



Harmony Valley Farm

An update for our Community Supported Agriculture Members - Since 1993

www.harmonyvalleyfarm.com

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"Kids on the Frontline"

By Andrea Yoder

In May of this year, the Pesticide Action Network North America (PAN) released their report, "Kids on the Frontline: How pesticides are undermining the health of rural children." The purpose of this report was to look at how pesticide exposure is impacting the health of children, specifically children in rural areas where agricultural pesticides are used. All children, regardless of where they reside, are vulnerable to pesticide exposure. Residues may be on their food and they may be exposed to applications of pesticides in schools, parks and even their own homes. Children in rural areas are also exposed in these ways, however they have additional exposure to pesticides in their environment through drift, water contamination and pesticides that may be brought into their homes on clothing of a family member who applies the chemicals to name a few.

"...Since 1945, overall use of pesticides has grown from less than 200 million to more than 1.1 billion pounds of 'active ingredient' per year..." Additionally, there has been a 289 percent rise in global pesticide sales between 2000 and 2010 with worldwide sales expected to climb from \$44.2 billion in 2010 to \$68.5 billion in 2017. The authors state: "...we control pesticides through a system of registration and labeling, with a primary goal of getting products to market. The result? Each year, more than 680 million pounds of pesticides are applied to agricultural fields across the country. This 2007 figure climbs to more than a billion when common non-agricultural pesticide uses are included." To this they respond with, "We believe this is too much. Ever-stronger science shows that even at low levels of exposure, many of these chemicals are harmful to human health—and children's developing minds and bodies are particularly vulnerable. It is also increasingly clear that alternative, less chemical-intensive approaches to farming are not only viable, but would strengthen the resilience of agricultural production... Put simply, there is no need for our food and farming system to put our children's health at risk from chemical exposure."

This report outlines some key findings about the connection between pesticide exposure and children's health. We continue to see a rise in childhood health problems including autism spectrum disorder, attention deficit and hyperactivity disorder (ADHD) as well as other developmental disabilities. "The number of ADHD diagnoses has increased an average of three percent every year from 1997 to 2006, and an average 5.5 percent per year from 2003 to 2009 for an overall rise

This Week's Box

PORCELAIN GARLIC: Garlic is great in cooked dishes but try keeping it raw when possible. You get more nutritional content from raw garlic, and it works well in dips like hummus, salads or in pasta.

PETER WILCOX POTATOES: This purple skinned potato has yellow flesh. Named for a professor at Loyola University in Baltimore, you will find this potato to be firm and waxy.

CARROTS: Give the zucchini and banana breads a break and try carrot bread. If you're feeling decadent, go all out and make a carrot cake instead!

JALAPEÑO PEPPERS: Make a creamy topping for your summer squash tacos using this week's hot peppers. Dice 1-2 jalapeños and add to 1 cup plain yogurt, 1 Tbsp lime juice, lime zest, ½ tsp of cumin and a pinch of salt. Whisk until smooth and refrigerate until you're ready to serve.

POBLANO PEPPERS: Stuffed poblano peppers are flexible enough to accommodate any dietary preference from vegan to meat-lovers. You can adjust the ingredients to please your audience with a result that has a little heat as well as great flavor and texture.

WITCH STICK PEPPERS: The winner of the witch stick pepper recipe contest is the mother/daughter team of Liz and Gabby Kelly-Schultz with Witch Pepper & Pesto Appetizer. See this week's email for their recipe and some of the other entries. We loved all the entries and hope everyone will continue experimenting with this creatively shaped sweet pepper.

BROCCOLI OR PURPLE CAULIFLOWER: Roasting is great for root vegetables, but is also a wonderful way to prepare cruciferous selections as well. Toss your florets with olive oil, tahini, garlic and lemon juice and roast for 10 minutes.

LEEKs: Remember leeks lend themselves to low, slow sweating cooking techniques compared to some other quick to caramelize alliums. Leeks make great additions to hearty fall and winter soups, fried rice and pasta dishes.

SUGAR DUMPLING OR HONEYNUT BUTTERNUT SQUASH: These are some of our sweetest winter squash varieties. They have sweet, flavorful flesh that need little more than butter, salt and pepper. Please note: because of the higher natural sugar content and our recent rainy weather, these squash may not store well. Please eat your squash soon or store it at room temperature and keep your eye on it. If you notice a bad spot starting to form, it's time to cook & eat it.

