



Cornucopia

Network of New Jersey, Inc.

May 2000

Eleven Open Gardens! Two tour dates of organic vegetable gardens

--- Pat Kenschaft

On the weekend of May 16-17 eleven vegetable gardens will be open to the public, most on just one day, but Bob McLean's and mine will be open both days. Ten of the gardens will be open from 2:00 to 5:00 pm, but mine at 56 Gordonhurst will be open only from 2:00 to 4:00 pm. My last tour will begin at 3:30. Displays in my front yard will be available until 5:00 pm, but please do not ask to trespass in my back yard after 4:00 pm. A garden is very vulnerable, and a small misstep could be expensive for my garden, and therefore for my health, which seems to be dependent on the garden. I started almost 30 years ago, and have raised almost all my family's vegetables since, including the time when I was working full-time and raising children. My health improved dramatically.

Bob McLean's includes a rain garden. He has been important in my knowledge and inspiration. I asked him how long he has been gardening. "Since 1930." "What?!!" "Since 1930." "Did you start when you were in kindergarten?" "Yes." Then he told me how he had brought flowers from Brookdale Park to the side of his house for a beautiful wild flower garden during his first year as a student at Watchung School.

Unless otherwise noted, the gardens are in Montclair. (Three others are nearby.) The following six gardens will be open **ONLY** on Saturday, May 16.

Grace Grund at 3 Dodd Street not only will host for the entire three hours from 2:00 to 5:00, but will then host a meeting of MUCK (Montclair United Chicken Keepers) chicken raisers and prospective chicken raisers, beginning at 5:00 pm. Grace raises not only many vegetables, but also four children and a flock of chickens from which they get their eggs. The family

was featured for its recycling in the "Montclair Times" and more recently in the "Star Ledger" about slow parenting.

Kevin Fried's garden at 19 Dodd Street is only 3 houses down from Grace's. His daughter at an amazingly young age discovered that they have sugar maples in the back yard and persuaded him to harvest it --- which he does, in season! Yes, he also raises veggies.

Anne Sailer will open the "Lindisfarne Valley Garden" at 223 Valley Road, between Brunswick and Wendover. She writes, "The garden name came to me in meditation one day recently, and I am still getting used to the idea that my garden has its own name! My garden is perpetually my teacher, as well as my source of joy and inspiration."

José German and **David Wasmuth** have one of the most beautiful properties in Montclair at 69 Grove Street. They also raise many vegetables. This spring José started his own landscaping and gardening consulting and helping service, Green Harmony, Inc. You can see their garden and then maybe ask for José's help.

Lulu Hicks, at 32 Smith Street, Bloomfield, has a first-year garden that she has started with the help of José German. Her daughter will open the garden at 2:00 pm; if you want to meet Lulu, however, come after 2:20 pm.

Judy Hinds at 156 Rhoda Avenue, Nutley, does "Organic Gardening by the Square Foot." See how she is faring with her seven-plus raised square foot gardens. To maximize space and sun, she is experimenting with growing some container-sized varieties of beans and squash in fabric pots. Check out her multi-bin composting operation. She is happy to share seeds of her favorites.

The following three gardens will be open **ONLY** on Sunday, May 17 from 2:00 to 5:00 pm.

Scott Seale at 280 Upper Mountain Avenue has a first-year front-yard garden, begun with the help of José German. He wrote, "I am a city boy who has never grown anything, and to think that the land can actually give us our food is nothing short of spiritual!"

Mary Szumski at 166 Alexander Ave. will open her first-year garden, also made with the help of José German.

Necole Fabris is at 8 Prospect Place in West Orange. From Montclair, take Harrison Ave. to Eagle Rock/Main. Turn left on Main, to Prospect Place (just past Schneider's Hardware). Nicole's is the second house on the left. "No driveway, small house. It's quite modest, but we like it!"

She also writes, "I have your standard annual flowers, a perennial bed, and of course, a vegetable garden. I compost as well (no pesticides of any kind), and our property is a certified wildlife habitat with the NWF."

