



271 Wonder Street, Reno, NV [www.greatbasinfood.coop](http://www.greatbasinfood.coop)

# COMMUNITY NEWSLETTER

## The Nevada Raw Milk Campaign - Get I nvolved!

by Bari Caine

Our program includes:

1. A series of educational events on raw milk: health benefits, safety, legal issues and more! Starting in May / June 2007- more details TBA.
- 2 - Formulating an action plan to get raw milk sales legalized in Nevada.

Your input is welcome and encouraged.

For more information, or to help with this campaign, contact Bari Caine at (775) 815-3346 or (775) 852-7801, email: [greenleaf@lycos.com](mailto:greenleaf@lycos.com), and visit <http://organiclifestyle.net/>

April 2007 Update! - Truckee Central Market to carry Organic Pastures Dairy Raw Milk!

Truckee Central Market is located at 10418 Donner Pass Road, Truckee, CA, and their number is (530) 582-2280, so call first to make sure their supply is in.

It's great to have raw milk access nearby in Truckee, now we need to have raw milk legal in Nevada, so our own dairy farmers, stores and consumers can benefit. To learn more about raw milk, see <http://www.realmilk.com/>

Bari Caine is the local co-ordinator for the new Reno - Tahoe chapter of The Weston A. Price Foundation - <http://www.westonaprice.org/>, which promotes universal access to clean, organic, nutrient- rich food; sustainable, non-toxic farming; consumer support for small, independent farmers; grass-fed, humanely raised farm animals; elimination of highly refined flours, oils and sugars; restoring traditional fats (such as butter) to the diet; and much, much more.

Starting in May 2007, we will have informative and fun meetings every month at various Reno area locations - see <http://organiclifestyle.net> for updates!

## Snowshoeing

by Heidi Hurst

As a family activity, snowshoeing has a variety of advantages over other winter sports, including accessibility (easy trails) and affordability (no lift tickets or expensive equipment). The best thing about living near the Sierra is that you can snowshoe into Spring! Here are some fun ideas to try:

" Organize a Scavenger Hunt using pine cones, birdseed and sticks.

" Try a nighttime snowshoe in the moonlight with your family.

" Explore the woods and identify various animal tracks that can be found in the snow during the winter.



GBCFC member Maxfield, while snowshoeing at Mt. Rose.

Resources:

<http://www.tubbscout.com/>

<http://www.winterfeelsgood.com/>

## New newsletter format starting June

We have decided to make our newsletter a seasonal one, with more pages and more content - seasonal content. Our next issue will deal with 'Summer', and cover the months June, July and August.

Have an interesting contribution? An article you would like to contribute? A story you want to share with all of us?

Here's the p lace to do it!

And we can use your help. Not just for the newsletter, but other volunteer opportunities abound at the Coop!

Please send your articles to [outreach@greatbasinfood.coop](mailto:outreach@greatbasinfood.coop) by **May 20th** to be included in the next newsletter. Thanks!

## Pasteurizing Almonds

by Alice Hall - from  
www.livingtreecommunity.com

We all could make a difference. I hope you will take the time to address this very important issue, which in the end is not just about almonds, but about the protection and health of food in general, and the health and well-being of all specifically.

On Friday, March 30th, the California Almond Board passed a mandatory almond pasteurization order. It requires that all almonds be pasteurized beginning September 1, 2007.

This is an affront to the live food movement and an insult to organic farming. It is all the more poignant that this is coming when an abundant new crop of California almonds is expected to be harvested in September.

This, after several years of crop failures and a sharp increase in price. Instead of rejoicing with the new crop of almonds, what does Big Almond propose to do?

It plans to fumigate them!

The order requires that all almonds be treated either with steam or propylene oxide, a toxic chemical. Almonds treated in this delightful way are permitted to be labeled as "raw".

To be understood properly, this must be seen in the perspective of a deep trend in the food industry:

Before long, it seems, all the food sold in the United States will be genetically modified, irradiated, pasteurized, homogenized, hydrolyzed and packaged for a two-year shelf life and it will all be labeled as "All Natural".

It's no wonder, then that the United States population demonstrates the lowest levels of mental and physical health of any advanced nation.

(Mike Adams, The Big Almond Atrocity, NewsTarget.com)

## Pasteurizing Almonds

- continued -

The most remarkable thing is that there is no distinction between conventionally grown and organic almonds. Both are subject to the same pasteurization order.

Not only is organic thrown into the same boat, but the California Certified Organic Farmers (CCOF), the largest body of organic almond growers, was not invited to participate in the hearings on before the mandate became law. Two weeks ago, when we heard of it, we phoned Peggy Miars, the Executive Director of the CCOF. It was obvious that she had no prior knowledge. This despite the fact that, by far and away, organic almonds bring in more sales revenue than any other organic fruit or vegetable in California. Seventy-six members of CCOF are either almond growers or handlers.

The enlightened and progressive CCOF has the political clout and know how to contest this. They are the oldest and most reputable organic certification association.

