



Cornucopia

Network of New Jersey, Inc.

April 2012

Four Organic Vegetable Gardens Open April 14

by Pat Kenschaft

Four organic gardeners will open their gardens on Saturday April 14th, from 9:00 – 11:00 AM. You can visit one or all. As always, the tour is free and open to the public, but donations to the Cornucopia Network of NJ, the sponsor of the tour, are accepted gratefully.

Grace Grund, 3 Dodd Street, Montclair, has four children, two dogs, and a dozen egg-laying chickens. She runs *Terra at the Isabel Rose Cafe* in the Montclair Public Library. The “girls” (hens) eat all the organic scraps from home as well as from *Terra’s* kitchen. Anything the chickens don’t eat is composted, resulting in very little garbage. She is starting her summer raised-bed vegetable garden.

Necole Fabris, 8 Prospect Place, West Orange, composts, uses leaves and grass clippings as ground

cover, and uses natural pest control in her garden that provides much of her family’s produce in the summer. She has had a rain barrel for several years. “From Montclair, take Harrison Avenue to the West Orange end (Main Street). Left on Main Street. Follow Main Street to the next light. Go through the light and bear right to stay on Main Street. Make an immediate right on Prospect Place. We are the second house on the left. We have dogs who are all bark, but that bark is loud.”



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Above: Pat Kenschaft’s Lenten Rose was blooming weeks early this year: this photo was taken Feb. 2nd! Come see what the warm weather has growing her garden. photo by Tracey Hill-Bensalem

Left: The early Spring vegetables have begun to emerge in José German’s garden. What will you see growing at the four Open Gardens? photo by José German

Raising Seedlings

by Pat Kenschaft

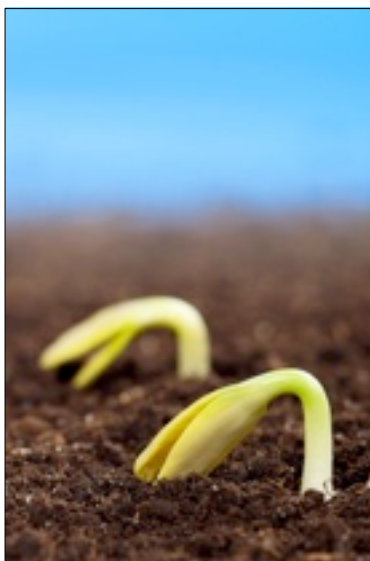
Watching seedlings germinate and sprout at my window is amazingly exciting. I can't believe the thrill I get as they grow.

I scatter some seeds in a black plastic container filled with moist potting soil, either commercial or homemade. (See below.) Then I rub them in with my index finger. I keep the soil moist with bottom watering – the container is in a larger container in which there is always water. This is safer for the seedlings than watering them from the top.

When the seedlings are about a quarter inch high, I separate them from their siblings and put each in a separate segment of a container.

It is possible to start tomato seeds in January to put out later in Wall-O-Waters. More commonly, I start them in February, along with celery, Malabar Spinach, Basil Nufar (from *Johnny's*; it has good wilt resistance and huge leaves), Gigante d'Italia Parsley, Champion Collards, Winterbor Kale, and Bonanza Hybrid Broccoli (from *Burpees*). These last five have performed better than others of their species.

In March I start peppers, eggplant, cucumbers, and squash. April is not too late. When seedlings are significantly taller than the container they are in, it's time to transplant them to a larger container. This can use a good deal of soil if you have as many seedlings as I do.



© Can Stock Photo Inc. / Ifotostok_pdv

So I “make” my own soil. To do so, I fill one large commercial lasagna pan with good garden soil and another with compost. Then some time when we are going out, I bake them for a couple of hours at somewhat over 200 degrees. If I don't do this, little things crawl out of the soil or compost that I would prefer not to have in my house. I try to clean the soil and compost as much as I can before bringing them into the house, but it's usually a project to paw through them after they are baked and dry (wearing gardening gloves, of course) to take out sticks, weeds and pebbles.