The Sierra Club and the Organic Consumers Association call on President Obama to halt a huge experiment on the ecosystem and its inhabitants

Used with permission and endorsement of Laurel Hopwood, Chair, Sierra Club Genetic Engineering Action Team, lhopwood@roadrunner.com

Neil Carman, PhD, Scientific Advisor to Sierra Club GEAT 512-472-1767

Ronnie Cummins, Director, Organic Consumers Association, 218-226-4164

In light of the recent ruling by USDA Secretary Tom Vilsack to approve the release of inadequately tested genetically engineered sugar beets into the ecosystem, The Sierra Club sent a letter 4/15 to President Obama calling for a change from the previous administration.

The Sierra Club has submitted numerous extensive science-based comments to the USDA regarding the release of genetically manipulated (GM) crops, only to have these critical issues fall on deaf ears at the USDA.

Laurel Hopwood, Chair of Sierra Club's Genetic Engineering Action Team, explains, "This past decade we are seeing new releases into the environment that we have never before seen on this planet. Genetic engineering involves the artificial transfer of genes from one organism into another, made by crashing through the protective species barrier. These new life forms are spreading their GM traits on a massive scale, an event unprecedented in the 3.8 billion year history of life on this planet."

Neil Carman, PhD, scientific advisor for Sierra Club's Genetic Engineering Action Team, explains, "The ecosystem is not a dumping ground for untested GM crops. Mandatory environmental impact statements must be performed for every ecosystem into which any new GM crop is to be introduced, as required by the

National Environmental Policy Act. To the dismay of the American public, the USDA continues to fail to prepare Environmental Impact Statements."

The Organic Consumers Association agrees that the risks posed by the current trajectory of genetic engineering in the fields of agriculture are profound. Ronnie Cummins, Director of the Organic Consumers Association laments, "Pollen blowing in the wind or carried by pollinator species transfer genetically engineered traits to organic crops, posing enormous dilemmas for organic farmers."

Cummins adds, "The American people aren't the only guinea pigs in this huge, untested experiment. Mr. Vilsack intends to play GM promoter when he leads a delegation to the upcoming G8 meeting at talks to reduce world hunger. Gene technologies will destroy the diversity and the sustainable agricultural systems that farmers have developed for millennia and will undermine the capacity for those in developing countries to feed themselves."

Until rigorous research is conducted to identify and address the long term impacts of GMOs, such organisms should not be released into the environment. The Sierra Club, with 1.3 million members and supporters, and the Organic Consumer Association, with 850,000 network members, urge President Obama to keep his word to protect the land and food for the people of the world.

Sierra Club's letter to President Obama:

www.sierraclub.org/biotech/whatsnew/whatsnew_2009-04-13.asp

News You Can Use...

Global Warming: A New York Times story that may not shock you, but should concern us all:

As far back as 1995, scientists working for the oil, auto and gas industries were telling their bosses that human-caused global warming could not be refuted. But, that hasn't stopped industry lobbyists from waging a cynical campaign to undermine the science and cloud the debate.

The full story: www.action.edf.org/ct/z71osjn1341s/

Americans were outraged when cigarette makers made similar claims about evidence linking smoking and lung cancer. The only difference between then and now is that global warming stands to threaten more than just people -- millions of species, entire ecosystems, the natural world as we know it today irreparably diminished.

Superweeds are plaguing high-tech Monsanto crops in southern US states, driving farmers to use more herbicides, return to conventional crops or even abandon their farms. France 24 Newsletter, April 20, 2009



--- Pat Kenschaft

April 25 evening (written after my April open garden)

As I sat cutting the Chinese cabbage from the cold frame that I had saved to show my Open Garden guests today, color came over the western sky, and I was treated to a sunset. This is Living! I contemplated the sunset, the abundant Chinese cabbage that fed me all winter, the birds chirping, the newly budding trees, the many delightful people who had visited today, and the inspiring movie, “*A Sense of Wonder*,” that I saw last week about Rachel Carson.