We suggest that you write to Peggy Miars, Executive Director at [peggy@ccof.org](mailto:peggy@ccof.org), and request that she mobilize in protest.

At the very least, they should ask for a separate marketing order for organic almonds. Should CCOF fail to act, they will be crushed.

The new regulation to sterilize almonds coincides with the recent announcement by the Food and Drug Administration that it intends to relax its labeling requirements for irradiated food.

The FDA proposal will also allow irradiation... to be called pasteurization... (Press Release, The Cornucopia Institute, 4/6/07)

Please address Ms. Miars graciously and respectfully.

Remember the CCOF folks are, for the most part, family farmers. Speak from your heart, and you'll know what to say. She requests that people not phone her. Thanks!

## Volunteers of the month



Tenaya, Cassin, Lola, and Ruby

**Beautiful children  
Inspire us with love  
Imagine and dream**

## Seaweed recipes

Want to learn more about seaweed? Check out the info on page 3!

### Flaked Dulse Spread

Mix  $\frac{1}{4}$  cup flaked Dulse with 1 Tbs. cold-pressed olive oil and 1 Tbs. cold-pressed flax oil. Thin with water; then add finely chopped vegetables to taste.

### Alarla Soup:

Simmer bite-sized pieces of Wakame in water for 5 minutes (ca. one 6" strip per cup). Add soy sauce or miso and tofu to taste and serve.

### Marinated Wakame:

Can be used as a base for stir fry or as a pickle over rice or other grains, and legumes. Boil  $\frac{1}{2}$  oz. of Wakame in 1 qt. water for 20 minutes to tenderize. Reserve liquid for soup. Cut Wakame in  $\frac{1}{4}$ " strips and sauté in 1 tbs. oil,  $\frac{1}{4}$  cup soy sauce, and 2 tbs. honey for 10 minutes. Add garlic and ginger to taste, if desired

## Seaweed - health food from the ocean



The Coop is proud to announce that we now carry two types of dried seaweed - Wakame and Dulse. Read for yourself why these sea vegetables can be a tasty and nutritious addition to our diets:

" According to Seibin and Teruko Arasaki, authors of *Vegetables from the Sea*, "All of the minerals required by human beings, including calcium, sodium, magnesium, potassium, iodine, iron, and zinc are present in sufficient amounts. In addition, there are many trace elements in seaweeds." Edible plants from the sea also contain important vitamins including vitamin A (in the form of beta-carotene), B1, B2, B6, niacin, vitamin C, pantothenic acid, and folic acid. Analysis has shown trace amounts of vitamin B12, which rarely occurs in land vegetables.

" Sea vegetables classified as brown algae, including arame, hijiki, kombu and wakame, have been shown to cleanse the body of toxic pollutants. Specifically, scientific research has demonstrated that these plants, which are abundant in alginic acid, bind with any heavy metals in the intestines, render them indigestible, and cause them to be eliminated from the body.

" Seaweed feeds the shafts and the ducts of the scalp to help improve the health of the hair. It has been said that the thick, black, lustrous hair of the Japanese is partly due to their regular diet of brown sea vegetables such as arame. Research has shown that minerals are important to healthy hair growth, and arame has a high mineral content.

" Other health benefits, according to Carlson Wade's book *Health Secrets from the Orient*, include regulating the hormones, enriching the bloodstream, assisting in metabolism, promoting a youthful skin color, and helping to warm the body to promote mental youthfulness.

" For more information, check out [www.seaweed.net](http://www.seaweed.net).

## Product Spotlight: Silk Soy milk

Did you know that Silk

" Is introducing the new Green Caps program, where Silk donates 30 kilowatt-hours in offsets for every UPC code customers enter at [www.silksoymilk.com/greencap/](http://www.silksoymilk.com/greencap/) ?

" Offsets 100% of the power used in production by supporting clean, renewable wind energy - to the equivalent of planting 72,000 acres of trees since 2003?

" Operates a "Zero Waste" program at HQ, with biodegradable utensils, and full-scale recycling and composting programs?

" Uses partially recycled shipping materials and has reduced the amount of material used on each shipping box?

Not only that, but at Silk,

" All chairs and workstations at HQ are made from at least 40% recycled materials and are at least 95% recyclable.

" 92% of employees participate in the Boulder Community Food Share program's Annual Corporate Giving Challenge, with funds matched by Silk.

" Silk soy is not genetically modified.



Which is why we are happy to offer Silk products at the GBCFC.

## The degradation of organic dairy standards

by Amber Sallaberry - from [NewsTarget.com](http://NewsTarget.com)

I receive a weekly email from the OCS (Organic Consumers Association) which speaks about current food politics, legislation, dangers, safety, boycotts, etc.

I read an article back in December about how both Aurora and Horizon Dairy companies (both owned by Dean Foods) are not in accordance with the organic standards set up by the USDA. The Great Basin COMMUNITY Food Co-operative began boycotting these companies a few months ago. Here is a short article regarding this from Dr. Mercola's website:

There has been a continuing erosion of organic standards since large corporations started struggling for a share of the market. According to this recent NewsTarget interview with Ronnie Cummins of the Organic Consumers Association, the standards for organic milk have been particularly compromised.

