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News and Views

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Promoting health and protection of the environment through education and the provision of quality organic produce from our farm to your table.



News from the Farm:

*On May 31 a Private Members Bill C-448 was tabled by Member of parliament Alex Atamanenko, NDP Agriculture Critic and MP for BC Southern Interior to ban Terminator Seeds in Canada. For those who may not know terminator refers to plants that have been genetically engineered to become sterile and whose seeds cannot be used again.

"Canada needs to pass this bill into law because genetic seed sterilization is dangerous and blatantly anti-farmer-suicide seeds threaten to intensify corporate control over Canadian agriculture and offers no benefits for farmers," stated Colleen Ross of the National Farmers' Union. Lucy Sharatt of the Canadian Biotechnology Action Network says that "researchers are continuing to develop and win patents on Terminator because seed sterility is simply too lucrative for industry to abandon." Terminator seeds have not been commercialized anywhere in the world due to overwhelming opposition from farmers, indigenous peoples, civil society and some governments. In 2000, the United Nations convention on Biological Diversity recommended a *de facto* moratorium on field-testing and commercial sale of Terminator seeds: the moratorium was re-affirmed in 2006. India and Brazil have already passed national laws to prohibit the technology. "A national law to prohibit the technology is the only way to insure that Terminator is never commercialized in Canada. The Government of Canada must show its commitment to the international community and not bow to industry pressure," said Sharratt.

To highlight this point it is important to note that last week the U.S. approved Monsanto's \$1.5 billion takeover of Delta & Pine Land, the world's largest cotton seed company, making Monsanto the global kind of cotton seed and the world's largest seed company. With the takeover of D&PL, Monsanto has acquired a research program devoted to commercializing Terminator seeds, as well as US, European and Canadian patents on genetic seed sterilization technology. To send an email to the Prime Minister to ask him to make this bill law go to <http://www.cbac.ca> or to find out more about Terminator go www.banterminator.org/canada

*ETC Group news release & GEfreeBC



Watermelon

Watermelon is both a fruit and a vegetable and plant of a vine-like herb originating in southern Africa. It is a highly valued vegetable due to its high water content. Watermelons were brought to China around the 10th century and then to the Western Hemisphere with the discovery of the New World. Watermelon is an excellent source of vitamin C and Vitamin A, especially the pink due to the beta-carotene content. Pink watermelon is also a good source of lycopene, a powerful anti-oxidant which help neutralize free radicals. Lycopene has been repeatedly studied and there is a growing body of evidence that it helps protect against a number of cancers. Data reported by a study published by the Archives of Ophthalmology also indicates that eating 3 or more fruits a day may lower your risk of age related macular degeneration by 36%, the primary cause of vision loss in older adults. The quantity of beta-carotene and lycopene **increases** if watermelon is stored at room temperature. However, once sliced, watermelon should be stored in the fridge.

Watermelon Granita

Ingredients

1/3 cup sugar
 5 cups 1-inch watermelon cubes (about 4 pounds), seeds removed
 2 tablespoons fresh lime juice
 6 thin watermelon wedges

Instructions

In a small saucepan, combine the sugar with 1/3 cup of water and bring to a boil over high heat, stirring, until the sugar dissolves. Transfer the syrup to a blender or food processor, add half of the watermelon cubes and the lime juice and pulse until smooth. Add the remaining watermelon cubes and blend until smooth.

Pass the puree through a coarse strainer, pressing down on the solids. Transfer to a 9-by-13-inch nonreactive baking dish and freeze, stirring every 30 minutes with a fork, until all the liquid has frozen completely, about 3 hours.

Spoon the granita into tall glasses or bowls and garnish with the melon wedges. The granita can be frozen for up to 2 days. Stir before serving.

PLEASE RETURN YOUR BOXES!!!

The cost of the boxes is not built into the vegetable delivery and this cost has more than doubled over the last 5-6 years. The price of a small box has gone from just over \$2.00 to almost \$4.50. We cannot pass this cost onto our customers as they would then be getting very few vegetables. So please help us keep our costs down by returning your bins in good condition.

Thanks so much for your cooperation!!!