Playwright and actress Kaiulani Lee speaks Carson’s reflections in the last few months of her life. The first half is on her last day in her rural Maine summer home, as she revels at the beauty of the natural world around her. It is an amazing monologue, powerful enough on stage. Better yet, the movie permits us to see the wonders that she describes the gorgeous scenery of her Maine woods. Gradually, she slips into reflecting on wonder itself.

“If children would retain their wonder, they could avoid the boredom, disillusionment, and alienation that affect too many,” she says.

Her own life was still full of wonder as she contemplated her imminent death, neither old nor young, from a cancer that she was trying to hide from the world. She doesn’t want people to be deflected from her message by concentrating on her illness.

Like Carson, I am grateful for parents who cherished and preserved my sense of wonder. Like her, I believe that all children are born with great wonder and curiosity, but that some parents, themselves deprived of these two great joys, do not nurture these qualities as much as they might. Fred refers to me as “a perpetual three-year-old,” always asking “why?” But we both enjoy that childlike wonder and curiosity.

As I look at my bountiful garden beneath me and the beautiful sky above, I find myself internally singing, “For the beauty of the earth. For the glory of the skies. For the love which from our birth over and around us lies. Lord of all to thee we raise, this our hymn of grateful praise.” It occurs to me that hymn has no theology, perhaps not even necessarily a belief in God. Must the “lord of all” be an entity? Or just the mysterious source of this wonderful creation in which we live?

Personally, I feel very close to God in my yard, amazed at the birds, the animals, and the varied plants growing there. For me it has the impact that Rachel Carson felt in her Maine property. Tomorrow I will take down the cold frame and interplant corn and beans where it was. I feel most fortunate to live in the Garden State.



Genesis Farm News

Genesis Farms held a workshop on **Transition Culture** on the last weekend of March, with over 40 participants. They joined with presenters Michael Brownlee and Lynette Marie Hanthorn of Sustainable Boulder County (CO) to reflect on the creative power of local communities to face the challenges of global climate change, peak oil, and economic instability. There are insights, creativity and energy of similar grassroots happenings emerging all over the planet.

Here are some wonderful events from the Sustainable Ridge and Valley Alliance – your participation contributes to growing a sense of community.

Saturday, May 9 – Open House: Community-Supported Garden (CSG) at Genesis Farm, 41-B Silver Lake Road, Blairstown, NJ 07825, 10:30 am-1:30 pm

Guided garden tours and a light garden lunch provide a perfect opportunity to learn about community-supported agriculture, meet the gardeners and veteran members, and ask any questions. CSG garden memberships are still available (and there is a Montclair group); garden pickups begin the third week of May. Please RSVP by calling the Garden House at 908-362-7486.

For more information about the CSG at Genesis Farm, visit: www.csgatgenesisfarm.com/

Saturday, May 16 – Highlands Green Fest, Bubbling Springs Park, 1428 Macopin Road, West Milford, NJ 07480, 10 am-5 pm

The theme of the festival is to **Live, Protect, and Enjoy** the region we live in. The festival will include ‘green’ vendors, speakers, live music, healthy food, and a variety of activities for both children and adults designed to help us learn to live green, protect the environment, and enjoy nature.

For more information, visit:

www.sustainablewestmilford.citymax.com/highlandsgreenfest2009.html

-THE FOOD ISSUE PAGE-

Get involved – Your Voice Is Needed!

--- Trina Paulus

More at: cornucopianetwork.org/foodbills.html

Study and action are needed. An expanded version of this article appears on our web site with more links so that you can learn more about what is happening with the global food crisis, the bills before Congress, the growing control of food monopolies, and major studies concluding that a return to small organic production is needed to feed the world.

US Senate and House bills can be found online using the bill number. Examples: **H. R.** 814 for House or **S.** 384 for the Senate. If you follow the bill number by typing a space, then the numbers "111" it indicates the 2009 (111th) Congress version. This will locate sites containing the entire current bill and references to articles about it.

