



The Garbanzo Gazette

January 19, 2006



Growers Market's Weekly Newsletter

35TH ANNIVERSARY CELEBRATION PLANS

As many of you know this year marks the 35th year Grower's Market has been in operation. The actual date is Dec. 8th. The Grower's Board of Directors is planning a big celebration to happen in December. We are interested in your input, creative ideas, and possibilities of bands to play for free or low costs. We are also looking for individuals to help coordinate this event. It is never too early to plan for these things. The more organized we can be the more fun there is to have. Please contact Kari at 607-9576, karibliss@yahoo.com, or Nathan Greene at 302-3205.

GROWERS MEETINGS

The next two Growers meetings (board meetings) will be Monday, January 23rd at 6:30 pm, and Monday, February 6th at 6:30 pm. If the meeting is not at the round table in the Growers Market Building upstairs, then look for us downstairs in the co-op, or elsewhere in the building. -- Milton Takei

NOTICE OF RECENT PESTICIDE USE AT GROWERS

There have been rats at the coop recently. The problem was initially dealt with using live traps, but the rat population continued to grow. It was decided that the rats needed to be controlled in order to protect people's health.

A conventional pesticide called Talon (active ingredient – brodifacoum), an anti-coagulant, was placed in five bait stations in the coop and twelve bait stations under the building. It is in maze shaped boxes that children can not access and the chemical can not be removed by rats except by ingestion. The chemical is in a bitter tasting agent to keep people from ingesting it.

Talon was the safest of all the effective control techniques we were aware of. We will need help with future cleaning parties in order to ensure that the rats do not return. If you have questions or concerns, please contact Nathan Greene @ 302-3205

STRAWBOSS POSITION AVAILABLE

Looking for a strawboss replacement ASAP 1-1/2 to 2 hours every other week to take care of the dairy cooler and the freezers. For more details on the position talk to Janine at growers or Stephanie 767-3689.

CHEMICAL FREE PROPERTY AVAILABLE

Up to 20 acres of pastureland chemical free for over 30 years. Available for development of organic farming or meat operation. North Douglas County, 35 miles south of Eugene on Territorial Highway. Easy freeway access. Serious inquiries only; I would like to see my land used for growing healthy food and I would like to support a family or partnership who needs a place to get started. Development would be from the ground up; new perimeter fences and a year-round stream, well water. Call, email or write for interview; character references required. 541-942-7511. Ruthann Duncan, 961 Territorial Hwy. Cottage Grove 97424.

SUNNYSIDE HERBAL MEDICINE CLASSES

As the sun begins its return, so do the herbal classes begin again. First level starts February 12. This 6-week course will give a well-rounded introduction and include terminology, medicinal cultivation, medicine making, ethical wildcrafting, plant identification, and teatime. Classes meet Sundays from 11 am-2pm. A second level 9-week course will start in April. Brochures are on the bulletin board. Call Jaci at (541) 758-9156.

TAKE A STAND ON 4J FOOD POLICY

Editor's Note: As a Growers member, I have a strong interest in healthy food – in my home as well as in the larger community. The abysmal state of food in 4J school cafeterias has plagued me for years, and finally 4J is beginning to address the most basic elements of nutrition and exercise in a draft "Wellness Policy". Meg Blanchet and Meredith Whitten (of the Food On Project and the Lane County Food Coalition) have created an important petition to send to 4J.

To sign the petition, go to <http://new.petitiononline.com/lcfc/petition.html>.

- Julie

To: The 4J Wellness Policy Advisory Committee, the 4J District School Board, and Superintendent George Russell.

We, residents of the 4J School District, thank the 4J School District for addressing these important wellness issues, and request that the following standards be included in the Wellness Policy.

