



## Do you know about Evening Primrose oil?

Evening Primrose is a wildflower found in the U.S. The oil, extracted from the wildflower's seeds has many medicinal properties. The seeds contain essential omega - 6 fatty acids -- the healthy kind , unlike the omega - 6 fatty acid we are overconsuming today in our diet of processed foods.

esting research regarding plant oils. See how plant oils like olive oil , fish oil, primrose oil are helpful for a variety of health concerns including eczema, arthritis, menopausal symptoms, blood pressure and more.



University of Maryland has done some inter-

## Pesticide lobbyist as new agricultural trade representative?

Organic Consumers Association (OCA) is working to stop the confirmation of Isi Siddiqui as the Agricultural Trade Representative. He currently works for CropLife, a Monsanto front group that infamously chided the First Lady for not using pesticides on the White House garden. When he was in the Clinton administration (yes, he's one of those revolving door Washington insiders), he tried to get support for organic standards that would allow GMOs, irradiation and sewage sludge fertilizer. When he explained his position, he said that GMO-free organic standards would hurt the US trade position, which was that the WTO should force Europe, Japan, Canada and the rest of the world to accept the US's unlabeled GMO exports.

[Please write your Senator today by clicking here](#)

## Michael Pollan's new book *Food Rules*

Michael Pollen, best selling author has a new book of collected wisdom about how to eat, called Food Rules. It has 64 common-sense lessons for how to be an ethical and healthy omnivore, such as:

- Rule # 19: If it came from a plant, eat it; if it was made in a plant, don't.
- Rule # 20: It's not food if it arrived through the window of your car.
- Rule # 60: Treat treats as treats.

## Monsanto marches on

Monanto is at it again contaminating and genetically altering our food. Now, Monanta seeks to use genetically engineered alfalfa which is likely to contaminate organic alfalfa used in almost all organic dairies. Unfortunately, the U.S. Department of Agriculture is getting closer to approving Monsanto's genetically engineered (GE) alfalfa.

[Take Action \(click here\)](#) (con't next page)

## Special points of interest

- Do you know Evening Primrose oil?
- Food Rules
- Monsanto marches on
- Pesticide lobbyist

### Recipes

- Hearty Vegetable soup
- Hungarian Paprika-Potato soup
- Tex-Mex Tomato soup

# Take action

## Pesticide lobbyist as new agricultural trade representative? cont..

If you'd like to learn more about opposition to Siddiqui and other chemical agriculture advocates in the Obama administration, check out these articles on this [OCA site](#).

Environmental, consumer, family farmer and farm worker groups decry White House defense of pesticide lobbyist nomination: [Organic consumers.org](#)

Note: The OCA is a large non-profit organization that deals with crucial issues of food safety, industrial agriculture, genetic engineering, children's health, corporate accountability, Fair Trade, environmental sustainability and other key topics.

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## Soups to warm your heart and body

### Hearty Vegetable Soup

- 2 tablespoons olive oil
- 1 large yellow onion, chopped
- 2 carrots, chopped
- 2 celery stalks, chopped
- 3 14.5-ounce cans low-sodium vegetable or chicken broth
- 1/2 pound Yukon Gold potatoes, peeled and cut into 1-inch chunks
- 1 tablespoon fresh thyme leaves or 1 teaspoon dried thyme
- 1/2 teaspoon kosher salt
- 1 14.5-ounce can diced tomatoes
- 1/4 pound green beans, cut into 1-inch pieces
- 1 cup chopped broccoli
- Grated Parmesan (optional)
- 1 1 baguette, sliced and toasted (optional)



Add the tomatoes, green beans, and broccoli, return to a simmer, and cook until the vegetables are tender, 5 to 10 minutes. Ladle the soup into bowls, sprinkle with the Parmesan (if using), and serve with the baguette slices (if using).

Next time, try making an improvised minestrone. When you add the potatoes to the pot, also include one 15-ounce can of cannellini beans (drained), 1/2 head of cabbage (shredded) and a handful of macaroni or broken spaghetti.

