

Thirty years on the cutting edge of food issues



Cornucopia

Network of New Jersey, Inc.

May 2013

Open Organic Seven-Garden Tour, May 18

by Pat Kenschaft

On Saturday afternoon, May 18, Cornucopia will be hosting a tour of seven organic vegetable gardens, free and open to the public. Three are opening for the first time this year. All garden tours begin at 2:00. Although my garden will be open only until 4:00, environmental displays in my front yard will continue until 5:00. All other gardens are open for visiting until 5:00.

Kathy Sauerborn, a master garden who lives at 263 Chittenden Road, Clifton, has had a productive garden of herbs and native plants for years with a special interest in butterflies and hummingbirds. She is beginning to raise vegetables using imaginative methods to replace the lawn in sunny spots. Drive north from Montclair on Grove Street, take the first right after the cemetery and hers is the second house on the right.

Catherine Angus at 13 Chester Road, Montclair, has two raised vegetable beds, many containers in which she grows edibles, perennials, annuals, and a small mixed herb and perennial bed.

Andrea DelleChiaie, at 20 Chester Road, Montclair, has been gardening a few years and has several hens. Her front yard has two raised beds, five blueberry bushes and

strawberries. In the back she has another raised bed, blackberries and a long row of sugar snap peas. She has started potatoes in buckets on the porch. Last year she began a sharing project with 8 other families. Follow their progress on Facebook at VAG CSA of Montclair.

The **collaborative garden** at 54 Sherman Street, Montclair is a garden without borders. It takes root in shared backyards, between the sidewalk and street out front, and in unused spaces beyond. It is tended by neighbors Ulycess Dunmore, Chris Beers, Josh Strauser, Frank Molignano, and a growing number of community members. They've entangled plants, neighbors, food, and gardening. Come see where it has led them and discuss where it can go.



Andrea DelleChiaie's chickens take a little stroll outside their coop to find some new bugs to eat. photo by Andrea

Alan Rojer and daughter **Rebecca Rojer** started piling mulch on a backyard lawn three years ago at 423 Walton Road, Maplewood. Inspired by Masanobu Fukuoka, Carol Deppe, Ruth Stout, and the *Archdruid Report*, the garden is entirely organic, using only human power. They will have herbs, young fruit trees and vegetables, especially garlic, onions, leeks, chives, and scallions, to show.

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How doth the little busy bee

by Nancy Taiani

On March 21st a coalition of four beekeepers plus five environmental and consumer groups— Sierra Club, Center for Food Safety (CFS), Beyond Pesticides, Pesticide Action Network North America (PANNA), and The Center for Environmental Health – filed a lawsuit in Federal District Court against the Environmental Protection Agency (EPA) for its failure to protect pollinators from dangerous pesticides. “The coalition, represented by attorneys for the CFS, is asking for suspension of pesticide registrations of “neonicotinoids,” which they consider significant contributors to colony collapse disorder.”

One plaintiff, Steve Ellis, a Minnesota and California beekeeper, was quoted by the CFS press release saying, “It’s time for EPA to recognize the value of bees to our food system and agricultural economy.”¹

We depend on the busy bee for the pollination of our crops and flowers as well as honey production. But these dependable little workers are endangered. With increased bee mortality, our food supply is also in danger.

Many beekeepers are reporting losses of over half their bees. An immediate consequence may be a greatly reduced almond crop since California almond growers depend on beekeepers to deliver enough bees to pollinate their almond trees.¹

Some environmental organizations consider the pesticides clothianidin and thiamethoxam clearly responsible for bee deaths. These “neonicotinoids” are synthetic derivatives of nicotine that are absorbed and transmitted throughout a plant, including within the nectar and pollen. They work by attacking the nervous systems of insects. That’s great to get rid of crop-destroying pests but the pesticides don’t discriminate. This relatively new class of insecticides began being used heavily within the last decade. At that time beekeepers started observing widespread colony loss.¹

***How doth the little busy bee
Improve each shining hour,
And gather honey all the day
From every opening flower!***

– Isaac Watts



Busy spring honey bees collecting pollen from yellow broccoli flowers in organic garden

photo © CanStock Photo, Inc. / sherjaca

Neonicotinoids are used on most of the country’s industrial corn crop, but they are also marketed to home gardeners and landscapers as “[2-1 Systemic Rose and Flower Care](#),” available wherever home garden pesticides are sold.²

The March lawsuit against the EPA also disputes “conditional registrations” for pesticides in which pre-market review is bypassed in order to rush the pesticides to commercial markets. The CFS reports that, “Since 2000, over two-thirds of pesticide

products, including clothianidin and thiamethoxam, have been brought to market as conditional registrations.”

