

ORGANIC GARDENS *TODAY*

Winter 2013/2014

VOLUME 3, ISSUE 4



**The Fight for Elsipogtog,
Winter Storm Preparedness,
Real Food, Seed Parties,
Catalog Reading and Garden
Planning, and much more!**



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Organic Gardens Today
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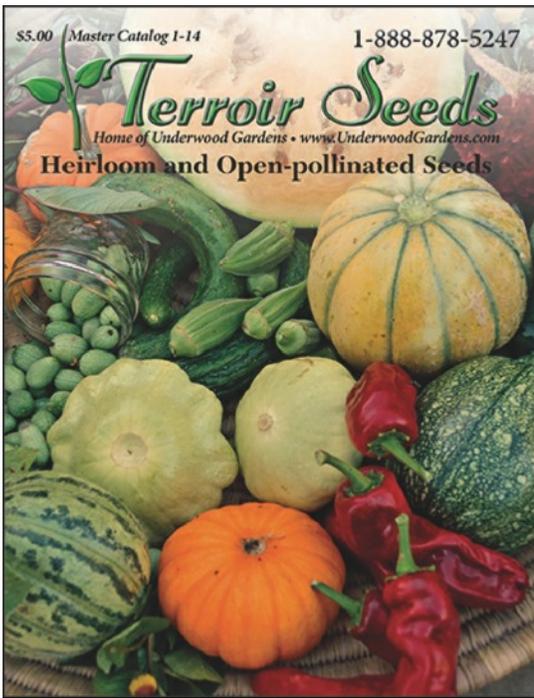


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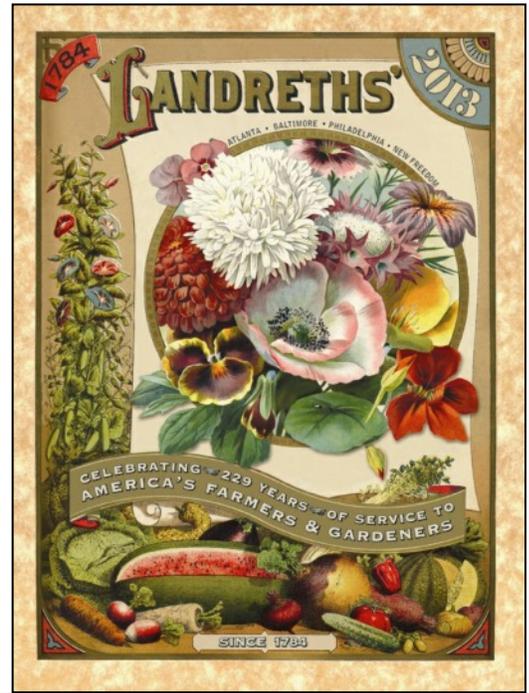
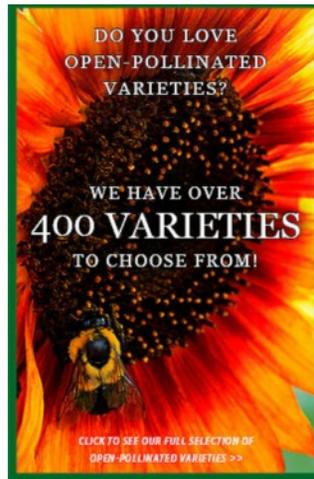
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SUGGESTED GARDENING RESOURCES



High Mowing Organic Seed



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Ken Owen Wildlife Photography

For the cover photo.

You can view his remarkable photos on his

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Winter is the time to look at the beauty of nature during this season, albeit animals, plant structure and texture or the way snow paints a different picture than the colors of our normal gardening year.

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From The Editor

Welcome to the Winter edition of *Organic Gardens Today!*

Sorry for the delay in the Winter Issue of OGT, but I felt it was important to have the story on “The Fight for Elsipogtog”. As it turns out, there was very good news and I hope you enjoy reading the article. It is very inspiring to those of us who take a stand for what we believe in.



I don't know about you but winter came through pretty quick in the Northeast. It seems that one day it was a comfortable 60 degrees and the next it was in the thirties, plus there was the nasty term “wind chill”. Where did our gardening year go? Hopefully there will be one more day in the forties so I can complete the final clean up of the yard before the first snow hits!

Winter is a time of introspective, to look inside of ourselves and see what excited us and what disappointed us in this gardening year we call 2013. Time to start putting our thoughts and dreams for our gardens down on paper so we have a record to review in future years. A garden journal is essential for any gardener to keep track of weather, soil conditions, rain and plants that did not do well in your garden. I would like to thank our contributor Stephen Scott from Underwood Gardens for offering readers of this magazine a free garden journal for you to download. Just go to <http://www.underwoodgardens.com/garden-journal/#.UouZvuLFq0Y>, download and begin your own journey to making the garden of your dreams. Trust me, you will continually go back to this personal resource many times in the years to come!

