



271 Wonder Street, Reno, NV www.greatbasinfood.coop

COMMUNITY NEWSLETTER

USDA Approves Mass Planting of GM Rice Made with Human Genes

By David Gutierrez

News Target / Truth Publishing, March 9, 2007

For the first time, the USDA has given preliminary approval for large-scale planting of a genetically engineered food crop containing human genes. The rice grains, produced by California-based Ventria Bioscience, synthesize a human immune protein.

The USDA has tentatively approved a petition by Ventria to plant up to 3,200 acres of the modified rice in Geary County, Kan. If the approval stands, Ventria will begin by planting 450 acres this spring. Previously, Ventria had sought to grow the rice in Missouri, but the plan was abandoned when Anheuser-Busch Companies Inc. threatened to boycott all rice from the state. Anheuser-Busch, a beer maker, is the country's foremost buyer of rice. Anheuser-Busch had the same concern as many critics of genetically engineered plants, which is that genes from engineered varieties may spread to and "genetically pollute" non-engineered or even wild relatives of the plants. Critics of the USDA's decision have expressed concern that genetic pollution in this case could cause potentially dangerous pharmacological proteins to contaminate the food supply. The same day that the USDA gave the new rice the green light, it announced that rice seed in Arkansas had become contaminated by a different genetically engineered strain not approved for consumption. This was discovered while investigating the widespread contamination of rice in the U.S. with yet another genetically modified strain.

According to Ventria, the genetically engineered rice could allow the cheap production of immune proteins that have been shown to help children recover faster from severe diarrhea. It is seeking FDA approval to add the protein to foods such as yogurt and granola. These experiments with genetically modified crops are extremely dangerous and may ultimately lead to a genetic Chernobyl that could devastate the U.S. food supply. Such crops should never be allowed to be planted in the open.

- Continued -

In giving this preliminary approval, the USDA seems to be once again leaning towards protecting corporate profits rather than public health. The motives of a regulatory agency that would allow such crops to be planted in open fields are highly questionable.

Additional Resources

- Union of Concerned Scientists: (www.ucsusa.org)
- Ventria Bioscience: (www.ventria.com)
- USDA's Animal and Plant Health Inspection Service public comment site:
(<http://www.regulations.gov/fdmspublic/component/main>)
- More about genetically modified foods:
(www.en.wikipedia.org/wiki/Genetically_modified_foods)

Sunscreen Recipe - get ready for summer!

I have his recipe for sunscreen from the book Kitchen Cosmetics by Jan Norn. It is not a vegan recipe, but I would encourage people to experiment with replacing the emu oil with something else (such as cocoa, shea, or mango butter).

Ingredients:

- 2 tablespoons emu oil
- 1 tablespoon sesame oil
- 3 tablespoons grapeseed oil
- 3 tablespoons soya/cottonseed oil
- 1 tablespoon coated titanium dioxide
- 6 tablespoons 4x tea
- 1 tablespoon aloe vera gel
- 3 tablespoons distilled water

1. Make 4x tea by simmering a tea bag in two cups of water in an open pot until the liquid is reduced to 1/2 cup. Allow to cool and remove tea bag.
2. Combine oils and stir over low heat until they melt together. Stir in titanium dioxide.
3. In a separate pot, combine 4x tea with aloe vera gel. With both mixtures at a lukewarm temperature, add oils to liquids, stirring until blended. Beat on low until cool and creamy.
4. Add water a little at a time, beating on high until mixture is the consistency of whipped cream.
5. Put in small sterilized jars and refrigerate when not in use. Extra jars can be frozen until needed. Makes about 1 1/4 cups of velvety cream.

Change in the City that Made Me

By Melissa Nixon

Growing up in Reno, I had one ambition: moving away from Reno. I met my husband in California; our first child was born in Washington, and our second in Minnesota. Living "away" from Reno was everything I expected it to be; my family immersed itself in vibrant, progressive, beautiful neighborhoods with coops and vegan restaurants mere blocks from our front door.

In California, we had bonfires on the beach. In Washington, my husband's coworkers gave us enough cloth diapers to last us until potty training. In Minnesota, we walked a half-mile to a lake, past homes with lush and splendid gardens spilling out onto the sidewalks.