Horizon Organic, the company that supplies Wal-Mart, has continually ignored federal organic standards -- specifically, a cow's access to pasture. Their "organic" milk actually comes from factory-style dairy farms where the animals are kept in intensive confinement and have been imported from conventional farms as calves.

In fact, the problem has gotten so out of hand that the Organic Consumers Association has called for a consumer boycott on Horizon and its partner Aurora Organic, its first for an "organic" product.

[NewsTarget.com](http://NewsTarget.com) April 2, 2007

For more info on the OCS, go to: <http://organicconsumers.org>

# The Great Basin Basket - Community Supported Agriculture!

by Pauline Hamilton

The Great Basin Food Basket was formed in a common effort to create Community Supported Agriculture for local farmers in the Reno vicinity. In this effort to connect farmers and families in the City of Reno, a group formed to create a way for local organic farmers to supply the Reno community.

Four family farms, Home Grown NV from Smith Valley, Lattin Farms from Fallon, Sod Buster Farms from Palamino Valley, and Sierra Valley Farms in Sierra Valley, cooperated in this effort to serve Reno families last summer. Local farmers have little options to reaching us with their fresh, short-life span produce, other than Farmer's Markets.

These family farms provided a great season subscription to more than 100 families, surpassing our goal last year. This coming growing season - 2007, beginning the first week in June through the first week in October, the Great Basin Food Basket is prepared to embrace 300 families. We are extending our invitation to all Great Basin Community Food Cooperative members to join us in the most exciting basket of food you will ever experience. Every week is different according to what is growing that particular week, so you will know what grows seasonally here, and what to do with it! If you get a lot of basil one week, check the weekly newsletter, written by Farmer Tina, which includes pesto recipes!

It is of great importance that we recover the connection to the food that nourishes us. The closer we eat to the source (not just the flavor is better) you actually get more energy from something alive than chilling in a fridge for a few weeks prior to dinner.

This program is for those who enjoy eating in and the whole sensuality of the food ritual. Subscribers choose One of 8 locations around Reno, Carson, Gardnerville, or Fallon to pick up their produce once a week on an assigned day. Remember this program is based in subscription only. So, once you commit and say "yes! I want a basket" and we plant your food, We count on you!

To find out more about this program, check the brochure and registration form right on our website at [www.greatbasinfood.coop](http://www.greatbasinfood.coop). The brochure even has details of what is likely to be in your basket each month! Also, feel free to call program coordinator, Pauline Hamilton at (775) 843-6402 with any questions about prices, the 18 week certified organic produce subscription, weekly or biweekly local flower bouquets, or a weekly certified organic fruit share!

We are what we eat! To live and eat well, the Great Basin Food Basket offers quite a wholesome package. So partner up with your local farmer to create a local economy that feeds your family, gives fair compensation and access to farmers and their goods, while assuring sustainable practices that do not leave trace in the process of acquiring our food other than building our ecosystem and our top soil for years to come in Northern Nevada.

This is not only the freshest, most delicious way to get your weekly dose of live foods, it is also the most sustainable! Your money stays right here in our community. The farmers that steward the land around us grow your food, and subscribe to practices that enhance the quality of life of the farm, the workers and the consumer, they assure the protection of biodiversity and help enrich the soil. Agriculture doesn't need to poison the air we breathe, the land we live upon, and our surroundings water with pesticides and fertilizers. Our local farmers know how to grow food right here! Rest assured that this food will have traveled the least distance possible from farm to plate, having spent little on fossil fuels and refrigeration - unless, of course it comes from your own garden - and in that case, good for you!

Support your local certified organic farmers and join us for an exciting and abundant season of local certified organic fresh and delicious food!

Thank you for your support.

# Book Corner: Biodiesel Power by Lyle Estill

Whether we are nearing the end of oil or merely nearing the end of inexpensive oil, it is becoming increasingly clear that we need to find alternative ways to meet our energy needs. Biodiesel is one such alternative -- and is one of the fastest growing sectors of the US economy.

Biodiesel in North America is in its infancy. As air quality deteriorates in major centers, governments are scrambling for ways to reduce emissions and are embracing biodiesel in their fleets. Conferences on biodiesel are often "inaugural," as society begins discussing this fuel in earnest.

Biodiesel Power is a chronicle of this emerging industry. Lightly touching on the technical aspects of the fuel, its qualities and specifications, the book is largely about the people and stories of the biodiesel movement. It explores the tensions between: grassroots activists and their altruistic co-ops; the profit minded commercial producers and the voices of agribusiness; and the current administration - or "the coalition of the drilling."

Far from a third party account, Biodiesel Power comes from one who has experienced it from the grease dumpster to the boardroom. Lyle Estill has made the journey from back yard brewing, to being part of a producer and distributor cooperative, to commercial production. Compelling and timely, Biodiesel Power is the history of biodiesel in the making.

