



Harmony Valley Farm

An update for our Community Supported Agriculture Members - Since 1993

www.harmonyvalleyfarm.com

October 14-15, 2016

The Monsanto Tribunal

October 14-16, 2016

By Andrea Yoder

This weekend an important international event will take place in the Netherlands, it's called The Monsanto Tribunal. "The Monsanto Tribunal is an international civil society initiative to hold Monsanto accountable for human rights violations, for crimes against humanity, and for ecocide. Eminent judges will hear testimonies from victims, and deliver an advisory opinion following procedures of the International Court of Justice." The Tribunal will be held at The Hague in the Netherlands and from October 14-16 individuals from all over the world will gather with the goal of exposing Monsanto, the US based company responsible for producing GMO seeds as well as toxic agrochemicals. Monsanto's products, which include PCB's, 2-4-5 T (a dioxin that was part of Agent Orange), and RoundUp (which contains glyphosate), have brought direct harm to many farmers and communities across the world causing irreversible damage to human health and our environment. As is stated on the website for the Tribunal, "Monsanto promotes an agroindustrial model that contributes at least one third of global anthropogenic greenhouse gas emissions; it is also largely responsible for the depletion of soil and water resources, species extinction and declining biodiversity, and the displacement of millions of small farmers worldwide. This is a model that threatens peoples' food sovereignty by patenting seeds and privatizing life."

How has Monsanto gained such an upper hand in our agriculture and food systems to the detriment of our own health? They are tricky and have managed to intertwine themselves by strategically influencing lobbying regulatory agencies and governments, by financing biased and fraudulent scientific studies which produce results in their favor, but not results that are meaningful or reliable and by manipulating independent scientists as well as the press and media through lies and corruption. "The history of Monsanto would thereby constitute a text-book case of impunity, benefiting transnational corporations and their executives, whose activities contribute to climate and biosphere crises and threaten the safety of the planet."

A citizen's tribunal is a community-led, court-like litigation event that is conducted according to the laws and standards applied to legal proceedings of a similar nature. While this tribunal will not have the power to result in binding legal decisions or to bring justice through their verdicts, the judges hearing the cases presented will use their

This Week's Box

ITALIAN GARLIC: To store your garlic for winter use, mince it then cover or blend with olive oil and freeze in a small air-tight container.

CARROTS: For a delicious morning treat check out the recipe for Morning Glory Muffins at tasteofhome.com.

JALAPEÑO PEPPERS: If you have a collection of jalapeño peppers try making a batch of jalapeño pepper jelly. It pairs well with chicken and pork, but is also delicious with cream cheese on top of crackers or a bagel. As always use caution when processing hot peppers!

BROCCOLI OR BROCCOLI ROMANESCO OR GREEN SAVOY CABBAGE: Any of these would be delicious lightly steamed and seasoned with salt and pepper and a squeeze of lemon, or topped with a little shredded cheese.

YELLOW ONIONS: Creamed onions are a delicious side item to serve with pasta, grilled steak or pork chops.

GREEN BELL OR MINI-SWEET PEPPERS: We are officially at the end of pepper season. Savor the last tastes of peppers in a quiche or add slices of peppers to a sandwich.

RED RADISHES: See this week's vegetable feature for more information about radishes as well as recipes.

RAINBOW CHARD: For a healthy alternative to a fresh salad check out the recipe for Chard Salad on andreacooks.com.

WILD RUSSIAN KALE: For a new twist on sautéed kale, try adding smoked paprika. Sauté chopped kale with olive oil, shallots or onions minced, red pepper flakes and add ¼ to ½ tsp smoked paprika.

PETER WILCOX POTATOES: If you are trying to use up the last of those fresh herbs from your herb pack before frost sets in, make a pan of Herb Roasted Potatoes. Quarter potatoes and toss with olive oil, chopped garlic, chopped herbs of your choice, salt and pepper to taste and roast until tender.