Paul Towers, a spokesperson for PANNA was quoted in the CFS article: “Pesticide manufacturers use conditional registrations to rush bee-toxic products to market, with little public oversight. As new independent research comes to light, the agency has been slow to re-evaluate pesticide products and its process, leaving bees exposed to an ever-growing load of hazardous pesticides.”

A year ago the CFS, PANNA, Beyond Pesticides and a coalition of prominent beekeepers had filed [an Emergency Petition](#) with the EPA requesting that they suspend the use of clothianidin. The EPA’s refusal and their plans to not finish their Registration Review until 2018 precipitated the current case.² 🐝

1. Center for Food Safety, “Beekeepers and Public Interest Groups Sue EPA Over Bee-toxic Pesticides,” 03/21/2013, <http://www.centerforfoodsafety.org/press-releases/1911/beekeepers-and-public-interest-groups-sue-epa-over-bee-toxic-pesticides>

2. Tom Philpott, “Is Your Garden Pesticide Killing Bees?,” *Mother Jones*, 01/17/2012, <http://www.motherjones.com/tom-philpott/2012/01/bee-killing-pesticides-not-just-corn-fields>

Book Review: *Foodopoly*

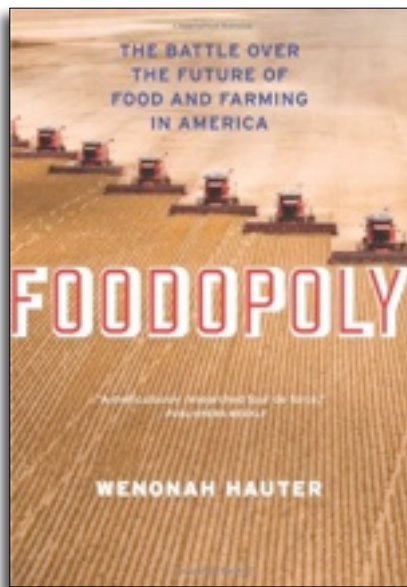
by Pat Kenschaft

Foodopoly by Food & Water Watch Executive Director Wenonah Hauter is possibly the most frightening book I have ever read. It gives detailed accounts of corporate power and malfeasance which not only includes inserting dangerous poisons and bio-engineering into food without warning, but also the forcing of farmers to adopt horrifying practices such as factory farming of chickens and cattle under penalty of being undersold and put out of business.

Hauter lauds local food movements, but emphasizes repeatedly they are far from enough. We must use them not only to provide safer food for ourselves but as coalitions to strengthen government monitoring and to curb unlimited corporate power and advertising that seduces people into eating habits that cause obesity, heart attacks, and cancer while conniving to end the independence of small farmers.

Hauter lives on a family farm bought by her father and now worked by her husband, who can earn enough because he directly feeds 500 families in his CSA. He is near the Washington DC metropolitan area, but most U.S. farmers are not so well situated. Their distance from large numbers of eaters makes them dependent on others to transfer their foods. As the transfer corporations become larger, their concerns focus more on profits and less on farmers and eaters. These problems, compounded with weather changes, international "free trade" organizations, and the technological difficulties of changing crops quickly have forced many small farmers out of business. Less than one percent of U.S. workers checked "farmer" for their occupation in the 2010 census.

Foodopoly provides a detailed history of farmers' troubles. "In 1850 farmers owned almost 75% of U.S. wealth, but by 1890 this had plummeted to 25%." (p. 17) Political action in the late nineteenth through mid-twentieth centuries resulted in a variety of economic and safety improvements, culminating in the Nixon, Ford, and Carter administrations, when our government exercised effective leadership for farmers and public nutrition in a variety of ways. The Reagan administration dismantled many economic and safety regulations, and since then there has been a terrifying plummet of food quality and farmer satisfaction. In the chapter "Walmarting the Food Chain" we learn



that now one third of groceries bought in the U.S. are bought at Walmart.