I have been watching with great interest what is going on in New Brunswick, Canada, and The First Nation's peaceful protest against fracking. It doesn't surprise me that no one knows this, considering how mainstream media ignores any protests including The March Against Monsanto with millions of people in the streets. When people worldwide march against one single company and no major media reports on it, it shows how corporate money influences what we are told. Please read the articles in this edition and become informed. Also as you are planning your gardens for next year, remember to buy only organic and heirloom seeds for your vegetable gardens. Studies have shown that Genetically Modified Organisms are not safe, so begin a peaceful protest by growing your own organic produce. Your health and that of your children will benefit.

If you like what we have accomplished with *Organic Gardens Today*, please *share us* with your family, friends, coworkers and fellow gardeners. We rely on word of mouth to spread the word about the magazine, and I thank you in advance for sharing us. If you go to our website, www.organicgardentoday.com and you can click the “Share” button to share the website with your friends on any social media platform.

David Daehne, Editor



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You can start a discussion, add your comments or follow useful links to like-minded articles and websites.

MEET OUR WRITERS



DAVID DAEHNKE, THE GARDENING GURU, EDITOR

David is a seasoned gardener and lecturer, helping both the novice and experienced gardener. His fun and informative lectures are widely requested throughout the Northeast. Over the past 12 years, David has successfully managed three public gardens as Executive Director, but his true love is communicating proper gardening practices and creating gardens of beauty. He received his B.S. Degree in 1984 in Ornamental Horticulture at Delaware Valley College. David is widely known from his radio show “The Gardening Guru” on WGHT 1500 AM, beginning it’s 20th season in 2014. He is a horticultural consultant on his Internet Web page, www.thegardeningguru.com.



AL BENNER

Married to Deena Seligsohn Benner. Twin boys - Owen and Coleman 6 years old. Too many interests, too little time... Grew up in New Hope Solebury, PA. Attended college at Delaware Valley College in Doylestown, PA - BS in Ornamental Horticulture. Received an MBA at La-Salle University. Owner of three web businesses: www.OldSchoolFarmers.blogspot.com, www.BackyardFarmers.com, www.MossAcres.com, www.PurrfectFence.com. A founding partner for a self-sustaining residential real estate project in Costa Rica - www.FincaLasBrisas.org. Founder of www.BennersGardens.com - national supplier of deer fencing systems - company sold in Dec. 2006.



STEPHEN SCOTT

Stephen is the co-owner with his wife Cindy of Terroir Seeds, an heirloom seed company that not only provides quality garden seeds but helps customers improve their gardens and skills with a wealth of information not found anywhere else.

From his experiences in gardening, rangeland and habitat restoration Stephen has found that it’s not just about the seeds; the highest quality seeds are great, but there is room and need for more, much more.

Stephen has discovered a cycle to gardening that is not being addressed much today- soil education and awareness of its role and importance; the important role of quality seed and how they interact with the soil; the critical importance of micro-organisms that feed us all that many are not aware of; how to prepare the food grown from the garden and how it can all tie in together to markedly increase our health- all from our home garden. Visit their website at www.UnderwoodGardens.com.



MAUREEN FARMER

Maureen Farmer is master gardener and the founder of The Farmer’s Garden web-site (www.thefarmersgarden.com). The Farmer's Garden is an online place to make in-person connections between gardeners across the US. Gardeners and want-to-be gardeners can search and post free classified ads to share excess homegrown produce, tools, or gardening space with people in their area. Food banks can post wanted classifieds for surplus food. She is an avid gardener and also a former Board

member of Urban Oaks Organic Farm in Connecticut.

MEET OUR WRITERS



CMOR

CMOR is a traveling writer, musician, and activist... While relatively undiscovered by 21st century pop culture, he has been building up a stellar body of work over the past 20 years... He has recorded over 8 albums of music, written both a novel as well as a collection of cartoons, and also published a book of his ironic quotes in 2011 called, 'Chicken Soup For The Asshole'... He is currently spending every waking moment trying to save the earth's food supply from genetic engineering, and hopes that you will join him in this quest... CMOR's visual art can be found on his facebook page: [Artists Against Monsanto...](#)



KATECOPSEY

Kate is a freelance garden writer from New Jersey, who hosts America's Home Grown Veggie Show every Saturday at 10am on www.americaswebradio.com is streamed live. The show is a one hour magazine format with in depth interviews of experts, authors and gardeners. America's Home Grown Veggie Show is the only show on the air that airs 52 weeks a year talking all about healthy vegetables.