BABY WHITE TURNIPS: Check out our database for Roasted Squash with Turnips, Apples & Caramelized Onions for a delicious fall dish.

expertise to deliver a written verdict of guilt or innocence which will serve as a platform for future legal cases. The tribunal "aims to assess these allegations made against Monsanto, and to evaluate the damages caused by this transnational company. The Tribunal will rely on the 'Guiding Principles on Business and Human Rights' adopted at the UN in 2011. It will also assess potential criminal liability on the basis of the Rome Statute that created the International Criminal Court in The Hague in 2002. The Tribunal shall also assess the conduct of Monsanto as regards the crime of ecocide, which it has been proposed to include in international criminal law. It shall examine whether the Rome Statute establishing the International Criminal Court in force since 2002 should be reformed, in order to include the crime of ecocide and to allow for the prosecution of individual and legal entities suspected of having committed this crime."

While Monsanto and other biotech companies want us to believe their "advances" in technology will help us "feed the world" and benefit society, their motives are actually to gain power and control over our food supply with the end goal of increasing their profits. Political decisions have been based on biased research meant to "slide" things through regulatory agencies. Products have been released into the market

without proper evaluation of their safety and all of us, without consent, have been part of the largest human health study ever conducted. Their chemicals are irreversibly changing our landscape. We now have to worry about chemical drift and genetics from altered plants and animals spreading into non-GMO species; and there's no turning back. Novel proteins are in our food supply and are causing a myriad of devastating health problems. Farmers' health and livelihoods have been destroyed, children have been born with birth defects, farmers in India and around the world are committing suicide because they see no other way out of this tangled web of deception they've been drawn into.

The tribunal has been organized by a steering committee of individuals who, in a variety of ways, have been instrumental in protecting people and the environment against the harmful effects of biotechnology. Some come from a legal background while others have been involved in scientific research, human rights defense, environmental protection and more. The full list of individuals as well as more thorough background information about The Monsanto Tribunal and the five judges who will be delivering the verdict may be found at the official website: montsantotribunal.org. The proceedings of the Tribunal may be viewed at this website as well and will be streamed live once the

proceedings are underway. The court will hand down its decision in December 2016.

This is an important event and, while Monsanto is the example, they are not the only biotech company responsible for these allegations. We'll be reporting more information about the Tribunal as it becomes available, but we also encourage each of you to take a look at the tribunal website and educate yourselves on the background behind and potential impact of this important event: monsantotribunal.org.

Vegetable Feature: Radishes

By Chef Andrea

Radishes are one of the oldest cultivated plant foods. There are two classifications of radishes--"Table" or "Spring" radishes and "Storage" radishes. Table radishes are one of the first crops we plant in the spring, with harvest just 4 to 6 weeks later. Green top red and French breakfast radishes are the two varieties we grow. They are tender with a thin skin and are meant to be eaten within a week or so after they are harvested. We actually plant them all throughout the summer and into the early part of the fall.

The other type of radishes we grow are storage radishes which include daikon, Black Spanish and beauty heart radishes. Winter radishes are more sturdy, with a longer growing season, thicker skin and more dense flesh and they store very well. You'll be receiving some of these varieties in some of the last boxes of the season.

Radishes are eaten extensively worldwide. Often they are pickled, cured, dried or fermented to preserve them. Historical reports date back to 2000 BC where radishes are thought to have been included in the daily ration, along with onions and garlic, for the people building the Egyptian pyramids. With a history like this, there has to be something good for us in a radish! Radishes are a good source of vitamins A, C and B6 as well as magnesium, calcium and potassium. In traditional Chinese medicine, radishes are used to promote digestion, break down mucus, soothe headaches and heal laryngitis. They are beneficial in helping to cleanse and detoxify the body and it is thought that they help prevent viral infections, such as colds and the flu, when consumed regularly.

Radishes may be eaten raw, pickled, cured and also may be cooked. When cooked, either sautéed, stir-fried, braised or roasted, radishes lose their peppery flavor and become mild and slightly sweet in flavor. If you are one that shies away from radishes because you are still learning to like their peppery bite, consider cooking them. Don't forget to eat the radish greens as well as they are packed full of nutrients! Radish greens may be added to stir-fries, simply sautéed alone or with other greens and dressed with salt and a splash of vinegar. They are often incorporated into soups and can also be eaten raw in salads. Quick pickled radishes make a nice condiment to enjoy on tacos, alongside grain dishes, lentils, beans or layered onto a sandwich.