Moving back to Reno when my younger daughter was seven months old was a challenge. We gave up so much of what we loved in other cities, so that we could be close to whom we loved, my parents and extended family, in this city. The experience we brought with us of a culturally rich and energizing community that resonated so strongly with us drove us to seek that same community here in my hometown. What we found was that this community would exist tangibly only if we helped to create it.

Your local food coop was founded, in part, to provide a meeting place for like-minded families to meet each other and find strength in familiarity. For me, the only motivating factor that has sustained my involvement with our coop over the last two years, is the desire to raise my children in a town I am proud to call my home. It starts with a place I trust to buy my family's food from.

There is no difference for me between the time I spend at the coop and the time I spend with my kids. My girls have been there from the beginning; in conspiratorial living-room gatherings, in

- Continued -

hot garages greeting CSA subscribers, and even at Board meetings where there is no chance that they are not causing at least a minimal disturbance. Yet, I still find that children are lacking from the driving forces of our coop. We do not have a safe place for kids to sit and play while their parents are visiting our store; many of our potlucks might not be kid-proof, even if they are kid-friendly; and you will find virtually no products specifically for children on our shelves.

While in our statements and policies we embrace protecting our environment and improving our community for ourselves, and presumably the next generation, we do little to honor and involve the children of our coop members. The good news is that this coop is by no means finished, and every one of us has the opportunity now to enhance what we are building so that our littlest members have a sacred part to play in changing Reno's future.

I encourage all parent-members of the coop to engage their children in the cooperative process. There are advantages to being a small, grass-roots operation. Want to show your seven year old how to use a cash register? Bring him to your regular volunteer shift once a month and let him ring up all the customers! Don't have a garden because you live in an apartment? Bring your child to the coop's backyard where we have a hoop house garden, a compost pile, and coming soon, baby chicks. Your kids and you can propose, design, and implement a play area inside the store, as well as suggest items we might need to start carrying to meet the needs of your family (where are the diapers?). Options abound, and every idea is a possibility at this stage.

The path to a more embracing and nurturing community for our children can start here, at your local food coop. By sharing your family's vision with other coop members and participating in shaping the future of this business, you can offer something to your kids that my parents never could: a reason to make raising your grandchildren in Reno their singular ambition.

Marinated Zucchini Salad

submitted by Heidi Schlentner Hurst
Serves 4

1 pound (about 4) small zucchini
1/3 cup high-quality extra-virgin olive oil
2 tablespoons fresh lemon juice
3 tablespoons finely sliced fresh basil, plus 1 sprig of basil (optional), for garnish
Coarse (kosher) salt and freshly ground black pepper
Wedge of Parmesan cheese, for garnish

Using a mandolin or vegetable slicer, cut the zucchini into paper-thin rounds.

Pour the olive oil and lemon juice into a medium-sized bowl and whisk to combine. Add the zucchini and toss until it is thoroughly coated.

Add the sliced basil and toss to mix evenly. Season with salt and pepper to taste. Cover the bowl and let the zucchini marinate in the refrigerator for at least 1 hour but no more than 6 hours.

Just before serving, stir the zucchini salad to redistribute any liquids that may have accumulated on the bottom. Using a vegetable peeler, shave very thin slices of cheese on the top of the salad, 1/2 to 3/4 cup, or to taste. Garnish with a basil sprig, if desired.

New newsletter format!

This is our first newsletter in its new format - a seasonal one. Our next issue will deal with 'Fall', and cover the months September through November.

We'd love to see more pages on that one! Have an interesting contribution? An article or story you want to share with all of us?

Here's the place to do it.

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

Please send your articles to outreach@greatbasinfood.coop by **August 20th** to be included in the next newsletter. Thanks!

Compact Fluorescent Light Bulbs: Lighting of the Future

by Heidi Schlentner Hurst

Switching light bulbs is an easy way of realizing large, immediate gains in energy efficiency. The challenge, of course, is to shift to compact fluorescents in our own homes if we have not already. Few things can cut carbon emissions faster than this simple step.

Did you know?

An average CFL bulb lasts five to seven years, depending how it's used.

If you install a CFL bulb in your home today and turn it on four hours every day, it won't burn out until 2012!

An incandescent light bulb only uses 10% of energy for light; the other 90% is wasted as heat. But a CFL uses 40% of its energy for light, with only 60% output as heat - which helps keep your home cooler.

The energy that a CFL bulb saves over its lifetime is equal to almost 46 gallons of oil.

If every American home replaced 5 high-use bulbs with ENERGY STAR CFLs, each family would save more than \$60 every year in energy costs.