Food Sovereignty and No Genetic Engineering

The food issues before Congress are so many and complex that I have hesitated putting anything into print or online. After becoming aware that many new regulations related to the way we grow, process and distribute food are in the legislative pipeline, I felt obliged to research things further.

I found some of our most reliable food safety organizations alarmed at what seems to be a too quick reaction based on fear of food contamination, but overreacting. It seems that the bills before us are likely to hurt the small growers and animal producers, yet still not touch "Big Agriculture" or the underlying safety and nutrition issues.

Example #1: There is evidence of major health issues in growing and eating genetically engineered (GE) food, yet these bills seem to accept and some even encourage the growing dominance of GE crops. Over 70% of processed food in US supermarkets contain GE ingredients. Labeling is not required, and in some cases, labels saying "No GMOs" are not even allowed.

#2: Official USDA policy advocates using treated sewage sludge on food producing land. However when sickness strikes, this sludge and treated sewage water often used for irrigation and spraying is seldom looked at as a source of contamination, though it is such a logical source of antibiotic resistant pathogens.

Having sent out an early alarm and getting feedback that we were unduly concerned, pushed me into deeper looking. I had to ask myself some questions. Are we alarmist? Are these bills innocent? Will the small and local not be targeted even though presently included within heavy regulations? Well, the more I looked, the

worse the situation seemed. I found Monsanto on a new blitz included getting the Senate, food aid groups, and even the Vatican to seemingly approve their moving full blast into Africa. I found past experience to show, illogical as it might seem, severe regulations have usually affected small growers and producers much more frequently and heavily than the large ones where the food safety issues really lie.

I am not yet ready with my "white paper" on the Plethora of Food Bills, but I have taken some actions.

I wrote the Vatican Mission to the UN about a completely pro-GE conference, sponsored by Monsanto, to be held this month. Their literature makes the conference appear to be blessed by the Pope, though the image and quote are taken from a 2008 appeal for the richer countries to be more generous fighting hunger.

I also wrote OXFAM, a great hunger-fighting group, after getting their online petition to unquestioningly support the Senate and House bills for food security in the world. S. 384 had a hearing March 24 and was voted out of the Foreign Affairs committee to the full Senate on March 31. A House companion bill HR 2139 just appeared. I have not read this one but the Senate bill mandates research by our universities for research focused on GE food for Africa. Does OXFAM know this?

The issue for the big guys is control, not safety. Though there might be a jewel or two among the more than 50 bills in all the committees, there is no way they can be studied intelligently by anyone in a hurry. But the effects can be much more devastating than the food safety contaminations that have propelled them into existence. In general, the wrong people will be hurt! These many bills need to be looked at together, we need public hearings, and if anything is brought to a vote, it needs to be opposed unless small farms and all local food services are exempt and only the big ones get the regulations.

Small producers of veggies and animals do not have the adverse safety impact as the larger ones. They are also the most hopeful, healthy part of our food supply.

Read more at: cornucopianetwork.org/foodbills.html

Food Advocacy Websites

Efforts to support local good food are global and start local.

INSTITUTE OF SCIENCE IN SOCIETY:

i-sis.org.uk

SEEDS OF DECEPTION: seedsofdeception.com

Industry manipulation and political collusion = GE seeds.

US FOOD CRISIS GROUP: usfoodcrisisgroup.org

Current Food Activist group and links

LA VIDA LOCAVORE: lavidalocavore.org

Current Information on US food bills

What Is in a May Garden?

--- Pat Kenschaft

When you come to a May Open Garden, you may see three types of vegetable plants. One type is the newly-transplanted out "tender" plants.

Mine will include cucumbers, zucchini, pepper, eggplant, and supersteak tomatoes. These are the vegetables that give gardening a reputation of being a summer activity. My small tomatoes (Sweet 100 and sun gold) have been growing outside under wall-of-waters, and may have a green tomato or two to show off. This year I had a green tomato by April on the plant that Renae started on January 11, but that's unprecedented.

