

Fresh Produce, Locally Sourced, & Community Dwned Co-Op!

celebrating



MEMBER PRICING & 10TH FREE PROGRAM Coos Head Food Co-op appreciates it's members and to show our gratitude special member pricing on items and a 10th Free Program has been added to the perks of Co-op membership.



"It says a lot about a community that supports a Co-Op."





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# Vendor Highlight..... DOWNTO EARTH

### About Down To Earth

Jack Bates started Down To Earth in 1977 with two good friends, very little money and a vision for the future. Many folks remember our first store, a small retail space next to the current Sundance Natural Foods with an emphasis on practical, quality kitchen items that were durable and long lasting. As an avid gardener with a passion for growing organically, Jack could find little in the way of fertilizers or amendments for organic gardeners here in Eugene, and some of our early fertilizer blends were mixed by being rolled back and forth across the parking lot in 55 gallon barrels.



From our small, simple beginnings over 44 years ago, Down To Earth has grown into one of the country's leading manufacturers and distributors of natural fertilizers, premium organic gardening products, kitchen wares and glass. We are still locally owned and operated, and while Jack has officially retired, he is still one of seven Down To Earth owners. He enjoys his free time fishing rivers in Alaska and farming in Hawaii with a flock of geese that follow behind him.





"About Us | Down to Earth Distributors, Inc." *DOWN TO EARTH DISTRIBUTORS, INC. [Current-Page]*, https://www.downtoearthdistributors.com/about-us. Accessed 5 Nov. 2021.



Garlic is divided into two types: hardnecks and softnecks. watering by June 1 or when leaves begin to yellow, and Hardnecks grow with a hard woody stalk, prefer cooler winters, have a warm to hot spicy flavor, and store for 3 to 6 months. Softnecks have a softer stem suitable for braiding, milder flavor, and store 6 to 9 months.

#### Planting

Garlic survives bitterly cold winters underground or grows frost-hardy leaves where winters are mild to moderate, grows rapidly when the weather warms in spring, and bulbs in summer. In the north, plant 4 to 6 weeks before the ground freezes. This gives the plant time to make good root development but not enough time to make leaf growth. Where winters are milder, garlic is planted from September through early November.

Garlic needs fertile soil with lots of organic matter so the soil remains loose through the long growing season. Growers with heavy clay soils should add a lot of compost before planting. Those blessed with lighter soils having naturally loose texture need add only small amounts of organic matter, like green manures (cover crop) prior to planting.

Plant garlic in a location with full sun and rich, welldraining soil. Break the bulb into individual cloves. Small cloves usually grow small bulbs, so plant only the larger ones. Use the small cloves in your kitchen. Under each clove, apply 1 tbsp. of Rock Phosphate, Bone Meal or Fish Bone Meal along with Kelp Meal, or Azomite. You could also use a complete mix such as our Rose & Flower Mix or Vegan Mix. Plant cloves 1 inch deep, pointed tip up. Designate each variety planted with a wooden plant marker. Have at least 4 to 8 inches of space between plants on a raised bed. To grow the largest bulbs, try spacing your plants 6 to 12 inches apart.

Mulch with 3 to 4 layers of overlapping newsprint covered with straw or compost. The new shoots will grow right through the mulch in 4 to 8 weeks depending on the variety planted and the weather. The mulch also suppresses weeds. When active growth begins in early spring, side dress with a high nitrogen fertilizer like **Blood Meal**, **Fish Meal** or high nitrogen **Bat Guano**. Repeat in late March. Follow in late April and late May with a high phosphorous such as Bone Meal or Fish Bone Meal.

Garlic should not be planted with peas and beans. Good companions are lettuce, beets, strawberries, and chard. Rotate the crop and do not grow in soils where onions or other alliums were planted the previous year.

#### Care

Even in the dry west, garlic needs little irrigation as it grows mainly during the wet season, although some irrigation maybe necessary in dry spells. Garlic needs about an inch of water each week during spring growth. Stop

let the bulbs firm up.

The state of the garlic's foliage is the indicator for harvest, not any particular date. Gauging the right time to harvest is very important. Dug too soon, the skins won't have formed around each clove. Hard-neck bulbs, if dug too late, may have begun to spread apart in the soil and will not store well. Each year the timing is a little different so rather than watch the calendar, observe the plants. Hardneck varieties put up a tall, woody flowering stalk that usually grows bulbils at the top. If the plant is allowed to put its energy into these seeds, the bulb forming below the ground will end up smaller, so cut seed stalks off as soon as the flower head has reached 8 to 9 inches tall. The top of the plant, called garlic scapes, make delicious additions to stir fry, or spicy good pesto!