1. Make free, safe drinking water available in the cafeteria for every meal.

2. Beverages offered shall be limited to water, 100% fruit juice, and rBGH-free** non-flavored milk
3. Provide children with only healthy food options in the cafeterias, vending machines, school stores and concessions.
4. Meet USDA requirements for breakfast and lunch Entrees programs on a daily basis as follows: (Presently they are required to use weekly standard which is not nearly as healthy) = or < 30% fat , = or < 10% saturated fats, = or < 30% sugar as % of total weight, and ELIMINATE synthetically manufactured trans fats*
5. Seek to greatly reduce potentially harmful food additives and processes such as: rBGH**, irradiation, hydrogenated oils, and known genetically modified organisms (GMOs). To be achieved within a reasonable time period as defined by the advisory committee.
6. Require that schools permit vigorous physical activity during recess as well as physical education classes. (It needs to be understood that there are schools which do not allow children to run during recess.)
7. Schools need to allow sufficient time for children to sit and eat. A minimum of 20 min for lunch and 10 for breakfast would offer an environment in which children can relax, eat and digest their food in a healthy manner. Also we encourage elementary schools to schedule recess before lunch, as this is demonstrated to improve both health and ability to learn.

OG VEGETABLES NOT PESTICIDE-FREE

When it comes to banned pesticides like DDT, organic root vegetables may harbor pesticide residues as high or higher than conventional vegetables. A key reason consumers buy organic is to avoid pesticide residues, but a small study suggests that organic produce may not be quite as clean as shoppers expect. Banned pesticides like DDT were found in organic carrots and potatoes at levels as high as or higher than conventionally grown produce, according to a screening study conducted by a college undergraduate and presented at the Society of Toxicology and Chemistry annual meeting in November.

Under federal law, crops labeled organic must be grown without the use of synthetic pesticides, chemical fertilizers, or sewage sludge. Such treatments must not have been used on a field for at least three years prior to planting of the organic crop. Those three years are meant to cleanse the soil of pesticide residues. But many long-used—and now-banned—toxic organochlorine pesticides can take decades to break down. Because root crops, such as carrots, grow directly in the soil, they represent a worst-case scenario for evaluating whether crops acquire such lingering pesticide residues.

Organic produce has lower levels of pesticides overall, according to agricultural scientist Brian Baker, who co-authored a widely cited paper that demonstrates this point (*Food Addit. Contam.* 2002, 19, 427–446). The new results attest to the persistence of organochlorine pesticides, adds Baker, who is research director for the Organic Materials Review Institute, a nonprofit organization that specializes in the review of substances for use in organic production, processing, and handling.

Beth Wolensky, a senior at Chatham College in Pittsburgh, Pa., bought 20 batches of carrots—half labeled organic and half grown conventionally. She washed the carrots as if she were cooking them for dinner and peeled some of them. Every carrot she tested harbored traces of *p,p*N-DDE, a breakdown product of the insecticide DDT, which has been banned for more than 30 years. Many of the carrots also carried residues of chlordane, a common pesticide that was banned in 1983. Some samples also contained small amounts of heptachlor, once popular as an agricultural pesticide and residential termite treatment. She plans to publish the study.

In all the carrot samples, concentrations of these chemicals were very low, in the low parts-per-trillion (ppt) range. The chemicals concentrated in the skin of the vegetables. In conventionally grown whole carrots, the mean concentration of *p,p*N-DDE was 40 ppt, but organic carrots had mean concentrations of 340 ppt. However, the skin of the conventionally grown carrots had concentrations of 588 ppt, compared to 3050 ppt for the organic ones. Renee Falconer, the analytical chemist who served as Wolensky's faculty adviser, notes that the study lacks the statistical power to determine whether the organic carrots actually contain higher levels of the banned pesticides. She thinks it instead reflects the variability of the data.

In 2004, another Chatham student, Tanieka Motley, found similar results for potatoes, Falconer notes. At the concentrations detected, none of the chemicals in the carrots or potatoes is harmful. "But these low levels add to the overall pesticide load entering our bodies from all sources," she says. Falconer notes that organic produce does have lower overall levels of pesticides that are currently in use. To reduce the pesticide load to her family, she buys organic and peels her root vegetables. —Rebecca Renner, *Science News*, 1/11/2006

Send comments or article submissions to garbanzo@lists.opn.org. If you don't have computer access, you can put articles in the garbanzo box at growers. Newsletter copy deadline is 5:00 pm Tuesday. Market hours are Tuesdays 5-7pm; Thursdays 2:30 to 7:30 pm and Fridays 3:00 to 6:30 pm. An orientation to Growers is held each Thursday at 1:30. The Growers email list includes an electronic banzo, events notices, and other misc. info. growers@lists.opn.org Growers Market: 687-1145