We hope you will look at radishes with a new set of eyes and take advantage of all they have to offer to your diet and your health.

Dal with Radish Raita

Yield: 6-8 servings

FOR THE DAL

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| 1 Tbsp olive oil | 1 tsp turmeric |
| 2 Tbsp unsalted butter or ghee | 2 cups red lentils, rinsed |
| 2 ½ cups chopped onions | 6 cups water |
| 1 ½ cups diced carrots | 2 cups canned tomatoes |
| 1 tsp salt | 1 ½ cups packed chopped spinach
or other greens (chard, radish tops,
kale, etc) |
| 1 Tbsp grated fresh ginger | 2 Tbsp fresh lemon juice |
| ½ tsp ground cayenne | |
| ½ tsp ground cumin | |

RAITA

- 1 cup plain whole-milk yogurt
- 1 Tbsp fresh lemon juice (½ lemon)
- 1 Tbsp extra-virgin olive oil
- 1 tsp salt
- 3 radishes, finely grated
- 1 Tbsp finely chopped fresh mint

1. For the dal: Melt the olive oil and butter in a large, heavy-bottomed pot over medium heat. Add the onions and cook, stirring often, until soft and translucent, 4 to 5 minutes. Add the carrots, salt, ginger, cayenne, cumin, turmeric, lentils, and ½ cup of the water and cook, stirring often, for another 5 to 7 minutes. Add the rest of the water and bring to a low boil. Reduce the heat to medium low, cover, and cook for 10 minutes. Add the tomatoes and their juices to the pot, squeezing them with your hands to crush them. Continue to cook, covered, stirring occasionally, until the lentils are cooked and the soup is thick, 30 to 45 minutes. Stir in the spinach or other greens and lemon, remove from heat, and add salt to taste.
2. While the soup cooks, make the raita: Stir together the yogurt, lemon, olive oil, salt, radishes, and mint in a small bowl. Serve the soup with a dollop of raita in each bowl.

Recipe borrowed from Alana Chernila's book, *The Homemade Kitchen*.

Radish Top Pasta with Chickpeas & Parsley

Yield: 3-4 servings

- 6 oz fettucine pasta
- 3 Tbsp butter
- 1 medium onion, small diced
- 2 Tbsp minced garlic
- 1 tsp salt plus more to taste
- 1 ½ Tbsp stoneground mustard
- ½ cup dry sherry
- Radish greens from 1 bunch radishes, cut into bite-sized pieces
- 4 cups spinach or other greens, cut into bite-sized pieces (Kale, Chard, etc)
- 1 cup small diced spring radishes
- ½ cup parsley, finely chopped
- 1 cup cooked chickpeas
- Freshly ground black pepper, to taste
- Parmesan or other hard cheese, for serving

1. First, cook the pasta. Bring a large pot of salted water to a boil over high heat. Add the pasta and cook until the pasta is al dente. Reserve 1 cup of the pasta cooking water and then drain the pasta. Set aside the reserved pasta water and the pasta until ready to use.
2. Melt butter in a medium sauté pan over medium heat. When hot, add onion and garlic and sauté until the onions are soft and translucent.
3. Stir in 1 tsp salt and the mustard. Stir to combine, then add the dry sherry. Simmer for about 2 minutes, then add the radish greens and spinach or other greens. Cover and continue to simmer for a few minutes, just until the greens are wilted.
4. Remove the cover and add the diced radishes, parsley and chickpeas. Stir to combine and then add the pasta to the pan. Bring everything to a simmer and then add about ½ cup of pasta water to the pan. Allow the mixture to simmer for a few minutes to ensure everything is heated through. Taste and adjust the seasoning to your liking with salt and black pepper. Add additional pasta cooking water as needed to adjust the consistency of the sauce to your liking.
5. Serve warm, topped with freshly grated Parmesan or other cheese of your liking.

Recipe by: Andrea Yoder

Produce Plus Offerings

Check out the Special Offers from HVF link at harmonyvalleyfarm.com for current Produce Plus Offerings!

This will be the last opportunity to purchase produce plus before Thanksgiving!
Stay tuned for holiday sampler offerings and end of the season produce plus offers soon to be published for delivery in December.