness (about 10 minutes).
Add apple cider vinegar. Keep stirring. Reduce down to half. This will take about 5 to 7 minutes. Add sugar, stirring to caramelize (5 to 7 minutes). Serve hot.
Total time, 20 minutes

Election Time

Do you have an interest in local foods? It is time again for the Buy Fresh Buy Local board member elections. Board members are required to attend 3/4 of the monthly board meetings and participate on at least one committee.

Although local growers are encouraged to join, anyone is eligible. If you feel you have something to give back to the local food community go to www.bfblqc.org/self-nominate.pdf to get included on the ballot.

Sticky Situation

Eleven individuals and six companies were indicted in U.S. District Court in Chicago for conspiring to illegally import more than \$40 million in Chinese honey. Chung Po Liu, a Bellevue resident, submitted false paperwork claiming the honey originated from Thailand or the Phillipines to avoid high import fees on Chinese honey. Much of the honey was tainted with the chemical Ciprofloxiain which is banned from the U.S. food supply.

Farm Subsidies the Answer?

Originated during the Great Depression as a way to help struggling farmers survive, subsidies have been used to help keep family farmers on their farm. Today many of these subsidies are going to people who don't live on farms. The top 2 states receiving direct payment subsidies are Iowa(\$501 million) and Illinois (\$454 million). These direct payment subsidies are made regardless of economic need of the recipients. Between \$5.5 billion and \$7.3 billion is spent on US corn ethanol subsidies per year. Between federal and state subsidies up to 85 cents per gallon of gas is subsidized. Who is receiving the farm subsidies in your area? Click here to find out.

<http://farm.ewg.org/search.php?fips=00000®ionname=theUnitedStates>

In Defense of Growing Food ... the Right Way

BY JOSHUA SCHIPP

Henry David Thoreau once wrote that he desired to both enjoy the world *and* set it straight. I believe that this arduous task can be partially accomplished by growing your own food, or at least some of it.

A garden is a declaration of a one's awareness that food comes from the soil. This simple declaration carries with it a whole slough of implications, not the least of which being that humans are needed to produce food for humans.

According to the EPA's "Ag 101" webpage, "There are over 285,000,000 people living in the United States. Of that population, less than 1% claim farming as an occupation (and about 2% actually live on farms)." It should seem fairly alarming that, based on the 2% figure, only 5.7 million Americans are producing the food for the rest of us. There is a lot to unpack here, in regards to how many citizens in a modern industrial/technical nation should be growing food, supply/demand food market economics, etc., but what can be said for certain is that this is only happening because of an excessively large supply of readily available and cheap fossil fuels—which are undoubtedly on their way out.

Americans have enjoyed the luxuries and conveniences (and yes, many benefits) of modern industrial agriculture, (a.k.a non-localized food systems) but we have also reaped the negative externalities and will,



unfortunately continue to do so for some time. Some of these negative externalities include: soil loss, deforestation, pesticide related illnesses and deaths, contaminated water supplies, inferior nutrition, and the list unfortunately goes on. But none of this should be shocking; none of this news should be new. People, from Leopold to Carson to Berry, have been blowing the whistle and spreading the horrible gospel that things aren't right and we ought to change it. Even though many spoke out and won important victories, the system continues to win the war.

Is it that Americans no longer care to labor in the soil and enjoy Nature's many fruits that are borne from honest toil? Is it that Americans no longer care to cross golden meadows riddled with wild flowers to reach deep creeks hidden by oak trees? Or is it simply that we are distracted, over-worked

and over-stimulated and truly have lost much of the accumulated field knowledge that our forefathers and foremothers learned through hardships unparalleled to even the worst of today's?

I believe it is the latter reason that we no longer grow our own food, for it if were the former, what hope would there be for humanity? I believe that the soil is the tonic to our collective modernity blues. I believe that men and women, young and old, black, white, or brown all desire to work with pride and promise. Pride knowing that what is being done is truly necessary and therefore good and promise knowing that honest work yields delicious and abundant fruits.

Americans still dream to cross golden meadows and drink from deep clean creeks in oak woods, but we have forsaken these tangible dreams for a demonic abstraction of a dream,

the ubiquitous "American Dream." Fortunately, America is waking up from her slumber, though it will take some time to fully shake off the grogginess. When she fully awakens, she will ask, "What happened to my prairies? My trees? My rivers? My oceans? What happened to my care-takers?" How will we answer her? My hope is that we answer by doing. We owe it to ourselves to remember that life is a precious struggle. Should we continue trusting our precious lives and the precious lives of future Americans to the prophets of profits? Big corporations do not care for our planet and for our families, but only for themselves. We all know this. We really do. It is in the news everyday. The wealthiest 2% run around haphazardly making short sighted decisions that affect the quality of our lives and the quality of our planet and yet we always hear about it *ex post facto*, and only because they can make money from letting us know about all the depressing things they are up to via the mainstream media machine. None of this makes sense, but don't look to me or a politician on the T.V. to change it. Look in the mirror instead.

Despite all of the apathy, despite all of the cynicism, I still believe, just like many have before me, that as long as (non-GMO) seeds can still sprout, hope does exist. Thus, I garden in a silent, yet beautiful protest in hopes of doing a little bit of right in a world gone astray.

NEWS ARTICLES

Do you have something that might be helpful to other growers or of interest to our consumers? Please submit your articles and ideas to Phil Crandall or Myra Roelens.

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GO GREEN

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