Garlic is fairly easy to grow and bothered by few pests. Occasionally a grazing deer will nip the growing tips in the spring. Disease-wise the biggest problem is root rot in poorly drained soils, or from over watering.

#### Harvest & Curing

As the bulbs mature the leaves brown off. When there is still about 50% of green leaves remaining on the plant, it is a good time to harvest. (Incidentally, immature bulbs that haven't fully developed skins around their cloves can be chopped up like onions and make delicious additions to cooking.) In very good garlic ground (very fluffy soil) the plants might be pulled by hand, but it is usually better to loosen the soil first with a spading fork. Immediately brush off the soil from around the roots, but do this gently.

Drying is the essential part of curing the bulbs, so do not wash them in water. Immediately move the newly dug garlic out of direct sunlight. When curing, some growers tie the garlic plants by their leaves or stalks in loose bundles of 8 to 12 plants and hang them under cover. Others spread the plants in single layers on screens, drying racks, or slatted shelves. You can attach your wooden plant marker or a label to bunches or drying racks to keep track of your different varieties.

Garlic stores longer if it is cured with its stalk or leaves attached. Good air circulation is absolutely essential. The plants should cure from 3 weeks to 2 months, depending on the humidity and amount of air circulation. Some growers use a fan in the curing shed.

After curing, you may trim the roots. If the garlic is to be kept in sacks, cut the stalks off 1/2-inch above the bulb and gently clean the bulbs with a soft bristle brush, taking care not to strip off the papery skin.

"Growing Garlic - Down To Earth Home, Garden and Gift." Down To Earth Home, Garden and Gift, https://downtoeartheugene.com/inthe-garden-2/growing-garlic/. Accessed 5 Nov. 2021.

### November Gardener's To Do List 🔊

- Sharpen, clean, and oil garden tools and tune up power equipment. (See Tool Care Box Below)
- Cut back mums to 6 inches after they are finished blooming.
- Broadcast, sow, and lightly rake in seeds of hardy annuals (larkspur, linaria, clarkia, candytuft)
- Plant spring-blooming bulbs (crocus, iris, tulips, daffodils, hyacinths peonies, anemone, lilium, fritillaria, erythronium) now through December, as soil conditions permit.
- Prune hydrangea stems that bloomed this year back to an unflowered lateral or two-bud spur.
- If you propagated any of your evergreen plants last December, cut the new propagated plant away from the parent, then plant it.

#### If not done in October:

- · Apply mulch.
- Cut June-bearing canes that bore fruit this year and trailing berries to the ground after they have finished fruiting. Prune out weak canes.
  Separate and tie the new canes according to your training approach
- Clean up strawberry beds.

#### Source: Garden Rhythm

A Year-Round Guide & Journal for the Northwest



### **Garden Tool Care**

 Clean Tools. Remove all soil from tools with a wire scraper or brush. Dry tools carefully. Wipe down metal parts of shears and other tools with a rag that has been moistened with vegetable oil or WD-40) to give metal surfaces a protective coating.
Treat Handles. Sand wooden handles lightly to smooth out rough spots and add a coat of varnish, tung oil, or other sealer to help protect the wood.

3. Sharpen. File the edge of your spade or shovel with a file. Wipe with an oil rag when you are finished.

4. Store. Store your tools in a dry place over the winter.

\*To maintain your tools during the year, use a bucket of sand to clean them and a bucket of sand mixed with vegetable oil to lubricate them.

Source: Garden Rhythm -A Year-Round Guide & Journal for the Northwest







# Vendor Highlight..... TRU EARTH

### Why Bulk Eco-Strips?

Tru Earth Eco-Strips are the smarter way to clean laundry.Each laundry strip packs ultra-concentrated, hypoallergenic, eco-friendly cleaning power into a tiny, pre-measured strip of liquidless laundry detergent that you just toss in the wash. Its low-sudsing formula works in all types of washing machines, including high-efficiency (HE).

The smart hypoallergenic laundry detergent formulation effectively seeks out and dislodges dirt molecules and stains, keeping them in suspension until they are rinsed away. It makes your laundry washing chore easier, healthier, more economical, and much kinder to our planet.

Clean, green, and simple!

The laundry detergent you use, should be as sensitive to your skin as it the environment.