GREEN TOP CELERIAC: See this week's vegetable feature for more on celeriac.

BABY WHITE TURNIPS OR RED SAVOY CABBAGE: Include shredded or sliced turnips in your next salad or toss the root and the greens into your next stir fry! This crinkly cabbage brings a milder flavor than the flatter leaf varieties you may know. You can use it as you would the flat leaf cabbages.

SALAD MIX: Try a fall spin on your salads by adding cooked wild rice, roasted squash, dried cranberries or curried chickpeas.

SPINACH OR BABY ARUGULA: You can get your serving of power greens without spending too much time on preparation. Simply sauté greens and toss with soy sauce and sesame seeds.

of nearly 50 percent over 15 years." The CDC estimates one in every 68 children in the U.S is on the autism spectrum which represents a 123% increase in just ten years! Leukemia and brain tumors are now the most common types of childhood cancer with rates increasing between 40 and 50 percent since 1975. In many rural communities, the rates of these childhood morbidities are greater than the national averages. It's important to recognize that children's bodies are different. "Quickly growing bodies take in more of everything: they eat, breathe and drink more, pound for pound, than adults...At critical moments of development, even very low levels of pesticide exposure can derail biological processes in ways that have harmful, potentially lifelong effects." That final statement, "lifelong effects" is a strong one.

You should know, Richard and I take this

topic and those related to it very seriously. Partly because we believe fully in farming organically because it is a safer option, but also because we were both "kids on the frontline." Richard grew up on a cattle farm in South Dakota. His job as a teenager was to spray 2,4-D on the thistles in the fields. His spray protective gear consisted of a pair of leather gloves. I grew up on a dairy farm in Indiana where my family and our neighbors used atrazine and later glyphosate on our fields and those throughout our community. When I look at maps of the U.S. that depict pesticide use and amounts across the country, Indiana is always a solid color indicating high levels of use. It makes me shudder and my heart skips a beat...not out of joy and excitement, but more of panic, anger and a feeling of urgency. We often talk about the potential of a seed. When we receive a seed into

our care it is our responsibility as farmers to do everything we can to help that seed reach its full potential. At any point along the way our choices can either make a positive or a negative impact on the final outcome. I think it's very much the same with children. It's our responsibility to pave the way for the future generations. The bottom line...how long are we going to let history continue to repeat itself before we collectively say "ENOUGH!"

Unfortunately our current system of agriculture is controlled largely by multinational entities who have their hands on all aspects of the production system from selling the seeds to the chemical inputs as well as setting the research agendas at public institutions. "Not surprisingly, these same corporations also hold significant sway in the policy arena, investing millions of dollars every year to influence voters and policy makers at the local, state and federal levels...The result is a system of food and farming that serves the interests of these corporations well. It does not, however, adequately protect public health or serve the common good." The introduction of GMO seeds and the pesticides that go along with them was supposed to lead to less chemical use, but it is clear this is not the case. My own father made this observation on his farm. "The more chemical we used, the more weeds we had and the more chemical we had to use."

So where do we go from here? PAN's recommendation is this: "The best way to protect children from pesticide harms is to dramatically reduce the volume of use nationwide. We believe this shift is both achievable and long overdue. The burden of protecting children from dangerous chemicals cannot rest with individual families; policy change is required." First, reduce overall pesticide use by making this a national goal. Once this goal is in place, policy makers can work towards implementing strong policies to help us achieve this goal. Secondly, we need to prioritize action on pesticides most harmful to children by phasing out the "worst" chemicals, creating protective buffer zones and ensuring healthy school lunches made with organic food. Lastly, as a nation we need to "provide significant and meaningful support, incentives and recognition for farmers stepping off the pesticide treadmill. These commonsense measures are both ambitious and achievable. The current, continuous increase in pesticide use ignores accumulating scientific evidence of human health harms. This is unacceptable." They conclude their report with this statement: "It will take strong public pressure to make the significant changes needed, but the time is ripe to muster the political will to build a truly healthy, thriving food and farming system."