The horrors of factory farming of cattle, pigs, and chickens are detailed, along with USDA irresponsibility. "Inspectors reported that birds were being slaughtered with a line speed of 200 birds per minute, and that diseased birds with tumors, oozing wounds, and other health problems were being processed for schools around the country. When the inspectors informed the USDA chain of command of the problems, they were admonished and nothing was done." (p. 132)

Corporate profitability is the winner. For every KFC 12-piece chicken bucket, which costs \$19.09 in Manhattan, the grower gets only 25 cents. (p.209)

"As late as 1998, the majority of milk was produced on small farms with fewer than 200 cows, but today over a quarter of milk comes from industrial dairies that have over 2,000 cows. These new megadairies can house 10,000 cows or more..." (p.214) Joel Greeno, who milks 48 of his own cows and helped organize Family Farm Defenders, reports that he knows of almost 100 dairy farmers who have committed suicide since 2008. (p.217)

There are serious health risks from injecting factory-farm cows with a growth hormone that jeopardizes both the cows and those who eat them and with antibiotics to keep the cows from contracting disease in such crowded conditions. When humans consume dairy products from these cows, they build up resistance to the antibiotics, jeopardizing the dramatic but reversible achievements of 20th century medicine.

In small farms, animal excrement can be used to fertilize plant crops, but factory farms present big problems. "The 13.8 million hens in Mercer County, Ohio, produce as much untreated waste as the entire population of greater Dallas-Fort Worth..." (p.207)

Now scientists are trying to produce synthetic organisms for food, by-passing farmers altogether. "The June 2010 issue of *Scientific American* calls it genetic engineering on steroids." (p.265)

The chapters "The Junk Food Pushers" and "Poisoning People" give a good idea of their frightening content just from the chapter titles.

Fortunately, the book concludes with 30 pages of advice, including chapters titled "Eat and Act Your Politics" and "The Way Forward." *Foodopoly* makes a very convincing case that local action is not enough. CNNJ supporters must join

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FOOD ISSUES

Foodopoly *cont. from page 3*

with the larger movement to save farmers, tame giant corporations, revive our national government's monitoring of food safety and resist international

organizations' pressures toward deregulation and against consumers' right-to-know. If we don't, the results could be tragic not just for us but for the entire human species. ☹

FOOD ISSUES

Monsanto Rider Passes – Guess Who's Angry

by Barb Conover

Remember that Monsanto (et al) tried to get a protective "Rider" (a bill amendment that has little to do with the main subject matter of the bill) into last year's Farm Bill that would have exempted agribusiness from liability for biotech crops and all but eliminated the government's power to regulate them. You've probably heard they were successful in getting the Rider snuck into the March "Continuing Resolution" (CR) – that stop-gap legislative measure that continued funding the Federal government. Modern Farmer gives a good history <http://modernfarmer.com/2013/04/monsanto-protection-act-a-timeline/>.

No senators copped to having snuck the Rider into the CR, and one senator, Sen. Jon Tester (D-MT) – the only working farmer in the Senate, and an organic one to boot – did try to stop it. His amendment to block the Monsanto Rider was never heard. The CR passed with the Monsanto Rider attached. Sadly, not surprising.

I expected the GMO and "food issues" community to go bananas: 250,000 people signed the [Food Democracy Now petition](#) to get President Obama to veto the CR.

What *did* startle me was that some of the loudest organizing and protest came from the Tea Party! www.teapartypatriots.org/2013/04/corporate-giant-gets-immunity/.

Granted, it's not an aversion to GMOs that's spurring the Tea Party, but the infuriating ability for one, big, powerful corporation to sneak through such "I-can-do-anything-

and-you-can't-touch-me" legal immunity and the precedent that sets.

So Monsanto gets a "free pass" for six months -- we can't let that happen again. Maybe the "odd couple" of Tea Party plus GMO activists will be loud enough. ☹

March Against

GMO BOYCOTT

GMO

2013

We all want safe food.
TAKE ACTION New Jersey!
Join the March Against Monsanto at:

George Street Co-op
89 Morris Street
New Brunswick, NJ
Saturday – May 25th
2 pm – 5 pm

We will march to create awareness about GMO's,
and to protect our food, farmers, health, economy
and environment.

Facebook: March Against Monsanto New Brunswick, NJ
Email: MAMNBNJ@gmail.com

It's time to take back our food.
It's time to March Against Monsanto.

Looking for safer lawn/yard tips for you or your neighbor?

by Suzanne Aptman

It's that time of year when you eye your backyard wondering how you are going to keep it maintained. You may even peek over at your neighbor's yard and hope they refrain from using toxic lawn chemicals. Take a look at the Northern NJ Safe Yards Alliance/Safe Yards Montclair website (www.SafeYardsMontclair.org) for all sorts of tips and advice on keeping your yard safe for people, pets and planet this season. Email (info@safeyardsmontclair.org) for a list of organic landscapers in North/Central Jersey or for a flyer that will help you to educate your neighbors. Live in Montclair? Time to pull out your Pesticide-Free Zone ladybug signs or order one for your yard. They are a great way to pledge your support for pesticide-free yard care and to get the safe yard conversation going. Plus, the first block with 50% signs posted wins a \$250 gift certificate from Whole Foods Montclair to use at a neighborhood party! 🐞



Ask a gardener

Here's the fifth "Ask a Gardener" column. Send your questions to Cornucopia's experienced gardeners via cornucopiaNJ@gmail.com, and watch our website for more.