It is our mission to put your family first, and is why our eco-strips are hypoallergenic and paraben free.

When you use Tru Earth Eco-Strips, you will feel confident that you are taking care of your family, and their future on this planet.

### Tru Earth Certifications

- Paraben-free
- Phosphate-free
- Free of added dyes
- Free of chlorine bleach
- Free of 1,4-dioxane, as certified by independent laboratory tests
- Readily biodegradable in accordance with

#### OECD 310D

- Hypoallergenic, certified by independent dermatologists
- Vegan: no animal-based ingredients or testing on animals by us or our ingredient suppliers
- Manufactured in Canada







# Vendor Highlight..... PLANET VERDE



I very am excited to announce our new partnership with *Planet Verde*! They are a local food distribution company with local owners, artisans and other distributers from the Pacific Northwest ensuring we're supporting where we live. They work with suppliers to make certain they use sustainable and fair-trade sources. They use only efficient delivery trucks and local warehouses. All of their products are certified organic and GMO

free. All of their employees and key vendors and customers have a pathway to ownership of the company, giving them both a say in their strategy and a stake in their success! Planet Verde is committed to being a positive, ACTIVE force in our community. They donate a percentage of profits to local churches, synagogues, spiritual centers and social action groups. We want to be part of a thriving community, and giving back is the best way to ensure a brighter tomorrow. Great company right?!

They have given us us access to some wonderful new products! It also reduces our footprint by allowing us to purchase items that are crafted locally but previously we could only purchase through our vendor with a warehouse out of Ridgefield Washington. These products had to leave our area, go all the way to Washington, then come back down to us! I hope you're as excited about this as we are. Keep your eyes open for new items coming soon and be sure to check out some of the new one's already on our shelves: Lulubelle's Creamery – new local milk (glass jars & gable top), cream and butter and Gwendolyn's Eggs. We will continue to add new items and keep you up to date.

#### Teresa – Your Groovy Grocer



If You Care's kitchen and household products are carefully and deliberately crafted to have the least environmental impact and the lightest carbon footprint possible, while at the same time, delivering to the consumer, the highest quality and most effective results. If You Care is the leader in pushing the limits of environmental and social responsibility in its categories. If You Care analyzes the entire life cycle chain in developing products, from raw materials sourcing, to production process, to packaging, to disposal. Every step is considered in assessing environmental and social impacts. If You Care is committed to ethical sourcing. If You Care bases its environmental claims on the best available science, and in accord with national and international standards and regulations. If You Care backs its environmental claims with third party verification and certification by the leading national and international certifying bodies.



"Our Certifications - If You Care." If You Care, https://buyifyoucare.com/pages/our-certifications. Accessed 5 Nov. 2021.



-Est. 1971-

Raffles | Festivities | Giveaways NOV. 17, 2021 | 6:30 PM JOIN US IN ZOOM LAND!

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IF YOU NEED TECHNICAL ASSISTANCE PLEASE EMAIL US AT OUTREACH@COOSHEADFOODCOOP.ORG

#### WE LOOK FORWARD TO SEEING YOU THERE!





IF YOU NEED TECHNICAL ASSISTANCE PLEASE CALL THE CO-OP AND ASK FOR JAMAR!

Topic: Coos Head Food Co-op Annual Meeting Time: Nov 17, 2021 06:30 PM Pacific Time (US and Canada)

> JOIN ZOOM MEETING

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### DR. DON'S POLENTA ITALO-MEXICAN PIE

Polenta is based on corn. Corn is a major food source in nearly all of central America from Mexico to Columbia. However, if eaten by itself corn can cause Pellagra. Pellagra is a major disease factor resulting from deficiency of Vitamin B3 (niacin). Corn lacks the essential amino acid Tryptophan. This amino acid is one of nine that humans must eat to build protein. Without Tryptophan the body can not make B3 (niacin) resulting in the four D's of Pellagra, ie, diarrhea, dermatitis, dementia and possibly death. This can easily be overcome when beans are combined with corn. This explains a lot about much of the native Central and South American cuisines. Many of the native cuisines of the world show this time tested knowledge of nutrition by trial and probably error. The recipe below contains lots of protein in other ways to compensate for leaving out the beans. Its variety of items make for a very nutritious and tasty result. This is my variation culled from friends and books and personal tastes (e.g. adding walnuts which btw help lower blood pressure, good for arteries and adds protein and a tasty crunch. Also I add an egg to the topping for cohesiveness and cheese for taste. But egg and cheese can be left out or the cheese can be switched for almond or others to become vegan. Note: some cheese alternatives contain cassein, a milk protein. Read labels if have allergies, etc.,.