After the soil and compost are sterilized and sifted, I mix them together with roughly equal quantities of sand and vermiculite. This mix seems to nurture seedlings just fine, and is much cheaper than commercial potting soil. Trusted friends recommend “Dr. Earth” compost as a relatively clean commercial product.

When do the seedlings go outside and become growing plants? The traditional “frost-free” date for tomatoes, peppers, eggplant, squash, and cucumbers is May 15, but it's been many years since we have had a frost after mid-April. Greens are happy down to twenty degrees, and so may go out much sooner.

To receive my gardening/environmental emails, email me at kenschaft@pegasus.montclair.edu. 🐝

Helping Our Helpers

by Nancy Taiani

You cultivated your garden, enrich your soil with compost, and carefully plant seeds and seedlings. But all your work would never yield fruit, vegetables or flowers without the help of our partners — pollinators like hummingbirds, bees and butterflies. And, according to Pesticide Action Network, honeybees are in trouble; they need our help. Bees have been dying and colonies collapsing at alarming rates since the mid-1990s.

Pesticide Action Network says that this Colony Collapse Disorder, or CCD, can

probably be attributed to several interacting factors “including pathogens, loss of habitat and increased exposure to systemic and other pesticides.”¹ It is imperative that we try to reduce CCD — our own food

production depends on it. By helping the bees and other pollinators we will be helping our



© Can Stock Photo Inc. / machesini62

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Bees... *cont. from page 2*

own gardens. You can pledge to protect honeybees and other pollinators at www.honeybeehaven.org/content/take-pledge.

If you are interested in certifying your backyard as a wildlife habitat, or have already done so, you will also be helping the bees.

Regarding pesticides, Pesticide Action Network warns, "Certain pesticides, including neonicotinoids, are highly toxic to honey bees in particular." They advise organic gardening and controlling pests with biocontrols like ladybugs and natural remedies.¹ 🐝



1. Pesticide Action Network, "Honeybees Need Your Help," Honey Haven, www.honeybeehaven.org/content/take-pledge

2. National Wildlife Federation, "Garden for Wildlife," www.nwf.org/Get-Outside/Outdoor-Activities/Garden-for-Wildlife/Certify-Your-Wildlife-Garden.aspx?campaignid=WH12L1CSWWX\STMem

To Certify a Wildlife Habitat with National Wildlife Federation you need:	To Protect Honeybees you need:
Food sources like native plants, seeds, nuts, berries and nectars	A variety of food—clusters of plants with staggered blooming times are best. Don't those make for the prettiest gardens?
A source of clean water	A source of clean water
Shelter—a thicket, vegetation, rock pile, birdhouse	Shelter—an untilled area and some dead trees or plants for wild bees to nest
To practice sustainable gardening techniques such as eliminating pesticides, conserving water and planting native species. ²	Protection from pesticides

No Agent Orange Corn!

Tell the USDA Not to Approve New 2,4-D-Resistant GMO Crops

from Organic Consumers Association

The U.S. Dept. of Agriculture is [ready to approve](#) new corn variety that is genetically modified by Dow Chemical to be resistant to the herbicide 2,4-D. This dangerous chemical was a major component of the herbicidal warfare program in Vietnam under the now infamous name of Agent Orange.

There is a [large body of evidence](#) indicating major health problems resulting from exposure to 2,4-D that include cancer, reproductive problems, neurotoxicity, and immunosuppression.

The first round of "RoundUp Ready" herbicide resistant crops only helped to breed super-weeds that are a nightmare to farmers. Urge President Obama and USDA Sec. Vilsack to protect America's farmers and our unborn children. Please take action at the link below!