In the meantime, it's important to remember we can be that public pressure. Our individual choices can add up to collective change. The choices we make in our own households and communities bring strength to this big picture. Increasing our awareness of our environment and making choices for our own health by choosing organic food, safer means of lawn care, household pest control, and advocating for non-toxic management of public green spaces, etc. These are just a few things we can do as individuals. If you'd like to read this report for yourself, it can be downloaded from www.panna.org and is complete with all cited resources.

Vegetable Feature: Celeriac

By Chef Andrea

Celeriac, or celery root as it is also known, can be a bit intimidating if you're encountering it for the first time. However, as with all vegetables, there's really no need to be intimidated...it's just a vegetable and it can be conquered and embraced. Celeriac is in the same family as celery. The difference is that celeriac is grown for its root and celery is grown for its stalks. The stalks on celeriac resemble celery and have a lot of delicious flavor in them. You will find they are more tough and fibrous than celery, thus they are not eaten like celery. Don't throw them away though! Their flavor can add depth to a pot of stock or soup. If you aren't going to use them all now, put them in the freezer and use them later this fall or winter.

Now for the root bulb. First, scrub the exterior of the root the best you can. Next, thinly slice away the top and bottom of the root so there is a flat side on the top and the bottom. You'll probably need to take a little more off the bottom to get past the majority of the roots and get into the more usable bulb portion of the root. At this point I usually cut the root in half or into quarters so it is easier to handle. Using a paring knife, carefully trim away the outer skin. Once you've removed the outer skin, rinse the remaining pieces of celeriac and clean your cutting board if there's any residual dirt. Now you're ready to use this gem!

Celeriac has a subtle celery flavor that provides a background to soups, stews and root mashes. It also makes a delicious soup or gratin on its own or combined with potatoes or other root vegetables. It can also be eaten raw in salads and slaws paired with other fall fruits and vegetables and a simple creamy dressing.

Celeriac stores quite well. Keep it in your refrigerator loosely wrapped in plastic or in the crisper drawer until you're ready to use it. Enjoy!

Meat & Autumn Shares Available!

Our fall meat deliveries are just around the corner! We have **Certified Organic Pastured Pork** and **100% Grass-Fed Angus beef** available for delivery to your site in November &/or December. Our offers include a variety of pack sizes and selections including Mixed Beef & Pork packages.

Order early as quantities are limited and may run out.
(And don't forget the Bacon!)

For packages, pricing and delivery dates, refer to the **Meat Packages & Prices** link on our website: harmonyvalleyfarm.com

We also have Autumn **Vegetable, Fruit & Coffee** Shares available!
(Please note: weekly/every other week vegetable, full fruit and full coffee shares already extend through the last CSA delivery in December.)

This is a great way to extend your CSA season!

If your friends, relatives or neighbors belong to a CSA that may be ending earlier, this would be a great way for them to extend their season after their farm stops deliveries.

For details, pricing and delivery dates, refer to the **2016 Autumn CSA Sign Up Form** link on our website: harmonyvalleyfarm.com

To order Autumn Shares or Meat Packages:

Please email your completed order form to csa@harmonyvalleyfarm.com

- or -

send your check and order form together through the postal mail.

Maple-Bacon Roasted Apples & Celeriac

Yield: 4 servings

- 1 large celeriac, peeled and cut into 1-inch pieces
- 2 tsp extra-virgin olive oil
- ½ tsp freshly ground pepper
- ¼ tsp salt
- 2 apples, cut into 1-inch pieces
- 2 slices bacon, chopped
- ¼ cup pure maple syrup
- 1 tsp chopped fresh thyme or rosemary or ¼ tsp dried

1. Preheat oven to 450 °F.
2. Toss celeriac with oil, pepper and salt and spread on a rimmed baking sheet. Roast until starting to brown, 10 to 12 minutes. Add apples, toss gently and continue roasting until the apples and celeriac are tender, 6 to 10 minutes more.
3. Meanwhile, cook bacon in a medium skillet over medium heat, stirring occasionally, until just crispy. Remove to a paper-towel-lined plate with a slotted spoon; discard all but 2 tsp of the bacon fat. Add maple syrup to the fat in the pan and bring to a boil, scraping up the browned bits. Add the cooked bacon and thyme (or rosemary). When the celeriac and apples are tender, gently toss them with the maple-bacon glaze and roast for about 5 minutes more.

Recipe borrowed from EatingWell.com