

Thirty years on the cutting edge of food issues



# Cornucopia

Network of New Jersey, Inc.

July 2013

## July Garden Tour Features 9 Gardens

by Pat Kenschaft

On the morning of Saturday, July 13, nine organic vegetables gardens will be open to the public, in Montclair and nearby Bloomfield, Nutley and Clifton. All but mine will be open from 9:00 AM to noon. Mine will close at 11:00 AM.

**Florence Rollino** at 45 Wells Ct., Bloomfield, is raising artichokes this year. Florence has a beautifully landscaped property, tucking vegetables in among other fascinating displays. She raises many tomatoes for home-drying as well as for sauce. Take Bellevue Ave. east from Montclair almost to the end at ShopRite. Take the last left, Bellevue Terr., and then the first left onto Wells Court. 45 is the house at the end with solar panels.

**Judy Hinds** at 156 Rhoda Ave., Nutley, has a partly shady, partly square foot-type garden in Nutley. What's coming up? Which tomatoes are doing their best: Valencia, Rutgers, Sweet 'n' Nice – or a volunteer or two?



Pat's garden in a previous July featured arugula, lettuce, eggplant, cucumbers, peppers...what will you see this July? photo by Mary Riesett

**Kathy Sauerborn** at 263 Chittenden Rd., Clifton, has an established garden of herbs and native plants and now raises vegetables by reclaiming the lawn. From Montclair, drive north on Grove St., take the first right after the cemetery and hers is the second house on the right.

**Grace Grund** at 3 Dodd St., Montclair, has four children, two dogs, and a dozen egg-laying chickens. She runs *Terra at the Isabel Rose Café* in the 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. Her summer vegetable garden is in a raised bed.

**Sanchi Tripp** at 8 Waterbury Rd., Montclair, has hens and two honeybee hives. Her seven raised garden beds grow all of the vegetables they eat over the summer and much of what they eat in fall and winter.

**Nick DiMinni** at 11 Bruce Rd. (off Valley Rd.), Montclair, has a European inspired vegetable and herb garden including fig trees and a pergola covered with grape vines. The second half of the yard is a Zen garden. Composting is practiced. The yard is National Wildlife Federation certified, and includes many perennials.

**Lisa Rosen** at 3 Chester Rd., Montclair, has two raised beds, 4'x10' and 6'x10'. She has been gardening for about ten years, and has implemented "square foot gardening" in the larger bed. Expect to see broccoli, tatsoi, beans, cucumbers, tomatoes, lettuces, edamame, squash and more! She also uses a rotating tumbler compost bin.

**Alan Smith** at 148 Forest St., Montclair, offers a self-guided front yard tour of a garden that includes a variety of greens.

My garden (**Pat Kenschaft**) at 56 Gordonhurst Ave., Montclair, is where I raise almost all my family's vegetables year round with no poisons, power machinery or commercial fertilizers. Nobody will be allowed in my back yard after 11:00 AM, so please come by 10:30 for a compete (interesting!) tour. ☺



save the date: next tour Sept. 28

# Essex County 4-H Farm Camps

by Danielle Yatrakis, 4-H Camp Consultant

An Essex County 4-H farm camp is starting at the Montclair Historical Society this June. The Montclair 4-H youth farming initiative began in 2011 at a community garden located on Miller Street. In 2011, youth farmers at the Miller site grew nearly 500 pounds of locally grown produce that was donated to lower income residents of the Montclair community and sold at an affordable farm stand in Montclair. In 2012, the farm program expanded, and a partnership was developed with the Montclair Historical Society. This site houses the program's chicken coop and is the focus of many community programs, including the 2013 4-H farm camp.

The 4-H Youth Farm Camp supports youth development by promoting a positive interest in nature and encouraging an awareness and interest in farming and agriculture. Our mission is to provide the best camp experience for children, along with a beneficial learning experience focused on gardens and nutrition. Camp sessions are designed for three age groups: the young child (ages 1-5); incoming kindergartners through incoming second graders (ages 5-7); and a one-day program for school-aged children (ages 6-13). The drop off camp for 3-5 year olds runs three weeks, beginning the week of June 10th and running through the week of June 24th. The drop off camp for 5-7 and 8-13 year olds runs the last two weeks of August, from the 19th through the 26th. Our campers have an opportunity to get out into the field each day and work in the garden, getting their hands dirty by pitching in with the farm chores and learning a new theme centered around the garden. The camp is designed to explore the farm-to-table connection through discussion, lessons, and experiential, hands-on activities. A variety of creative projects are



A group of Essex County 4-H urban youth farmers show off their early crops. photo courtesy of Essex County 4H

planned for each week incorporating art, science and imagination, and of course the garden. In August, the tomatoes will be abundant and the crops will need harvesting. In the chicken coop, the hens will be busy laying eggs for campers to collect! Camp is held rain or shine as there is an indoor classroom available onsite in the event of poor weather.