The comment period has been extended to April 27, 2012. 🐝

www.organicconsumers.org/articles/article_24592.cfm



The FOOD ISSUES Pages

Occupy Our Food Supply

On Feb. 27, Rainforest Action sponsored "Occupy Our Food Supply" to "bring together the Occupy, sustainable farming, food justice, and environmental movements for a global day of action. Thousands of activists, writers, and food advocates – including Vandana Shiva, Willie Nelson, Anna and Frances Moore Lappé, Michael Pollan and Raj Patel – joined together to creatively resist corporate control of our food supply and take action to build healthy, accessible food systems for all." 🐝



Learn more: www.ran.org/occupy-our-food-supply

Judge Sides With Monsanto: Ridicules Farmers' Right to Grow Food Without Fear, Contamination and Economic Harm

from OSGATA.org

On February 24 [2012], Judge Naomi Buchwald handed down her ruling on a motion to dismiss in the case of *Organic Seed Growers and Trade Assn et al v. Monsanto* after hearing oral argument on January 31st in Federal District Court in Manhattan. Her ruling to



dismiss the case brought against Monsanto on behalf of organic farmers, seed growers and agricultural organizations representing farmers and citizens was met with great disappointment by the plaintiffs.

Plaintiff lead attorney Daniel

Ravicher said, "While I have great respect for Judge Buchwald, her decision to deny farmers the right to seek legal protection from one of the world's foremost patent bullies is gravely disappointing. Her belief that farmers are acting unreasonable when they stop growing certain crops to avoid being sued by Monsanto for patent infringement should their crops become contaminated maligns the intelligence and integrity of those farmers. Her failure to address the purpose of the Declaratory Judgment Act and her characterization of binding Supreme Court precedent that supports the farmers' standing as 'wholly inapposite' constitute legal error. In sum, her opinion is flawed on both the facts and the law. Thankfully, the plaintiffs have the right to appeal to the Court of Appeals, which will review the matter without deference to her findings."

Monsanto's history of aggressive investigations and lawsuits brought against farmers in America have been a source of concern for organic and non-GMO farmers since Monsanto's first lawsuit brought against a farmer in the mid-90's. Since then, 144 farmers have had lawsuits brought against them by Monsanto for

The **FOOD ISSUES** Pages

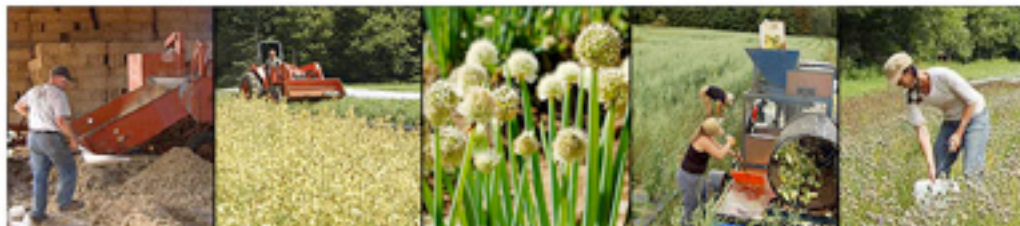
Family farmers need the protection of the court. We reject as naïve and undefendable the judge's assertion that Monsanto's vague public relations 'commitment' should be 'a source of comfort' to plaintiffs. The truth is we are under threat and we do not believe Monsanto. The truth is that American farmers and the American people do not believe Monsanto. Family farmers deserve our day in court and this flawed ruling will not deter us from continuing to seek justice.

—organic farmer and OSGATA President, Jim Gerritsen

alleged violations of their patented seed technology. Monsanto has brought charges against more than 700 additional farmers who have settled out-of-court rather than face Monsanto's belligerent litigious actions. Many of these farmers claim to not have had the intention to grow or save seeds that contain Monsanto's patented genes. Seed drift and pollen drift from genetically engineered crops often contaminate neighboring fields. If Monsanto's seed technology is found on a farmer's land without contract they can be found liable for patent infringement.

"Family farmers need the protection of the court," said Maine organic seed farmer Jim Gerritsen, President of lead plaintiff OSGATA. "We reject as naïve and undefendable the judge's assertion that Monsanto's vague public relations 'commitment' should be 'a source of comfort' to plaintiffs. The truth is we are under threat and we do not believe

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Monsanto. The truth is that American farmers and the American people do not believe Monsanto. Family farmers deserve our day in court and this flawed ruling will not deter us from continuing to seek justice."

