

# Box 22 of 25



# December 5th 2008

**Red Baby Bok Choy**  
**Savoy Cabbage**  
**Purple Potatoes**  
**Bunched Onions**  
**Lacinato kale**

**Triticale**  
**Apples**

**Jerusalem Artichokes**  
**Bunch Carrots**  
**Winter Squash**  
**Red Chard**

## ***P.C.C. Sound Consumer* provides education about Genetically Modified Organisms (G.M.O.s)**

The issue of genetically modified organisms in our environment and our food supply is of paramount importance right now. As we speak, the genetic diversity of the world is being hijacked by massive corporations whose ethics know no bounds, and who are backed by the USDA, FDA and major global organizations such as the IMF, World Bank and the Gates Foundation. GMO food is everywhere on our supermarket shelves and the average consumer doesn't even know it because labeling is not required and is actually deterred. Consumer rights are being trampled while mega seed/chemical companies are reaping record profits.

Today we turn to the *PCC Sound Consumer* for reliable information on the subject of GMO's. Goldie Caughlan, long time friend of Nash, is the Education Manager at PCC Natural Markets and writes monthly articles for the PCC Sound Consumer. Read well-researched articles from the Sound Consumer for free, online at [www.pccnaturalmarket.com](http://www.pccnaturalmarket.com). Click on the "Issues and Education" link at the top of the page, or the "PCC Sound Consumer" link in the right-hand column.

Here is an excerpt from Goldie's November article, *Genetically Engineered Animals and Drugs in Food Supply*:

"On September 18, 2008, the Food and Drug Administration (FDA) proposed guidelines to allow genetically modified (GM) animals in the food supply. Genetically modified cattle, pigs, fish and goats currently are being developed. Some will produce hormones, antibodies and pharmaceuticals in their milk or blood. Others will be resistant to diseases or produce altered meat or milk. Critics – including the Center for Food Safety, Consumers Union and Center for Science in the Public Interest – say the FDA does not have the authority to address potential risks. They also are concerned that genetic modification can pose risks to the health of people, the environment and the animals themselves."

The October issue of the Sound Consumer has a great article by Bill Freese entitled, *Why GMO Crops Will Not Feed the World*. We also recommend September's cover story, *Pesticides and Food* by Dr. Chuck Benbrook, Chief Scientist at the Organic Center. Thank you to PCC Natural Markets for carrying an extensive product line from our farm year round, and for providing valuable consumer education in their monthly publication!

### **Attention All Members**

Due to Christmas falling on Thursday the 25th, we have made some adjustments to your farm share boxes for the rest of the year. The December 5<sup>th</sup>, 12<sup>th</sup>, and 19<sup>th</sup> boxes will contain extra produce to compensate for the absence of the last box which would have fallen on the day after Christmas (the 26<sup>th</sup>). We welcome your feedback.

# Triticale



Triticale is a hybrid of wheat (*Triticum*) and Rye (*Secale*) and was first developed in Scotland and Sweden. The idea of cross-breeding these two grains together was to preserve the quality, productivity, and disease resistance of wheat while maintaining the hardiness and vigor of rye. Triticale can be used in lieu of wheat in baking. It is high in protein and a good source of amino acids. This year at Nash's we harvested our first commercial crop of 2.5 tons of this hybrid grain. Store Triticale in a cool dark location when not in use.

## Sauteed Vegetables And Triticale

### Ingredients:

- 1 pound of triticale
- 1 head baby bok choy, chopped
- 1 bunch Lacinato kale, chopped
- 2 handful Jerusalem artichokes, sliced
- 2 tablespoons olive oil
- 2 big spoonfuls of peanut butter
- 1 cup of coconut milk

*Soy sauce can be added for flavor.*

### Directions:

1. Soak triticale overnight.
2. Heat olive oil over a medium heat in a large frying pan or wok. Add vegetables and sauté for 10 minutes, stirring frequently and adding water as needed.
3. Add triticale to the wok and sauté for an additional 10 minutes or until triticale is soft and tender.
4. In a separate pan combine coconut milk and peanut butter over a medium heat. Stir until incorporated and warmed.
5. Place vegetables and triticale on plates and then drizzle coconut milk and peanut butter mixture over the top. *Serves 4*

## Savoy Cabbage



Savoy Cabbage (*Brassica oleracea var. bullata*) is a flavorful crinkly-leaved cabbages. It is prized for its edibility and ease in cooking. This brassica is low in calories and rich in fiber, folic acid, vitamin C, Vitamin B and Vitamin E. It can be used in sauerkraut, soups, raw on salads and any other dish calling for cabbage.

## Savoy Cabbage With Walnuts And Onions

### Ingredients

- 1 head of Savoy cabbage
- 2 ounces walnuts, chopped
- 2 medium onions, sliced
- 1-4 cup butter
- 2 tablespoons olive oil
- 3/4 cup vegetables or chicken broth
- Salt and pepper to taste

### Directions:

1. Remove and discard outer cabbage leaves if blemished. Core and then rinse leaves under cool water.
2. Heat the butter and olive oil in a large pot. Add onions and cook until soft. Add cabbage, flavor with salt and pepper and sauté over medium heat for 5 minutes.
3. Lower the flame, stir in chopped walnuts and continue sautéing for another 10 minutes.
4. Add the broth and simmer for 15 minutes, stirring often, or until the liquid is completely absorbed. Serve immediately. *Serves 4*