MIKE HOFMANN

Mike has a BS in Ornamental Horticulture from Delaware Valley College and over 30 years of experience in the landscape industry. With a strong focus on residential design, Mike has worked with home builders and home owners alike to bring landscaping visions into reality. He has a strong creative interest and enjoys working with people. Mike now owns and operates Stonehouse Outdoor Design LLC. He lives in Berryville, VA with his wife Carole and their five children. Stonehouse Outdoor Design LLC is a full service landscape company with experience installing water features, landscape lighting, plantings, hardscapes and outdoor kitchens. Our quality comes from excellent design before the project starts and a great team of experienced professionals to bring it to life.

Have a look at his work and contact him at www.StonehouseOutdoorDesign.com



LUCIANE MACALAN GILAN

Luciane was born and raised in Brazil. She left her hometown, Porto Alegre in 1988 to live and travel around Europe. She then moved to Hawaii for two years, where she learned about and experienced a healthy attitude towards life and food. In 1995, Luciane opened Café Colonial in New York City. After 15 successful years, she declined to renew Café Colonial's lease due to the increase on her rent, but opened [Porto Alegre Café](#) in Ramsey to continue to share her healthy cuisine with others and to be closer to home. Porto Alegre is inspired by the cafés of Paris, Madrid and Lisbon. Most recently Luciane is also sharing powerful testimonies of life teaching experiences that she learned from her travels, business and a divorce; she loves to inspire people with food for the mind and body.



DAISY LUTHER

Daisy Luther is a freelance writer and editor who lives on a small organic farm in the Pacific Northwestern area of the United States. On her website, [The Organic Prepper](#), Daisy writes about healthy prepping, homesteading adventures, and the pursuit of liberty and food freedom. Daisy is also a staff writer at [The Daily Sheeple](#), where she helps to "Wake the Flock Up". You can follow her on Facebook, Pinterest, and Twitter, and you can email her at daisy@theorganicprepper.ca

Home Grown Gardening Tips

GARDENING TIPS FOR DECEMBER

* Amaryllis bulbs may be started now. If they are established bulbs in old pots, two inches of soil should be removed from the surface and replaced with a good, rich mixture.

* Make sure the pots of forcing bulbs are full of roots before moving into sunlight, and make sure they are watered adequately for the best display.

* Remember to set out your Christmas tree when the season is over for winter protection for the birds.

* If you have brought in geraniums for winter color, they must be placed in a window that receives direct sunlight all day and a daytime temperature of 70 to 75 degrees is maintained. Keep in mind geraniums do not like to be over watered.

* Never apply water to houseplants late in the afternoon. The foliage should not be wet when night comes.

* Be sure that all garden refuse that may contain any insects or disease is disposed of in the garbage and not the compost pile.

* After each heavy snowfall, one should tamp the snow around the young fruit trees to protect them from mice, which work under the snow.

* Newly planted evergreens should have the protection of a windbreak or anti-desiccant to protect from moisture loss.

* If the ground is not frozen, newly planted evergreens should again have a thorough soaking of water.

* Make sure that all bird feeding equipment is out and well stocked for the winter months.



GARDENING TIPS FOR JANUARY

* English ivies should have plenty of light but not too much heat at this time of year, so keep them off of radiators or other appliances.

* Poinsettias often drop their leaves when the flowers begin to fade, which is usually a few weeks after Christmas. This indicates the plant is going into its natural resting period.

* Do not water African violets from overhead. It is better to water a tray underneath the plant because overhead watering may contribute to crown rot of the plant. After 1/2 hour, remove any excess water that may remain.

* Hyacinths will flower on short stems unless the bud is made to develop in the dark. As soon as the young leaves start to unfold, and the buds appear, cover the pot with a cornucopia of paper or an inverted pot. When they spike has reached the desired height, remove and enjoy.

* When there is a warm spell and the ground is not frozen, make sure you water foundation plantings that may have gone into Winter on the dry side due to the overhang of your house.

* Snow should not remain on evergreen hedges because when it gets wet and heavy during a thaw, it may break branches and leave the plant unattractive. Removal can be done lightly with a broom by starting from the inner part of the plant and pulling outwards.

* Branches of Christmas trees can be used for a mulch over roses, bulb beds, rock gardens and perennials. The boughs make a light, airy mulch which is most desirable. When warmer weather comes, simply remove and either chip them or clip them with your pruners and add to your compost.