The plaintiffs brought this suit against Monsanto to seek judicial protection from such lawsuits and challenge the validity of Monsanto's patents on seeds.

"As a citizen and property owner, I find the Order by the Federal Court to be obsequious to Monsanto," said plaintiff organic farmer Bryce Stephens of Kansas. "The careless, inattentive, thoughtless and negligent advertisement Monsanto has published on their website to not exercise its patent rights for inadvertent trace contamination belies the fact that their policy is in reality a presumptuous admission of contamination by their vaunted product on my property, plants, seeds and animals."

"Seeds are the memory of life," said Isaura Anduluz of plaintiff Cuatro Puertas and the Arid Crop Seed Cache in New Mexico. "If planted and saved annually, cross pollination ensures the seeds continue to adapt. In the

Southwest, selection over many, many generations has resulted in native drought tolerant corn. Now that a patented drought tolerant corn has been released, how do we protect our seeds from contamination and our right to farm?"

The case, *Organic Seed Growers & Trade Association, et al. v. Monsanto*, was filed in federal district court in Manhattan on March 29, 2011, on behalf of 60 family farmers, seed businesses and organic agricultural organizations, challenging Monsanto's patents on genetically modified seed. On June 1, 2011, we amplified our OSGATA v. Monsanto complaint by bringing on an additional 23 Plaintiffs to bring the total to 83. Our plaintiff group now represents over 300,000 members. 🐾

Ed Note: reprinted with permission from OSGATA.org. Please see their website to follow this issue and learn more

"Today is Independence Day for America. Today we are seeking protection from the Court and putting Monsanto on notice. Monsanto's threats and abuse of family farmers stops here. Monsanto's genetic contamination of organic seed and organic crops ends now. Americans have the right to choice in the marketplace – to decide what kind of food they will feed their families – and we are taking this action on their behalf to protect that right to choose. Organic farmers have the right to raise our organic crops for our families and our customers on our farms without the threat of invasion by Monsanto's genetic contamination and without harassment by a reckless polluter. Beginning today, America asserts her right to justice and pure food."

—Jim Gerritsen, President of OSGATA

Methyl iodide is off the market!

from Pesticide Action Network

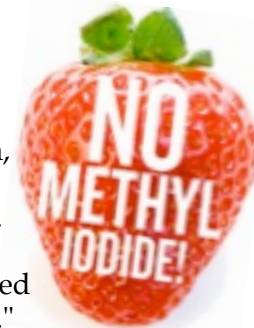
It's time to celebrate! After years of promoting their controversial pesticide in the face of scientific and public opposition, Arysta LifeScience has **pulled cancer-causing methyl iodide** off the U.S. market.

The Mar. 20th announcement ends use in this country of what scientists have called "one of the **most toxic chemicals on earth.**"

Arysta's decision comes on the heels of six years of scientist opposition, and **deep public concern** over the undue influence of the pesticide industry on government. This, together with leadership from **farmworkers, rural high school students, mothers, farmers** and so many others, made this happen.

But it was **loud and persistent public concern** across the country — and especially in California — that finally led Arysta to pull their dangerous product. Now the state has opted, instead, to **invest in much safer alternatives.**

Our work together turns next to **standing alongside farmers** in their transition off all **fumigant pesticides**. Bring on the berries! 🐾



www.panna.org/blog/huge-win-arysta-pulls-methyl-iodide-nationwide

Kickstarting HOPE to heal the world! or HOPE for anyone dealing with anything at anytime!

by Una McGurk

Cornucopia board members, Trina Paulus and Una McGurk, are co-creators of an adventurous fundraising initiative. Known for their Monarch butterfly raising efforts, they are presently enthusiastically focused on creating a quality pilot of the bestselling book, *Hope for the Flowers* via Kickstarter.com.

With its 40th Anniversary coming up in September, Trina Paulus's book *Hope For The Flowers* is "risking for the butterfly" which in this case means raising money to transform the classic story into an animated film. Since *Hope for the Flowers* won the Christopher Award for most inspiring book of 1972, Trina has received dozens of movie offers. But she has always imagined a movie made in a different way from the usual top-down Hollywood approach.

