



A step in the right direction

The slippery slope of loopholes and compromises in organic standards has caused angst among people committed to sustainability.

Weak organic regulations have also affected consumer confidence. However, there is reason to rejoice as the USDA introduced tighter regulations to help clarify the amount of time organic livestock's life should be spent grazing on pasture. This is a step *toward* sustainability and animal welfare. The new regulations passed Feb. 12, 2010, will go into effect in June. These rules will cover animals raised

on organic farms: dairy cows, cattle raised for beef, sheep, goats and buffalo.

- Animals must graze on pasture for the full length of the climate's growing season, at least 120 days.
- Animals must get at least 30 percent of their food from grazing on pasture.*
- The season will be determined by organic certifiers and county conservation officials not dairies alone.

* For organic cattle the 30 percent requirement is lifted during the last four months of life due to animals being fattened for slaughter and fed grain.

Welcome annual and perennial community gardeners

Hope you can make our **March 1** planning meeting at the **IHM Motherhouse, 6:30 p.m.** with special guest, Jennie Stanger.

This season, returning community garden members (perennials) will have an opportunity to choose their same plot location. We are making changes in our plot sizes and garden design but it is likely you can keep your same area. Please let me know by **March 15**, if you desire your same plot area. We are looking forward to meeting the newcomers (this year's annuals) to St. Mary Organic Farm.



Special points of interest

- A step in the right direction
- Welcome annual and perennial gardeners
- Recall the recalls
- More about Vitamin D
- Recall meatless days
- Garlic for your heart
- Green cleaning products
- Recipes

Recall the recalls?

Do you remember all the recalls? It would be interesting to know how many there have been in the last few years! Yesterday, federal officials expanded a recall on salami products. The USDA recalled 115,000 pounds of salami products for possible salmonella contamination from red pepper products in the salami. There have been 200 known cases of people sickened by salami products in 42 states since July.

One more thing about Vitamin D

According to Dr. Andrew Weil, mushrooms make vitamin D in sunlight and can be an excellent way to supplement your "D" levels. Try shiitake mushrooms.

Recall meatless days

Many Catholics can recall meatless Fridays and some meatless Mondays as a spiritual practice. According to the Environmental Defense Fund, "if every American skipped one meal of chicken per week and substituted vegetarian foods instead, the carbon dioxide savings would be the same as taking more than half a million cars off of U.S. roads."

Consider this, if everyone went vegetarian for one day, the U.S. would save:

- 100 billion gallons of water, enough to supply all the homes in New England for almost 4 months.
- 1.5 billion pounds of crops otherwise fed to livestock, enough to feed the state of New Mexico for more than a year.
- 70 million gallons of gas-- enough to fuel all the cars in Canada and Mexico combined with plenty to spare.
- 33 million acres of land, an area more than twice the size of Delaware
- 33 tons of antibiotics.

(For the full article on this, see Kathy Freston's article on *The startling effects of going vegetarian for just one day* at <http://www.alternet.org/story/134650/>.)

As the Christian faith begins the **Lenten season** today, perhaps fasting from meat at least once a week could be one wonderful option.

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Green cleaning products

If anyone would like to learn more about Shaklee Get Clean green products, Carolyn Morrin, community garden member will be present at our March 1 organizational meeting to talk with you.

Garlic for heart

Be sure to crush or chop garlic to release heart healthy compounds, then let the garlic sit for 10 minutes before cooking to enhance these compounds.

Source: Journal of Agricultural and Food Chemistry, 2007

Healthy Comfort Food Breakfast Recipes

If you skip breakfast your body goes into conserving energy and burns fewer calories. This can slow down your metabolism and cause weight gain. Try these easy and healthy breakfast recipes.

Whole wheat pancakes

1 cup white whole wheat flour or whole wheat pastry flour
6 tablespoons buttermilk powder
1/4 cup ground flaxseed
1 teaspoon baking powder
1 teaspoon baking soda
1/2 teaspoon ground cinnamon
pinch of salt
1 egg
1 1/2 cups water
2 tablespoons canola oil or olive oil
Combine the flour, buttermilk powder, flaxseed, baking powder, baking soda, cinnamon, and salt in a mixing bowl. Stir to mix in another mixing bowl.

the flour mixture. Whisk just until combined. Do not beat. Allow to sit for 5 minutes.

Heat a griddle over medium-high heat. Turn off the heat and coat the griddle with cooking spray. Turn the heat back on to medium-high. Ladle 1/4 cup of the batter onto the griddle to make each pancake. Cook for 1 to 2 minutes or until the bottoms are browned and bubbles form on the top, adjusting the heat as needed. Flip and cook for about 2 minutes or until cooked through. Reduce the heat if the bottoms are browning too fast. Repeat until all the pancakes are cooked. Serve right away or place on a rack to cool for freezing. Serves 6—Total time: 14 minutes

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"They said to him, "John's disciples often fast and pray, and so do the disciples of the Pharisees, but yours go on eating and drinking." Jesus answered, "Can you make the guests of the bridegroom fast while he is with them? But the time will come when the bridegroom will be taken from them; in those days they will fast." Luke 5:33-35

St. Mary Organic Farm

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Recipes



Fancy French Toast

2 slices reduced-calorie whole grain bread
1 egg, beaten (or 1/4 cup egg substitute)
1/4 cup fat-free milk (or low-fat, calcium-enriched soy or rice beverage)
1/2 teaspoon cinnamon
1 teaspoon canola oil or olive oil
Maple syrup or fruit as desired

Combine beaten egg, milk and cinnamon. Warm oil in pan, then dip the bread into the egg mix and brown till golden on both sides. Top with syrup or fruit.

Source: Adapted from *Prevention Magazine*