* The dormant pruning of ornamental trees and shrubs can be done at this time. Take a close look at the branching structure of the plant, and always remember to step back and look at the plant after each cut to see what has been removed and where the next cut should be.

* Old Christmas trees can also be a good shelter for birds during the Winter, so don't dispose of them so quickly. Prop them up close to a bird feeder so the birds have a natural hiding spot from any stray cats that may be in your neighborhood.

Home Grown Gardening Tips (continued)

* Plan to read a few gardening books this Winter as well as all of those catalogs that have come in the mail over the past few weeks. There is plenty to learn, even for the most seasoned gardener.

* Begin your gardening almanac or notebook at this time of year. Note temperatures, rainfall and begin to write down your plans for the new growing season. This will be an invaluable resource for you in the coming years.

GARDEN TIPS FOR FEBRUARY

* Keep cacti and succulents in the house in a bright, sunny window. Poor drainage in the pots and over watering may encourage diseases.

* Keep in mind that the leaves of plants breathe, and for that reason the broader kinds such as rubber plants and dracaena should be wiped with a soft, damp cloth. Even better is to place them in the shower and let room temperature water wash the dust off and give them a good soaking. Leave them in the shower for eight hours to completely drain and to enjoy the humid environment!

* Flowering branches of various Spring blooming shrubs and trees like forsythias, apples and ornamental quinces may be cut now and wrapped in wet paper towels and stored in your basement for three to four days. Then you can bring them into your living room and enjoy the blooms. The nearer to Spring you are, the easier they are to force. Branches of pussy willow can also be forced readily.

* In the event of mild weather, make the rounds of your garden beds and gently press back into place any perennials heaved out by the frost.

* House plants require more attention now. Be sure that the air in your home (aka the Gobi Desert) is sufficiently moist; give them plenty of light; water them when needed, not “once per week”; wash them frequently to remove dust and insects; start to give them a balanced fertilizer to bring them out of the Winter doldrums. On extremely cold nights, remember to pull the plants away from windows where the temperature is much lower than the inside temperature.

* Mummified fruits and cankered branches should be cut from fruit trees and discarded into the garbage (NOT your compost pile!) to prevent the spread of disease spores.

* This is a good time to prune grapevines and fruit trees, but not if the weather is extremely cold.

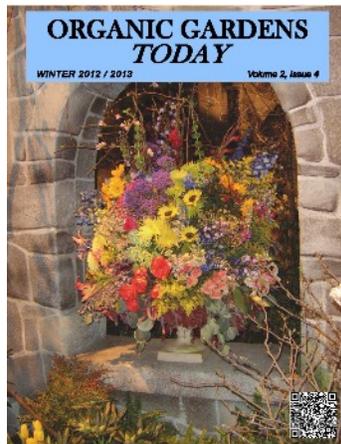
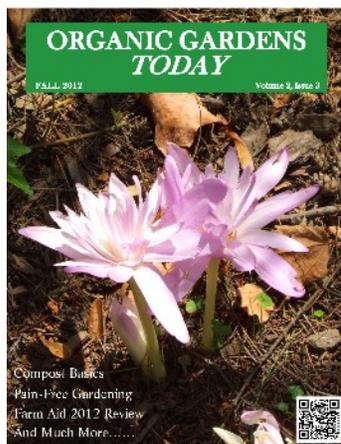
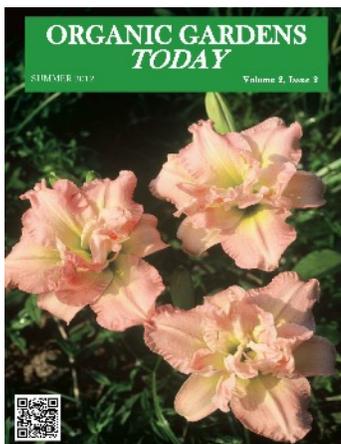
* Tramp down the snow around tree trunks so that mice may not make runs to the trunks and feed on the bark.

* Most people think that no harm is done by crossing the lawn when the ground is frozen. However, if a beaten path is made in Winter, strips will be worn out beyond repair, and re-seeding as well as aerating will be necessary in Spring.

* Make sure that you have an ample supply of bird seed in the feeders, especially when the ground becomes snow covered. Also, suet, peanut butter and similar foods that are high in protein will help keep the birds warm. The birds will also appreciate a water source. A bird fountain with a heater element will keep the water warm enough to keep it from freezing. Giving the birds a winter habitat will encourage them to stay during the gardening year and help you defend your garden against insects the natural way.

* Do not start your seeds quite yet. I know the urge to start them is great, but the earlier they are started, the taller and more straggly the plants will be when the time comes to plant them outside. Interior grow lights are helpful, but they can not replicate what the sun can give them. Patience is a virtue, especially for gardeners!