Una explains, "The messages in this parable are as timely and poignant today as when first published. The heroes, Stripe and Yellow, are caterpillars searching for the meaning of life. It is a call to personal transformation that continues to inspire. Looking deceptively like a children's book it's a story for everyone which seems to appeal across every imaginable boundary. Some have even said it should be issued to at birth as a handbook for life." She adds, "Kickstarter offers a way to finally fulfill Trina's long held dream — *Hope's* fans becoming *Hope's* producers! It takes a lot of butterflies to make a world full of flowers. It takes a lot of people to make a movie — especially doing it from the grassroots up!"

On Valentine's Day 2011, the ever-growing *Hope* team, launched *Hope's* 60-day campaign. Kickstarter is a "crowd-funding" platform for creative projects.

On Kickstarter, anyone may become part of the "creative process" of any project they choose by



pledging an amount of money from \$1 to \$10,000 and choosing to receive one of the rewards offered by the project creator or "no reward at all" (which has been *Hope's* most popular reward thus far!). In Kickstarter lingo, pledging a project makes you a "Backer" and once you become a "Backer" of a project you become part of the team and the creative process from start to finish.

The way Kickstarter works is you can pledge only with a credit card (pledges are processed via Amazon). You will ONLY be charged IF the project you "back" reaches its goal by its deadline. If a project doesn't reach its goal by its deadline then your card is NEVER charged.

The *Hope for the Flowers* Kickstarter goal is \$150,000 by April 14th, 2012 at 6pm. You can help

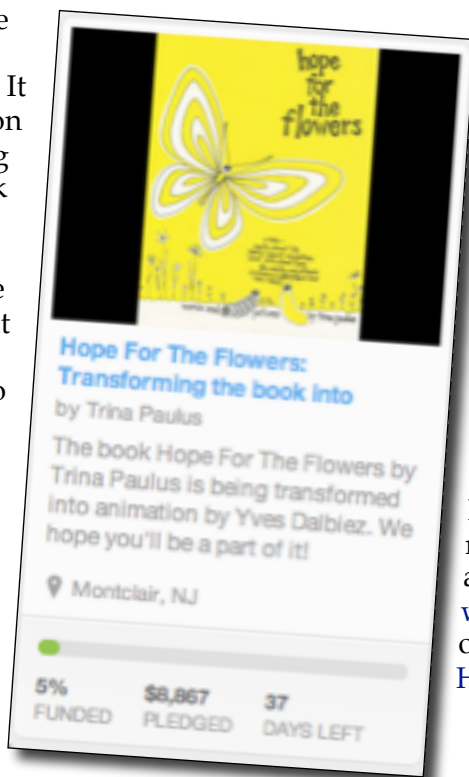
Hope happen by becoming a part of the project as a "Backer" and helping to spread the word throughout your social networks. The *Hope* team

is attempting to reach the 3 million plus people who have loved and been inspired by the book over the last 40 years, as well as find new supporters in the process.

The goal is to create a community of producers to shepherd the new animated version of *Hope for the Flowers* into the world in order to spread its message further than the book has been able to on its own!

You are invited to become a "Backer" of the project and join the *Hope* team so that you can share in this adventurous journey from beginning to end! Check out the *Hope for the Flowers* Animation Kickstarter project at this link: <http://kck.st/xYWlvU> or visit www.kickstarter.com and enter "Hope" in the search bar where you can click on the yellow butterfly to learn more. It's an exciting process with suspense and new people and comments daily. Learn more about *Hope for the Flowers* at: www.hopefortheflowers.org or "like" *Hope* on facebook at: www.facebook.com/Hope4theFlowers. 🦋

"Without butterflies, the world would soon have few flowers."