Q: My lawn does not look good! What I can do to improve it? — Brian

A: My recommendation is first convert shady areas of your lawn into flower beds. Reducing the size of your lawn is an effective way to reduce your negative impact in the environment.

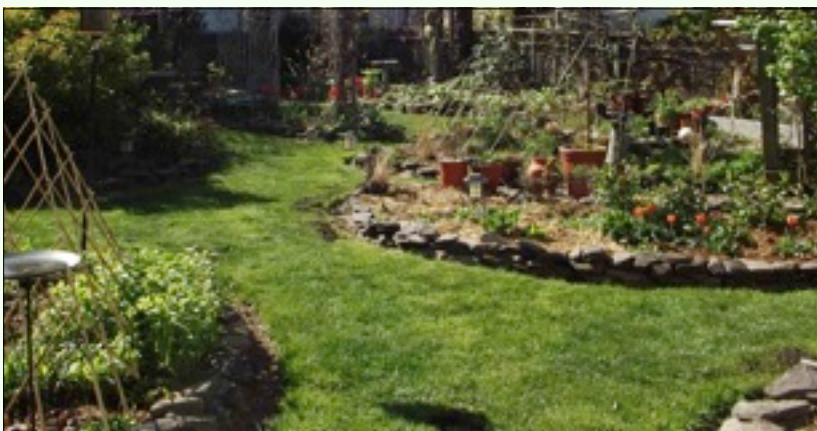
There are three important things to do to improve your lawn:

1. Aerate your lawn, if you do this, you do not need to de-thatch the grass;
2. Apply a layer of compost and/or use organic fertilizer;
3. Seed the lawn with perennial grass seed (Drought tolerant seed preferred) and water until the new grass is strong.

José's backyard

For weed control you can use corn gluten, which is an organic pre-emergent herbicide. This treatment must be applied in early April. If you missed the deadline, you can try later but do not expect excellent results. Weeding by hand is the most effective way to control weeds without harming the environment.

— José



Green Building: Now and When

by Jason Kliwinski

Green building is really no longer a niche market. Whether done for environmental, economic and/or social benefits, it has become part of our culture. Real Estate transactions and decisions on buildings at all levels now incorporate green building measures as a regular part of the dialog. While many final decisions remain hinged on project budgets, all indications appear that the corner has been turned and that green building is an expectation and not an option.



My belief has always been that designing and building green doesn't have to cost more than conventional construction. To date, I have managed to prove this out in my work on eight LEED certified projects, including a net-zero energy / LEED Silver certified home in New Jersey, LEED Gold Certified Microsoft School of the Future in Philadelphia and many more sustainably designed projects. The integrated design process is essential to successfully incorporating sustainable design on time and within an established budget. While this is not an entirely new process, it is one often less practiced in the design world simply by the nature of fast-paced deadlines and entrenched design processes.



LEED Silver— net-zero electric energy home in Toms River, NJ.

Is green becoming more of a standard in design?

We have seen, over the last five years, the skepticism and convincing needed around green building morph into a demand and requirement by clients of all types. The drivers, we believe, of this evolution are threefold.

First, the environmental aspect of climate change has now been widely accepted due to the science behind it and extreme weather events being recorded every year breaking records of all kinds.

Second, beyond the environmental aspects, green building now makes economic sense, as well. Increased operating costs due to high utility rates combined with lower construction costs due to more experienced manufacturing and construction forces have allowed LEED Certified, Silver, and even Gold

buildings to be built today at the same or less cost as conventional buildings.

Third, in supporting human health and enhancing performance of various tasks, green buildings have become a recognized asset. People are the most costly expense associated with a building, and more importantly, we spend, on average, 90% of our lifetime in buildings. The indoor environmental quality of buildings is, therefore, critical to our health and well being. People's sick days, salaries, and benefits are 10 to 100 times more costly than any upfront or long term equipment costs and savings. So, improving the performance of employees just 1 to 2% can have a return on investment of up to \$2.50/sq. ft. in an office setting. In addition to companies realizing this, people are also demanding healthier environments in which to live, work, and play. Further, according to a study prepared by the Hescong Mahone Group, schools designed with proper daylight and ventilation have

shown a 20 to 25% improvement in math and language test scores.