The Polenta pie starts with a baked polenta base: NOTE I use and recommend all Organic ingredients when available.

Prepare an 8x9 inch (or there about) casserole or baking dish by spreading a little olive oil along the bottoms and sides. Pre-heat oven to 350 degrees.

In a 2 quart pot slowly bring 3 cups Almond milk (or water or milk whatever meets you needs or desire) to a simmer. As an option, I add 1 Tablespoon butter, chopped garlic or garlic powder a bit of hot pepper powder and ½ tsp sage (good for hint of flavor and your memory). Some folks add some grated parme-san cheese for more taste.

Slowly add 1 cup of polenta (corn flour is too refined and the polenta taste makes the dish). Stir with a wooden spoon continuously to keep polenta from clumping or lumping. When the spoon can stand on its own in the mix, it is ready to pour into the casserole dish.

Add to the baking dish, raise heat to 375 and bake for 10 to 15 minutes, ie. until solid and little tanning on top wave or sides. Don't over bake because this will go back in oven again.

#### Topping

I make this in one big mixing bowl then divide in two parts. (I eat cheese and my wife Amy doesn't.) Use a large stainless steel or pottery bowl mix chopped small onion, chopped garlic, a tsp of oregano, hot pepper powder to tolerance or taste, 1 tsp salt, a cup of chopped walnuts, 25 ounce jar of tomato sauce, Add a raw egg and mix. If sharing with non dairy person, separate into two bowls. Add grated mozzarella or cheese of choice to one bowl and non dairy cheese to the other. Mix each bowl.

Add the topping to the partially baked polenta. If two different variations add one to each side and over one decorate with basil or oregano leaf to note which is milk cheese or not.

Bake for about 15 minutes at 375 degrees. When sufficiently solid and non-liquidy, remove and let cool on trivet or cooling rack. Serve as is or note below.

A few years ago, I could eat ¼ of the total. Now days I divide into six parts. One third is plenty. For extra treat or on reheating, I place the polenta pie on greens and top with tomato sauce or salsa.

#### OREGON AGRICULTURE CAN BE PART OF THE SOLUTION TO A CHANGING CLIMATE



Farmers and ranchers are some of Oregon's most important land stewards, with an important role to play in solutions to our changing climate. From coastal dairy operators to eastern wheat farmers, from Hood River's Fruit Loop orchards to nurseries and diverse vegetable farms throughout the state—all of Oregon's farms and ranches can implement management practices that keep more carbon in the soil, reduce greenhouse gas emissions, and work for a farmer's bottom line. These actions will help provide a clear pathway for a future in Oregon with clean air, clean water, native pollinator habitat and communities resilient to a changing climate.

#### What is farming for climate resiliency? Farming for climate resiliency is not a single practice or rigid methodology. It is a holistic farming and ranching approach that includes a diverse set of management practices. Each farm and ranch, with its own unique geography, conditions, and management needs can find solutions that work for their farm. These

practices not only build healthier soils, they improve water retention and filtration on farms, sequester carbon and better adapt to a fast-changing climate.

# One holistic approach to farming for climate resiliency is to focus on the principles of soil health:

- Keep the soil covered
- Minimize soil disturbance and inputs
  - Maximize biodiversity
  - Maintain living roots
    - Integrate animals

"Resilient Farming in a Changing Climate - Our Family Farms." *Our Family Farms*, https://www.ourfamilyfarms.org/resilient\_farming. Accessed 5 Nov. 2021.

#### FRUIT SCRAP VINEGAR

If you harvest your own fruit-any kind of fruit-you know how many leftover skins, seeds, pits, cooked stuff, raw stuff, and all kinds of other things are leftover from processing. So much scrap, from so much good fruit. If you're anything like me, you may have wondered if there's anything you can do with it. There is: fruit scrap vinegar.