My garden also has many veggies that have been there a while. The sugarsnap peas will be climbing their fences assertively, and the Sugar Anns will be getting ready to provide peas; there may be some flowers by mid-May. (The peas arrive about a week after the flowers.) The broccoli plants may have something that looks like a baby broccoli; at least it will be getting ready to do that. Radishes and Hukarei turnips may be about ready to be eaten, as will arugula. You can see my floating cover over April-planted carrots and parsnips.

The beans and corn that I planted right after the April Open Garden should be popping up; with luck they will have been thinned by May 16.

Then there will be the crops I have been harvesting recently: lettuce, pak choi, collards, and kale. Other gardens may have other veggies, but these are the major ones you can expect to see on May 16 and 17. Strawberries should be imminent. I was astounded to get an email on April 25 reporting that someone nearby had already eaten a fresh, delicious strawberry, but we don't typically expect them until late May.

Of course, you will enjoy the ornamentals in each yard. Please admire my lawn, which has never been watered or subjected to a leaf blower, nor has it ever had any poisons or chemicals. I've fertilized it only with compost. I mowed it on April 21 for the third time this year, and the rain and warm weather make it look like a very happy lawn indeed.

If you bring your own container(s), you can dig vinca (aka myrtle, periwinkle), oregano, and/or strawberry plants from my yard. I found this useful and satisfying in April, and my yard needs plenty more trimming.

So trowels will be out for public usage, you are welcome to bring your own if you don't want to wait your turn.

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We'd like to hear from you!

Cornucopia Network of New Jersey now has an email address: **CornucopiaNJ@gmail.com**

Please use this address to let us know:

- what you care about
- articles you'd like to see or contribute
- if you have an email address and would prefer our sending the newsletter via email (and save the paper and stamp!)

Ed Notes:

- Newsletter now available online!
- Pat Kenschaft's blog: patsorganicgarden.blogspot.com

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 (PO Box 1368, Montclair NJ 07042). We welcome volunteer time and donations as well. Thank you!

Name:

Address:

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Can we send our Newsletter only by email? **Yes No**

Open Garden Tours – 2 Dates featuring 11 Gardens!

Eleven nearby organic gardeners have agreed to open their gardens to the public this spring to show and tell how they are raising vegetables. (Grace Grund also raises chickens) There will be front-yard displays at 56 Gordonhurst Avenue of related environmental issues, along with a list of the other gardens and instructions on how to find them, until 5:00 pm.

May 16, Saturday 2:00-5:00 pm

Pat Kenschaft, 56 Gordonhurst Ave. (starting point)

Pat's last tour at 3:30, and garden closes at 4:00 pm

Bob McLean, 51 Gordonhurst Ave

Grace Grund, 3 Dodd Street (8 blocks South off Grove)

Kevin Fried, 19 Dodd Street (8 blocks South off Grove)

José German/Dave Wasmuth, 69 Grove St. (2 miles South)

Anne Sailer, 223 Valley Road (one mile West)

Judy Hinds, 156 Rhoda Avenue, Nutley

Lulu Hicks, 32 Smith Street, Bloomfield (first year garden)

May 17, Sunday 2:00-5:00 pm

Pat Kenschaft, 56 Gordonhurst Ave. (starting point)

Pat's last tour at 3:30, and garden closes at 4:00 pm

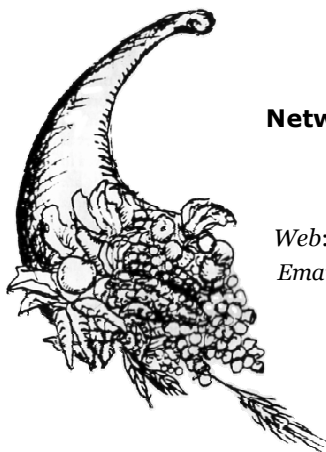
Bob McLean, 51 Gordonhurst Ave

Renae Baker, 68 Beverly Rd. (one block away)

Mary Szumski, 166 Alexander Ave. (1.5 miles N. off Grove)

Scott Seale, 280 Upper Mountain Avenue (first year garden)

Necole Fabris, 8 Prospect Place, West Orange



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