In just 15 days incandescent bulbs waste more money than you paid for the bulb in the first place.

The last time I was at Lowe's, Sierra Pacific was running a campaign selling compact fluorescents for \$0.99. A small investment for a lot of energy savings!

For more information, check out:
http://www.sierrapacific.com/conservation/home/home_rebates/compact_floresc.cfm



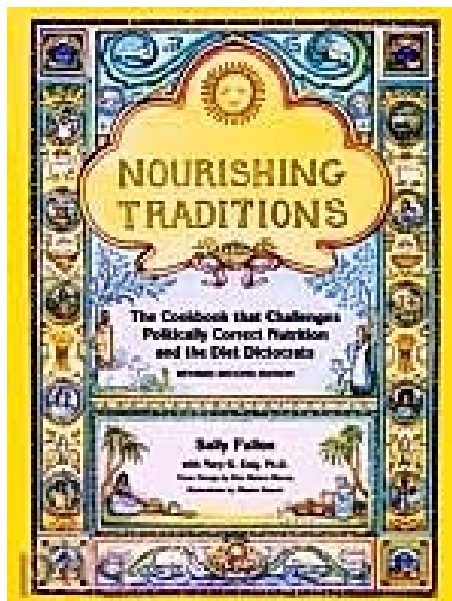
Book Discussion Group now starting in Reno!

by Bari Caine

The Nourishing Traditions/ Weston A. Price Foundation Book Discussion Group is now coming to Reno - Fun, informative meetings will include book reviews, book discussions and guest speakers!

Highly Recommended Book:

Nourishing Traditions by Sally Fallon - If you don't already have the book, you can order it from your favorite bookseller.



Other books we will discuss will include:

The Untold Story of Milk: Green Pastures, Contented Cows and Raw Dairy Foods by Ron Schmid, ND

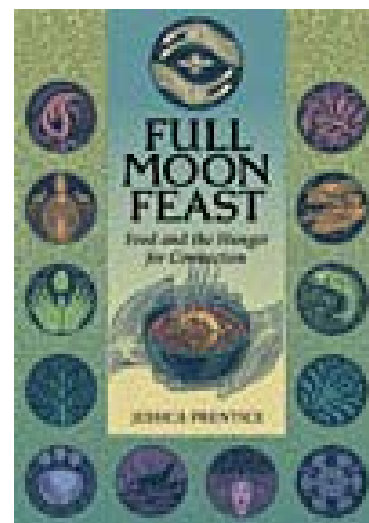
The Great Cholesterol Con by Anthony Colpo

Life Without Bread by Wolfgang Lutz, MD and Christian B Allan, PhD

Wild Fermentation: The Flavor, Nutrition, and Craft of Live-Culture Foods by Sandor Ellix Katz

- Continued -

Full Moon Feast by Jessica Prentice



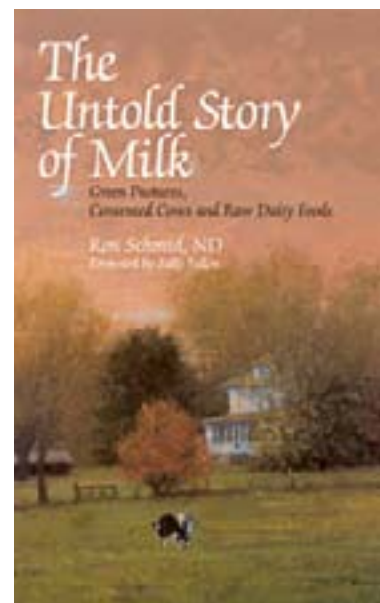
And much more!

Everyone is welcome; whether or not you have already read the books, you can listen, learn and enjoy.

Meet new friends that share your interests!

For more information about this group, contact Bari Caine at greenleaf@lycos.com ph. 775-815-3346

and see www.organiclifestyle.net for updates.



Summer Punch

Beat the Heat with these
fruity drinks

by Monika Evans

The classic version:

Dissolve about 1 cup of sugar in a bottle of dry white wine. Add two more bottles of dry white wine. Hang several sprigs of woodruff (*Asperula odorata*, or the new name - *Galium odoratum*) into the mix without letting the stems touch the wine. Just the top parts. Cover and let sit for 20 minutes. Chill. Add 1 bottle of cold champagne before serving. This one is great for people who don't like stuff floating around in their drinks.