Fermentation time 60 d

#### Fruit Scrap Vinegar

Simple, classic homemade vinegar made from fruit scraps



Prep Time 5 mins

Course: Condiment Keyword: Fermentation, Vinegar

#### Ingredients

- 1 cup sugar
- · 2 Ib fruit scrap from juicing, etc skins, seeds, etc
- · 2 Tablespoons living vinegar such as apple cider, or vinegar from a previous batch
- 2 qts water

#### Instructions

- Mix all ingredients and put into a container, such as a plastic food tub, gallon water jug, bucket, etc.
- Cover the lid with cheesecloth, secure with twine or a rubber band, and leave out at room temperature.
- 3. After 1 month, strain out the solids, then pour the mixture into a half-gallon mason jar. Cover with cheesecloth and continue fermenting for another month or so, until the vinegar is good and strong. When it tastes sour like regular vinegar, screw a lid on the jar and store.







CASA OF COOS AND CURRY COUNTIES OREGON COAST COMMUNITY ACTION

### ROUND UP FOR CHANGE NOVEMBER RECIPIENT IS CASA OF COOS & CURRY COUNTY

CASA OF COOS AND CURRY COUNTIES IS ONE OF THE MANY WONDERFUL PROGRAMS OF OREGON COAST COMMUNITY ACTION.

CASA OF COOS AND CURRY COUNTIES' MISSION IS TO RECRUIT, TRAIN, AND SUPPORT VOLUNTEERS TO ADVOCATE FOR THE BEST INTERESTS OF ABUSED AND NEGLECTED CHILDREN.

TODAY THERE ARE CLOSE TO 175 CHILDREN IN FOSTER CARE IN COOS AND CURRY COUNTIES.

WE CURRENTLY HAVE 44 CASA VOLUNTEERS WHO ARE SERVING 70 CHILDREN. WE NEED AT LEAST TWICE THAT NUMBER OF VOLUNTEERS!





Our CA

WHEN MAKING A PURCHASE PLEASE CONSIDER ROUNDING UP WHEN VISITING YOUR LOCAL COOS HEAD FOOD CO-OP.

### What does a CASA do?

#### Follow a CASA volunteer's journey to help a child reach permanency:



Court Appointed Special Advocates

FOR CHILDREN

WWW.ORCCA.US/CASA

### WHAT ARE OTHER COMMUNITIES DOING?



Like most good things, it started with a bottle of wine. As seniors at Tulane University, we were disappointed and frustrated with New Orleans' lack of glass recycling. One night, over a bottle of wine that we knew would end up at the dump unless we did something about it, we hatched a plan to combat this problem. Specifically, we wanted a system that was transparent, accessible, and most importantly,

actually recycled glass into something functional. Instead of trying to take on the ultimately unrealistic task of reforming the current system, we decided to look at the glass half full by implementing our own grassroots glass recycling program.

Fighting our coastal erosion crisis

Our ultimate goal is to use our recycled sand to begin restoring Louisiana's fragile shoreline. Louisiana has lost a quarter of its wetlands since the 1930s as a result of flood control structures designed to protect communities and businesses from flooding. However, this has prevented the deposition of sediment into barrier islands and wetland areas by the Mississippi River's spring floods, a natural process critical to the preservation of coastal areas.

Consequently, land is disappearing much faster than it can regenerate.

Sand is a crucial tool for rebuilding the barrier islands and sandbars that protect our coast from tropical storms and hurricanes. Returning sediment to wetlands combats erosion and promotes the return of native foliage and wildlife, which will ultimately strengthen Louisiana's economy and preserve our food supply. Dunes, beaches, and even the rapidly eroding Gulf seafloor can also benefit from sand deposition.





Persimmons are a tree fruit related to the date plum, the black sapote, and the mabolo. Most cultivated persimmons are variants of the species Diospyros kaki (sometimes called Oriental persimmons, Japanese persimmons, or kaki), which is native to China and is found in Japan, Myanmar, the Himalayas, and parts of northern India. There's also a second, related species of persimmon, Diospyros virginiana, which is native to the Eastern US but produces much smaller fruit than the Asian persimmon.





#### November Outdoor South Slough Reserve Programs Calendar



**Birding at the Millicoma Marsh Trail—Wed., November 3rd (10 a.m. to 12 noon)** The public is invited to enjoy great views of the bay and one of the best birding spots in Coos County. Interpreter and binoculars provided. Attendees are encouraged to dress for the weather. Registered participants will meet in the parking lot directly behind Millicoma Middle School on 4th Ave, Coos Bay. The event is free; however, registration is required, and the event is limited to ten participants. Go to: <u>https://www.oregon.gov/</u>