Yield: Makes 4 servings

Preparation time: 20 minutes; cooking time: 40 minutes

CALORIES 239 (38% from fat); FAT 10g (sat 1g); CHOLESTEROL 0mg; CARBOHYDRATE 31g; SODIUM 542mg; PROTEIN 10mg; FIBER 6g; SUGAR 8g; IRON 2mg

Source: *Real Simple*, Feb. 2003

Preheat the oil in a large saucepan or stockpot over medium-high heat. Add the onion, carrots, and celery and cook until softened but not browned, about 5 minutes. Add the broth, 1 cup of water, the potatoes, thyme, and salt. Bring to a boil. Reduce heat, cover partially, and simmer for 15 minutes.

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*"O, God, Help us to remember where our bread comes from and why we yearn for living waters. Teach us your guiding principles for reverence of your Creation. Show us how to turn the ground into a sacred commons once again. Guide us to cover the earth with a lasting agriculture. Help us make a place at the table for everyone. Grace us when we eat with justice on our plate. Then fill us with joy. Amen.*

*Source: National Catholic Rural Life Conference*

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## Hungarian Paprika-Potato Soup

2 lb russet or other starchy potatoes (about 4 lg), peeled and cut into 3" cubes  
1 Tbsp olive oil  
1 med white onion, finely chopped (about 1 c)  
4 c low-sodium vegetable or chicken broth  
2 Tbsp finely chopped fresh dill  
1 Tbsp smoky paprika  
1 tsp hot paprika  
1 tsp whole celery seeds  
1/2 tsp salt  
1/8 tsp ground nutmeg  
1 c fat-free milk

Time: 35 minutes Servings: 4 (8 cups total)

1. **BOIL** potatoes in stockpot of water until just soft, about 20 minutes. Drain and mash roughly. Set aside.
2. **HEAT** oil in stockpot over medium heat. Add onion and sauté until translucent, about 5 minutes.
3. **STIR** in broth and then add potatoes back to pot. Stir and break up potatoes into broth to reach a slightly chunky consistency. (The idea is to create a textured soup, not a baby-food-smooth one.)
4. **ADD** dill, paprika, celery seeds, salt, nutmeg, and freshly ground black pepper to taste. 5. Pour in milk and combine to just heat through, 2 to 5 minutes. Do not boil.

### Nutritional Info Per Serving:

267 cal, 6 g pro, 52 g carb, 6 g fiber, 4 g fat, 0.5 g sat fat, 1 mg chol, 470 mg sodium

Paprika deteriorates quickly, so buy in small quantities and store away from light and heat.



## Tex-Mex Tomato Soup

Tomatoes are a top source of lycopene. In a large, multicenter study, researchers found that women with high levels of the antioxidant had a 34% reduced risk of cardiovascular disease, compared with women with lower levels. Those who got plenty of lycopene were also more likely to have higher blood levels of other beneficial carotenoids such as lutein and beta-carotene.

2 carrots, chopped (about 1 c)  
2 ribs celery, chopped (about 1 c)  
1 red bell pepper, chopped (about 3/4 c)  
1 Tbsp olive oil 1 med onion, chopped (about 1 c)  
1/4 tsp salt  
1 lg can (28 oz) no-salt-added diced tomatoes  
2 c water  
1 can (15 oz) no-salt-added black beans, rinsed and drained  
1/2 c cilantro leaves, chopped  
2 Tbsp chipotle chile pepper sauce  
Freshly squeezed juice of 1 sm lime  
3 corn tortillas (6" diameter), sliced into 1/4" strips  
1/4 c + 2 Tbsp fat-free sour cream (optional)

Time: 50 minutes Servings: 6 (6 cups total)

1. **HEAT** oil in stockpot over medium heat. Add onion and sauté until translucent. Add carrots, celery and bell peppers. Season with salt and sauté until vegetables are slightly caramelized.
2. **ADD** tomatoes (with juice) and water. (Depending on the brand of tomatoes, you may need to add more water.) Add beans, cilantro, and chipotle sauce. Stir to blend, bring to a simmer, reduce heat to low, and cook 25 to 30 minutes. Add lime juice and top each serving with tortilla strips and a tablespoon of sour cream (if using) right before serving.

Nutritional Info Per Serving: 138 cal, 5 g pro, 23 g carb, 6 g fiber, 3 g fat, 0.5 g sat fat, 0 mg chol, 186 mg sodium.

Thanks to the beans and veggies, this soup satisfies more than 20% of your daily fiber needs.

Source: Adapted from *Prevention Magazine*

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