Where is the future of green building heading?

If we had to take an educated guess, we would say it is heading to the norm. Codes and standards such as ASHRAE 189.1, the International Green Construction Code, and California Title 24 have codified what was once a LEED Certified or Silver building. As States begin to adopt these codes, LEED Silver level buildings will become the norm. The US Military, General Services Administration, and many State and local government entities have

already mandated LEED Silver certified new construction or better in the absence of more stringent codes. It is a matter of time before more state codes incorporate and/or mandate LEED certification or its equivalent.

The cutting edge of green building design will remain the elusive LEED Platinum level, as well as even higher aspirations such as the Living Building Challenge and Regenerative Design for the foreseeable future. There is, for perhaps the first time in history, a larger guiding plan at work. Professional and government organizations have embraced the science and goals of the Architecture 2030 Challenge, striving to reduce carbon emissions to zero by 2030. This non-profit organization, spear headed by architect Ed Mazria, has set escalating carbon reduction goals starting with 60% in 2010, 70% by 2015, 80% by 2020, 90% by 2025, and 100% by 2030.

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Hope for Fair Trade and Flowers

by Una McGurk

World Fair Trade Day will be commemorated on May 11. This year's celebration will be the largest in North America with events taking place from May 4th to 19th. Around 100,000 people are expected to join with farmers and artisans to attend hundreds of celebrations to promote Fair Trade and campaign for trade justice.

A very special event is being planned by Terra at the Isabel Rose Café located within the Montclair Public Library to combine the celebration of World Fair Trade Day with the 40th Anniversary of the beloved book, *Hope for the Flowers*, which was written and illustrated by Montclair resident and longtime Cornucopia board member, Trina Paulus.

We think *Hope for the Flowers* is a perfect match for the World Fair Trade Day event, since Hope is the story of two caterpillars who learn to become butterflies. The relationship between butterflies and flowers is the ideal "fair trade" as butterflies carry the pollen needed by the flowers to make new life and receive back in return the nectar which allows them to live! What could be more fair? ☺

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

Hope For the Flowers 40th Anniversary

(the 1st of a series of celebrations of Hope at the Library)

Sat., May 11, 1 – 4 PM

**World Fair Trade Day at Terra Café
Montclair Public Library**

Free Fair Trade Tastings, Music, and Readings from the book by the author and others...and MORE!!!

Free and Open to the Public

Hope For the Flowers has become a classic around the world during its 40 years. The book will be presented in the various foreign translation editions available. Additionally, copies of *Hope* will be available throughout the event at a special discounted price, which includes on-the-spot inscriptions by the author.

What a beautiful symbol for the fair trade movement!
What a lovely thing to celebrate!

We hope to see you there!

For additional details on the specific event program see:
www.cornucopianetwork.org/calendar.html



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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

Open Garden Tour *cont. from page 1*

Necole Fabris at 8 Prospect Place, West Orange, composts, uses leaves and grass clippings as ground cover, and uses natural pest control in her garden, which provides much of her family's produce in the summer. She will be showing a new raised bed and potato bags along with the rain barrel she has had for several years.

My (**Pat Kenschaft**) garden at 56 Gordonhurst Avenue, Montclair, yields almost all the family's vegetables year round, and some fruit. I also do all my own landscaping with no poisons, commercial fertilizers, or power machinery. Nobody will be allowed in my back yard after 4:00 PM, so if you want the complete tour, please arrive by 3:30. 🌱



CNNJ president Fred Chichester and Pat Kenschaft relax under the blooming plum tree.

Green Building *cont. from page 6*

This was once thought to be a dream, but the technology and methods exist today to reach these goals as evidenced by the many net-zero energy projects coming on line already. A carbon neutral built environment is our future. The alternative is not viable. 🌱

Ed Note: Jason Kliwinski, AIA, LEEDap BD&C/O&M, LEED Faculty & Fellow, is Partner of the Green Building Center, one of the original co-founders of USGBC-NJ's Chapter and the only Nationally-recognized LEED Faculty in New Jersey. He also served as president for AIA-NJ in 2010 and is the Northeast Regional Chair of AIA's Committee on the Environment today. In Nov. 2012 he was named a LEED Fellow by GBCI at the International Greenbuild Conference in San Francisco. He is a CNNJ board member.

Thirty years on the cutting edge of food issues



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