The fruity version:

Mix together chunks of fresh fruit, e.g. pineapple, apples, pears, peaches, tangerines, grapes (bananas work too, just add them before serving), chunks from about half a honeydew melon and a third of a watermelon, and a bottle of white wine in a bowl. Chill thoroughly; add powdered sugar to taste, if desired. When ready to serve, add 1 bottle of champagne, and 2 bottles of flavored champagne (peach or something else that's sweet works great), or 1 to 2 six-packs of a sparkly, sweet wine cooler - tropical style or similar. Adjust quantities of wine and champagne according to the amount of fruit. The bowl should be about half fruit, and half liquid. Looks great served in the watermelon shell.

The unleaded version:

Use the same fruit as in the fruity version, but substitute white grape juice for the wine, club soda or seltzer for the champagne, and a mix of Mountain Dew (or ginger ale or lemon soda, if you want to skip the caffeine) and a tropical juice drink for the wine coolers. If the punch gets too sweet, add lemon juice and more club soda to taste. Works well with fresh strawberries, too. For those, I would suggest using clear liquids only, as this looks more appetizing.

History and Customs of Summer Solstice

This year, summer solstice is on June 21st, so maybe this article I found online will inspire you to find out more.

The summer solstice is observed on either June 21 or June 22 of each year in the Northern Hemisphere. And, on December 21 or 22 in the Southern Hemisphere.

Today, the observation isn't as popular as it was in ancient times throughout Europe, the British Isles, China, Egypt, North Africa and Scandinavia.

What does the summer solstice mean?

It is the day when the sun is at its furthest point from the equator, resulting in the longest day of the year depending on which hemisphere you live in. The word "solstice" originates from the Latin word "solstitium", which means "sun-stopping". This is because the point in the sky where the sun appears to rise and set, well it stops... Then reverses direction after this day.

This just fascinated the ancients! Many celebrations took place on the summer solstice. The oldest one we know of took place in Egypt. At the Temple of Amen-Ra in Karnak back in 3700 B.C. (on the solstice) a beam of light would illuminate a sanctuary in this temple's interior for about 2 or 3 minutes.

This brightness would reach a peak and then start to subside. This spotlighting effect was so dramatic that the priests were able to calculate the length of the solar year with a high degree of accuracy.

Then we have the ever popular Stonehenge in the Wiltshire plain of southwest England.

This was built around 2800 B.C.E. by pre-Celtic people over a lengthy period of time. Most of us have either seen Stonehenge in person or in photos. It is made up of very large stone arches. Ancient tribes throughout Europe gathered here on the Summer Solstice.

Why? If you stand in the center and face northeast along its axis, the 35-ton Heel Stone appears 256 feet away, making the approximate place on the

- Continued -

horizon where the sun rises on the Summer Solstice.

Astronomers recently have also discovered approximately 2 dozen other solar and lunar alignments that the ancients incorporated into the Stonehenge structure. Its actual purpose is still debated among astronomers and archeologists today.

The Chinese emperors of the past also observed the Summer Solstice. Their purpose was to stimulate the earthy, female Yin forces. These rituals took place in The Forbidden City on the Altar of the Earth. Unlike the Round Mound (used for the Winter Solstice), this altar was square and had a staircase leading North, South, East and West. The Chinese did a human sacrifice as part of their ritual for the Summer Solstice also. The sacrificial victim was burned for the Winter Solstice. But the Summer Solstice sacrificial victim was buried. They believed by doing this, they were maintaining a healthy balance in the earth's natural rhythms.

The Winter Solstice is an occasion that is filled with hope, because the days begin to grow longer. But the Summer Solstice is just the opposite. It is filled with sadness, because the days begin to get shorter and filled with more darkness. Ironically, it is also a time for more warmth, abundance and fertility.

Christmas and New Years celebrations can be found in the Winter Solstice and still are observed today in some form. But, the ancient Summer Solstice rites have disappeared in society today. In the United States a few New Age groups still observe the Summer Solstice. The largest celebration in the United States is in Belfast, Maine. The Institute for Advanced Thinking (aka The World's Oldest Think Tank) has people coming from as many as 20 different states and 5 countries to camp out in tents and sleeping bags and rise at dawn to greet and worship the sun with prayers and ritual chants.

For more information, go to:
www.brownielocks.com/summersolstice.html