dsl/SS/Pages/CommunityClassReg.aspx

**Estuary Paddle Trip-Sat., November 6**<sup>th</sup> (12-3:30 p.m.) & Wed., November 24<sup>th</sup> (12-3:30 p.m.) Experience the rich cultural and natural history of the South Slough on a trail that flows with the tide. During the two mile paddle, experienced guides will show you areas of the Reserve rarely seen by visitors. Bring your own kayak or canoe or rent one of our sit-on-top kayaks. Feet and legs may get wet and muddy at launch points. Meet at the South Slough Visitors Center located five miles south of Charleston on 7-Devils Road. The paddle trip is FREE however kayak rentals are \$20 each (total of four available). The event is free; however, registration is required, and the event is limited to ten participants. Go to: <a href="https://www.oregon.gov/dsl/SS/Pages/CommunityClassReg.aspx">https://www.oregon.gov/dsl/SS/Pages/CommunityClassReg.aspx</a>

Introduction to Crabbing—Wed., November 10th (10 to 11 a.m.) & Sat., November 20<sup>th</sup> (11 a.m.-12:30 p.m.) Visitors are invited to learn about the amazing life cycle of crabs, their importance to the local economy and discover the various techniques for capturing this delectable Crustacean. Attendees are encouraged to dress for the weather. Registered participants will meet at the Charleston Visitors Center. The event is free; however, registration is required, and the event is limited to ten participants. Go to: <u>https://www.oregon.gov/dsl/SS/Pages/CommunityClassReg.aspx</u>. Dress for the weather and meet at the Charleston Visitors Center, 91141 Cape Arago Hwy, Coos Bay, OR 97420.

#### Nature Hike—Sat., November 13th (12 to 3 p.m.)

A guided walk in the woods will help reveal the flora and fauna on some of South Slough's most popular trails. The trail itself is a twomile loop that is well-maintained and relatively level. Attendees are encouraged to dress

for the weather, wear sturdy shoes, and bring plenty of snacks. The event is free; however,

registration is required, and the event is limited to ten participants. Go to: <u>https://www.oregon.gov/dsl/SS/Pages/CommunityClassReg.aspx</u>

# C<sup>2</sup>

#### Birding in Charleston—Wednesday, November 17th (10 to 11:30 a.m.)

Adventurous bird enthusiasts can explore the shores of Charleston in search of winged wildlife. Interpreter and binoculars provided. Attendees are encouraged to dress for the weather. Registered participants will meet at the Charleston Visitors Center. The event is free; however, registration is required, and the event is limited to ten participants. Go to: <u>https://www.oregon.gov/dsl/SS/Pages/CommunityClassReg.aspx</u>



Those interested in learning about future activities can sign up for <u>South Slough Reserve's</u> <u>newsletter</u> or visit <u>www.southsloughestuary.org</u>.

SOUTH SLOUGH NATIONAL ESTUARINE RESEARCH RESERVE 61907 SEVEN DEVILS ROAD, CHARLESTON, OR 97420 | 541-888-5558

### FAIRTRADE & CLIMATE CHANGE

Climate change poses a serious threat to agricultural production and to many farmers growing the crops that Fairtrade certifies. Fairtrade International commissioned a study to understand the potential climate change impacts on the production and producers of major Fairtrade crops. The study includes the regions and Fairtrade commodities likely to be most impacted by climate change, and the specific impacts they will experience.

The researchers, from Vrije University Amsterdam and Bern University of Applied Sciences, used three indicators of climate change impact: warm spell duration index (heatwave, heat stress risk), consecutive dry days (drought risk) and heavy precipitation days (water damage, erosion, pest risk). They also looked at tropical cyclones and depleted water basins. The researchers used a moderate (low-emissions) and an extreme (high-emissions) scenario to calculate a lower and upper range of potential climate impacts for each crop.

Severe climate change impacts will affect most producers of Fairtrade crops. The greatest change is increased 'warm-spells'.

#### **Key Findings**:

Banana

- · More cyclones in the moderate scenario by the end of the century
- More extreme temperatures in the high-emissions scenario
- Producers in the Caribbean and Central America will be most affected by dry days *Cocoa*
- More heatwaves and more days without rainfall in all producing areas

• Considerable increases in days with extreme rainfall in the South America, West Africa and Central and East Africa Sugarcane

• More heat and drought globally

Coffee

• More extreme temperatures and more days without rainfall

• Producers in Central and East Africa, South and South East Asia, Caribbean and Central America and South America will be most affected

Tea

- · Heat stress in Asia and Africa
- Heat stress and less rain, severely affecting producers in India, Malawi and Tanzania Cotton
- Increased heat and drought
- · Production already takes place in areas where water is scarce today

#### How we're responding

Fairtrade welcomes this report as a resource for farmers, commercial partners along value chains, and all stakeholders to implement adaptation measures and contribute to farmer resilience.

