

LIVE EARTH FARM (COM)POST - 17TH HARVEST WEEK

Family Share: Large bag of green beans, Basil, Carrots, Summer Squash, Cucumbers, Chard, Kale, Collard Greens, Bag of Broccoli Lettuce, Strawberries, Radishes

Small Share: Carrots, Lettuce, Green Beans, Basil, Summer Squash, Cucumbers, Chard, Kale, Bag of Broccoli.

Fruit Share: Strawberries, Blackberries or Raspberries

This week's newsletter is not in its usual format since Debbie our chief editor is on a well deserved vacation. Her kitchen recipe section will resume next week, however her virtual kitchen is always accessible on our website's recipe database. If you've never used the database and you'd like to be inspired and try something new, Debbie has compiled all the recipes which have appeared in our newsletter over the last 5 years. Recipes are listed in alphabetical order and can be accessed by type of crop, this way you can quickly figure out how to prepare, for example, this week's Collard Greens or Kale. Just click on collard green and 'viola' cook them Ethiopian style, for breakfast or with potatoes and bacon. You'll never tire of kale or chard if you experiment with some of the more than 50 recipes featured on the website for each of these popular greens. Cooking is the last and probably the most critical step to fully enjoy the fruit and vegetables we pick for you every week. Debbie's practical cooking tips and her recipes are a great resource to inspire everyone's culinary adventures.

Talking about cooking adventures, I tasted the first cherry tomato of the season and nothing except maybe a watermelon can compliment the unusual summer heat we are currently experiencing. We'll have these golden nuggets in your shares before the end of the month. This week we will have an abundance of green beans to last for several meals. Carrots are crunchy and sweet, lettuce is a mix of small heirloom varieties, such as deertongue and oakleaf. The bi-colored Yellow Crooknecks are supposed to have a green tip, it has nothing to do with their level of maturity.

Science combined with greed and power has always led to disaster and human impoverishment. Genetically Engineered (GE) crops are a perfect example of that. If you ever want to reflect on nature's wisdom take a seed into your hands. There is something absolutely miraculous about them. They are tiny units of life that have the capacity to grow into whole plants that will in turn produce thousands of seeds. For centuries farmers have fed the world by saving seeds from one year's crop to plant the following year. Monsanto and other Biotechnology companies claiming to want to help feed the hungry, have engineered seeds of staple food crops such as corn, which would render them sterile. Commonly known as terminator technology, the process genetically alters seeds so that their offspring will be sterile for all time. What that means farmers are required to return year after year to purchase new ones.

It is exciting to see that Santa Cruz County is taking proactive steps to ensure that our crops are not going to be contaminated by genetic organisms which would inevitably move beyond their intended destination. The impact of this technology on our health is still being debated, however, wouldn't you want to be better informed and cautious given that GE represents an unprecedented departure from traditional plant breeding by creating "novel" organisms through the insertion of genetic material (DNA) of one species into the living cells of a totally unrelated species. The resultant organism, tree, animal, or insect is altered in such a way that could not have happened in nature or through traditional plant breeding techniques. The uncontrolled spread of genetically altered organisms will inevitably pass on the genetic changes to offspring with unstudied consequences on human and ecological systems. Food that has been genetically engineered includes pigs with human growth genes, tomatoes with flounder genes, and corn with toxic pesticide bacteria. It is imperative we proactively resist the spread of this technology at the local, state, and federal level.