**June Bugs:** Day one of our week long June camp for 3-5 year olds focuses on Bugs, Birds, and Butterflies, children will head out into the garden and investigate the bug life. They'll learn about the predators that hurt your garden, and the butterflies and bees that help pollinate. They will explore what they eat in the garden, how they help a plant produce its fruits and how they spread seeds to other areas. Children will play games and make a giant scarecrow to keep the birds out of the garden! Each day has a new theme.

**August Bees:** One day of our week long August camp for 5-7 year olds focuses on chickens, children will start from scratch to learn all the ins and outs of raising their very own flock of hens. We will go out to our chicken coop and learn about the coop, the food that the hens eat, egg collection and composting. Each day has a new theme.

**Farm to Table Camp:** Our one day August program for 8-13 year olds focuses on the farm life. Children will start the day with morning farm chores and learn about the role farms play in their lives. They



# Global March Against Monsanto

by Nancy Taiani

Children held signs- "I am not a science experiment!" A graphic ear of corn resembling a "Simpsons" cartoon fish said "Label GMO Food," and people costumed as bees performed "die-ins." Creativity punctuated the Global March Against Monsanto on Saturday, May 25. See *wonderful* photos at [www.facebook.com/media/set/?set=a.573392909367190.1073741830.478981558808326&type=1](http://www.facebook.com/media/set/?set=a.573392909367190.1073741830.478981558808326&type=1).



In previous issues of the *Cornucopia Newsletter*, we've told you about studies linking Genetically Modified Organisms (GMOs) to health conditions, that GMO crops have bred "super weeds" and "super bugs," GMO's links to mass bee die-offs, and Monsanto's prohibition on saving seeds. You've also heard that the "Monsanto Protection Act," rider got tacked onto the temporary Federal budget. This provision allows growers and users of genetically modified crops to continue planting and marketing crops previously approved by the U.S. Department of Agriculture *while legal challenges to these crops are underway*. And the 2013 Farm Bill, which Senators are amending as we go to press, again contains GMO amendments (so far only the "bad" ones have passed).

## FOOD ISSUES

So on May 25th, in 58 countries on every continent except Antarctica, an estimated two million people came out to protest Monsanto. In the U.S., there were hundreds of Marches in 49 of the 50 states:

[www.march-against-monsanto.com/p/blog-page.html](http://www.march-against-monsanto.com/p/blog-page.html). New Jersey demonstrations were in New Brunswick and Atlantic City. Did you hear about the marches in the media? Unless you were looking for it, maybe not. Just another example of how large corporations control what we see, hear and eat.

The reasons for marching and ideas for change can be found at [occupy-monsanto.com/march-against-monsanto-may-25-2013](http://occupy-monsanto.com/march-against-monsanto-may-25-2013). Marchers' suggestions included "voting with our dollars by buying organic," "boycotting Monsanto-owned companies that use GMOs in their products," and "labeling *cont. on page 4*"

### We'd like to hear from you!

[CornucopiaNJ@gmail.com](mailto: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](http://www.cornucopianetwork.org)
- Pat Kenschaft's blog: [patsorganicgarden.blogspot.com](http://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: \_\_\_\_\_

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Can we send our Newsletter only by email?  Yes  No

## 4-H Camps... *cont. from page 2*

will tend the crops, care for the chickens and learn how to prepare farm-fresh food. Daily activities will include caring for and harvesting the vegetables, collecting eggs, and exploring the farm-to-table connection. Campers will follow their food from the field to their plate by picking peppers, onions and tomatoes and learning to make salsa!

To register, call (973) 353 1338 ext. 109 or email [essex4h@njaes.rutgers.edu](mailto:essex4h@njaes.rutgers.edu). Registration packet and more information available at: <http://essex.njaes.rutgers.edu/4h>. 🐣



photo by Emmanuela Maria Mujica

## Monsanto March... *cont. from page 2*

of GMOs so we can choose." They also called for further scientific research on the health effects of GMOs and repealing the "Monsanto Protection Act."

Food & Water Watch, in their document, "Monsanto, A Corporate Profile" says, "In 2009, Monsanto products were grown on 282 million acres worldwide and on 40 percent of the U.S. crop acreage."

Monsanto's top products include Roundup and Hardness Herbicides, DEKALB corn seeds, Asgrow soybean seeds, Deltapine cotton seeds, Seminis Vegetable seeds, De Ruiter Vegetable seeds, Smartstax Insect-repellent corn and Bollgard Insect-repellent cotton.<sup>1</sup> For a list of foods that include Monsanto products visit: [solari.com/blog/monsanto-companies-do-not-buy](http://solari.com/blog/monsanto-companies-do-not-buy). 🐣



1. Quoted in "Monsanto, A Corporate Profile," Food & Water Watch, documents. [foodandwaterwatch.org/doc/MonsantoReport.pdf](http://foodandwaterwatch.org/doc/MonsantoReport.pdf): "Monsanto Co. Monsanto Biotechnology Trait Acreage: Fiscal Years 1996-2009." October 7, 2009 Environmental Protection Agency (EPA). AG 101:Land Use Overview. Updated June 27, 2012.

*Thirty years on the cutting edge of food issues*



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*Promoting local, organic food*

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