My Yard. Your Yard. Our Community

by Suzanne Aptman and Chrissie Hines,
Northern NJ Safe Yards Alliance

To keep lawns looking pristine, professionals and homeowners have tended to rely on chemical pesticides and fertilizers. But as many of us know, these chemicals are not needed to maintain a green, inviting yard, and they can come at a heavy price to public health, water quality, and the environment. Time is showing that chemical-free lawn care methods cost less over time, are effective, and, of course, are healthier for both the landscape and humans. If you haven't made the switch, please do educate yourself on the risks, learn about the safer alternatives, and then choose wisely this spring.

You see, many scientific studies link exposure to pesticides with serious health problems, especially for children and pets — serious links to cancer, neurological problems, asthma, and more. Lawn chemicals released into the environment can end up in the water supply (did you know that every body of water tested in NJ by the USGS in 2007 had evidence of pesticide contamination?) and have negative impacts on important eco-systems and wildlife, especially birds, pollinating insects and aquatic life. To maintain lawns, conventional lawn care uses up

large amounts of fossil fuels and water. You can read more about the health and eco-impacts, as well as ways to create a safer yard, on our website safeyardsmontclair.org.

But, the tides ARE turning. Six Canadian provinces have banned the sale of synthetic pesticides. More than 40 New Jersey towns have passed pesticide ban resolutions on public community parks. New Jersey passed the strongest fertilizer law in the nation in 2011. Connecticut and New York have enacted statewide bans on pesticides around schools and New Jersey is considering something similar (Please sign the petition in support of this bill; find it on our website). Organic lawn care services are increasing. Garden centers are stocking up on organic fertilizers. Native plant landscaping and backyard vegetable gardening are becoming trends in New Jersey — thanks in great part to the Cornucopia Network of NJ.

Please help to swell this tide of change. We are happy to send you a list of organic, eco-friendly lawn professionals, ideas and materials to help you bring this message to your neighbors and onto your block. If

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We'd like to hear from you!

CornucopiaNJ@gmail.com to let us know:

- what you care about
- articles you'd like to see or contribute
- if you would prefer to get the newsletter via email

Ed Notes:

- The Newsletter is available online!
www.cornucopianetwork.org
- Pat Kenschaft's blog:
patsorganicgarden.blogspot.com

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Cornucopia Network of New Jersey survives entirely on volunteered time and your donation. Please send your dues (\$15 individual or \$25 family) with your contact information. We welcome volunteer time and donations as well. Thank you!

Name: _____

Address: _____

_____ Telephone: _____

Email: _____

Can we send our Newsletter only by email? Yes No

My Yard. Your Yard... *cont. from page 7*

you live in Montclair, SafeYardsMontclair invites you to join our Pesticide-Free Yard Campaign. Join a network of residents who are posting these beautiful ladybug signs on their front yards to pledge their yards safe for kids to play, pets to sniff, bees to buzz and neighbors to leave their windows open. Wouldn't it be great to have several of these signs posted on every street? There is even a prize for the first block that posts signs in 75% of their lawns. Learn more at SafeYardsMontclair.org.



If you live outside of Montclair, we can get you signs as well. Email Info@NorthernNJSafeYardsAlliance.org.

Please consider this the year that you shift to healthier yard care practices. Every yard CAN make a difference for our community. 🐞

There's always a variety of environmental displays in Pat's front yard at an Open Garden. At left, CNNJ President Fred Chichester helps interested attendees find the information they need.

photo from last September by Geoff Gove



Open Gardens... *cont. from page 1*

Judy Hinds, 156 Rhoda Ave, Nutley. Come check out early start to modified square-foot style organic garden, and her display of soil improvement measures. New this season: second rain barrel. 973-661-0067. j.hinds7@verizon.net.

Pat Kenschaft, 56 Gordonhurst Avenue, Montclair, has raised almost all her family's vegetables year round for decades with no poisons, commercial fertilizers or power machinery. Join her gardening/ environmental email list at kenschaft@pegasus.montclair.edu. There will be a variety of environmental displays in her front yard. 🐞



Web: www.cornucopianetwork.org

Email: CornucopiaNJ@gmail.com

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visit our website:

now, including videos!