The results are alarming and highlight that the threat to the future of many supply chains and farmer livelihoods is very real. Combining the understanding of crop- and location-specific climate change impacts with an understanding of producer perspectives, is key to designing successful context-specific approached with farmers. All of these steps will require large investments, and it would not be fair to expect farmers, who contributed least to climate change, to carry the costs alone. Fairtrade is calling on all stakeholders, including commercial partners in the value chains to join forces and support farmers they work with by contributing to solutions to increase farmer resilience and support producers to implement adaptation measures.

We have in recent years strengthened the Fairtrade Standards requirements and increased the programmatic focus on environmental issues and climate change. Yet, the magnitude of the problem calls for more and wider partner-ships to support farmers to jointly face the massive climate change challenges ahead.



### FOOD FOR THOUGHT: TURTLE ISLAND & MAIZE

#### BY: DENISE EHRENDREICH

The people of Turtle Island learned how to grow, cultivate, harvest and preserve their favorite food staple which was called Maize (formally: Zea Mays). Maize is the early ancestor of our present day Corn. Maize of many different strains grew over most of Turtle Island. It was very adaptable to the many different microclimates on Turtle Island. Maize helped sustain the people for a long time.

#### **INVASIVE SPECIES**

In 1492, Columbus sailed the ocean blue. Europeans began coming to Turtle Island to live for many different reasons. Some sought religious freedom, others came for adventure, others for riches. The native people of Turtle Island began to lose their lands and lives because of the newcomers' need for and confiscation of it. The new people had their own versions of how the Earth began and who was right and who was wrong and who could live where and do what.

Rye and wheat were the traditional food staples of these newcomers. It was thought that rye was for civilized people and maize was for the savages. Native crops of Maize were destroyed to make way for rye and wheat. These new grains, though, proved not to be as adaptable as Maize. These new grains often failed and many newcomers died of starvation.

#### ERGOT

From 1607 when Jamestown, VA became the first English settlement on Turtle Island to the Salem, MA Witch Hunts of 1691-1692, Rye was stubbornly re-planted and relied upon to make bread. In December of 1691, Salem was a community of Puritans who sought to escape religious persecution in this new land. Salem was surrounded by marshy conditions and that's where the Rye grew. That year the environment was chronically warm and damp during the Rye growing and harvesting season.

Unbeknownst to the Puritans, these conditions were ideal for the growth of a poisonous fungal infection called Ergot. This disease grows best on Rye and contains a source of lysergic acid diethylamide (LSD). If it doesn't kill a person or animal outright, the victim will experience wild hallucinations, muscle spasms, twitching, fits of crazy talk, choking, vomiting and skin crawling. Since the whole community ate the same thing, mass hysteria took place. Charismatic leaders were also infected worsening the problem. The Puritans at that time strongly believed in moral extremes and interpreted these behaviors as bewitchment and the work of the Devil. There was already a preoccupation with the dangerous and evil forces of the universe. Being always on guard against angry natives and dealing with oppressive governmental forces and the supernatural fickleness of their food supplies caused the community to truly feel besieged by forces out of their control. All this led to the horrific Witch Hunts and Trials of that awful year. It wasn't until the climate changed enough with the new harvest of Rye that Ergot vanished and the people came back to their senses.

Learning that plants and people grow best when adapted to their environment was a hard lesson for early Americans. Maize had been grown over centuries by selective breeding of strains and it was a successful foodstuff for a whole country. Until it wasn't.

#### CORN AND AMERICA

There is now more Corn growing on Earth's surface than any other domesticated species, including humans. The natives of Turtle Island who survived on Maize would not recognize the Corn of today. Corn is now a major Genetically Modified Organism (GMO) manipulated by Genetic Engineering (GE) and the business is dominated by just a few companies. This Corn is the keystone of American food supplies and its' material derivatives are in everything from plastics, food waxes, most fast food, supplements, animal feed and a myriad of other products.

With GE, a single gene is removed from the DNA of one organism and forcibly inserted into a different organism. This is not natural. The seeds become sterile. Strange health side affects develop in those who eat and absorb this new Frankenfood.

The single most dominant GMO trait is herbicide tolerance (HT). HT Corn has been engineered to survive an otherwise toxic dose of weed killer. Monsanto's Round-Up Ready Corn can withstand Monsanto's Round-Up Herbicide which is designed to kill all other plant life.

The second GMO trait is a built-in pesticide. The gene from the soil bacterium Bacillus Thuringiensis (Bt) is inserted into Corn's DNA. Pesticidal toxins then grow in every cell and are meant to kill any insect that would dare eat it.

The Indigenous people of North America called their land `Turtle Island'. The oral traditions of many tribes say the Earth was a great island which floats in space and is a place of eternal peace. It was formed when Sky Woman fell out of the sky down to Earth which was covered by the great cloud sea. Various animals tried to swim to the bottom of the ocean to bring back dirt to create land for Sky Woman. It was Muskrat who succeeded in gathering the dirt and who also placed the dirt on the back of Turtle. The dirt began to multiply and the Turtle grew bigger. Sky Woman was now happy. Turtle Island grew and grew until there was land and plenty for everyone.

Corn is also grown now as a Monoculture. It requires a lot of fertilizer because the soil is quickly depleted of nutrients for healthy plant growth. In the old days, crops were rotated to help replenish the Earth. Nowadays Corn agriculture is an industry that relies on synthetic fertilizers. These fertilizers accumulate, sink into the Earth and there they are.

#### THE INSANE ASYLUM

In 1974, GE made huge advances. The Federal Drug Administration (FDA) determined that gene transfers occur naturally in nature and this kind of technology was no different. In 1992, the FDA also decreed that no Federal oversight was required of these GE companies. The FDA said that GMOs are substantially equivalent to conventional foods and that no regulation is needed. These companies could self-regulate with no interference in regard to public safety. There is no official monitoring system in place to this day. No labeling is required. The companies are given free rein and internal studies are kept quiet as proprietary information and new life forms are patented. How can this be good for humans, animals and plants on this Earth?

It has been left up to the curious citizen grassroots movements to discover the real affects of GMOs on a benign population. What changes have taken place in the health of Americans in the last 25+ years?

All these GMO manipulations have not shown to make food more nutritious, only easier to harvest and more prolific and thus more profitable. No GMO crop on the market shows an increased vitamin content. We do see, though, a huge increase in chronic diseases among the American population. Diabetes has increased by at least 767% in the last 25+ years. Adult Onset Diabetes is most commonly associated with food and drink intake plus inactivity.

Obesity now affects at least 35% of our population. Heartburn has increased at least 509%. Cholesterol has increased at least 145%. Anxiety disorders have increased at least 134%. Heart disease and chest pains have increased by at least 124%. Arthritis has increased by at least 119%. Asthma has increased greatly in young children.

Biodiversity on the Earth has diminished in the last 25+ years, while the extinction of many species has happened.

Crazy behavior has also been on the rise in America in the last 25+ years. School shootings, revenge gun violence, depression and despair prevailing in many people, antagonism towards political systems, conspiracy thinking leading to moral superiority, wild drug reactions and a tendency to view life as a struggle between good and evil sure sounds like history is repeating itself. It seems that Americans in 2021 are unwittingly on a parallel track with the Salem, MA people of the 1690's.

Like the Puritans of Salem, our food is tainted, our minds are stressed and our bodies have been adulterated by a foreign substance that affects our well-being as humans. Since there is no mandate to do research on the ecological responses to GMOs, the contamination of crops and the destruction of ecosystems and wildlife, how can we not think that humans have been affected adversely? Where is the watchdog of our health? Is there a Catcher in the Rye?

#### COOS HEAD FOOD CO-OP

Health Food Stores like Coos Head Food Co-op (CHFC) are among the last islands of sensibility left to protect humans from themselves. The decision to unleash GMOs on the American public has not gone unnoticed. CHFC was established 50+ years ago with the mission to supply healthy foods and informed intelligence to our Members and the public. We believe people should be alerted and educated about participating in experiments that affect our health and the life of our planet and have the right to either consent or refuse to be a Guinea Pig in a long term diabolical scheme. Eat well, question reality and understand your surroundings. You are not alone in this. Let us be there for each other as needed. Let's keep it real.



# PLASTIC ROUND UP

≽3rd Fridays of Each Month

### Collecting #2's,#4's & #5's Clean Plastics

s

### Est. 1971 AVIL BECLOSED THANKSGIVING & NOVEMBER 26TH

**COOSHEAD** 

# "Once upon a time all food was organic."