* When the weather warms for a day, go outside and take pictures of your garden. This will not only show your garden “naked” without all the pizzazz and color of the growing season, but will remind you of any winter interest plants you may want to add during the spring for next winter. Add these ideas to your garden journal along with the pictures for future reference.



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The Island of Hawaii Bans GMOs

It's official. The mayor of the island of Hawaii, Billy Kenoi, has signed bill 113 into law. This bill prohibits biotech companies from operating on the island, and it bans farmers from growing any new genetically altered crops. (The papaya industry, which has more than 200 farms on the island, is exempt from the bill.)

Hawaii is joining Mexico, which last month banned (on an interim basis) the planting of all genetically engineered corn, and Italy, which in July became the 9th European country to ban planting of Monsanto's GMO corn.

Monsanto and its allies are trying to convince you and I and the rest of the American public that the case is settled and GMOs have been proven safe. But counties and nations around the world are banning them. And a group of 230 scientists from around the world, including Dr. Belinda Martineau, who helped commercialize the world's first GM food (the Flavor Savor tomato), recently joined together to sign a declaration that they: "deplore the disinformation over the safety of GMOs." They add: "Claims that there is a consensus among scientific and governmental bodies that GM foods are safe, or that they are no more risky than non-GM foods, are false."

Do you think GMOs should be labeled? If you do, you are far from alone. The vast majority of people in the United States would like to see the country join 64 other nations, including all of Europe, in labeling GMOs. It's a cause supported, according to polls, by 93% of the American public.

But last month the Grocery Manufacturer's Association (GMA), funded by secret donations from the junk food industry, led a campaign to block labeling in the state of Washington. And now recently uncovered documents have revealed that the GMA is plotting a campaign for federal preemption that would permanently block any state from requiring mandatory labeling of GMOs.

Congratulations to the Big Island of Hawaii for taking a stance against GMOs. You can read more about this and the scientific proof at

<http://www.foodrevolution.org/blog/gmo-news/>

Woman living 'off the grid' faces eviction

by George Mathis, Atlanta Journal-Constitution

The Declaration of Independence says Americans have certain "unalienable rights," including "Life, Liberty and the pursuit of Happiness."

Those words were written by a fellow that didn't have running water or electricity in his home — Thomas Jefferson.

After Jefferson's wells ran dry he began capturing rain-water that ran off the roof of his house, which is pretty much what a Florida woman, Robin Speronis, of Cape Coral, is doing.

The day after a local TV station ran a story about Speronis' "off the grid" lifestyle, city code enforcement officers declared the home "unfit" for human habitation.

That probably never happened at Jefferson's Monticello.

Cape Coral code enforcement officers somehow made this determination without venturing inside the home. There's a good chance they just looked at the water bill for that address and realized the city monopoly had been thwarted.

Speronis' "unfit" house looks pretty much like every other home in her neighborhood.

Like Jefferson, Speronis is self-sufficient and has no monthly bills for water or electricity. Her small house has been paid for and she's paid all her taxes.

She cooks using propane and generates power using solar panels.

"My message was to create, so I created a happy place," she told Fox News.

The city has received hundreds of complaints from the public about its decision to declare the home unfit. No one from the city would go on camera, says Fox 4, but an attorney who volunteered to help Speronis stay in her home said the city does not have eviction powers. "It is the beginning of an eviction process," said attorney Todd Allen. "A judge would then have to sign off before getting the sheriff to physically remove someone."

http://blogs.ajc.com/news-to-me/2013/12/18/woman-living-off-the-grid-faces-eviction/?cxntfid=blogs_news_to_me

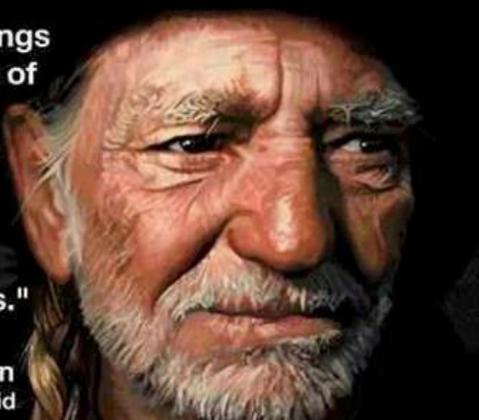
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AGAINST**

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"Our food system belongs in the hands of many family farmers, not under the control of a handful of corporations."



**—Willie Nelson
Founder, Farm Aid**



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The Fight For Elsipogtog

By Various Authors



Elsipogtog, New Brunswick, Canada

The History

“Since the spring of 2013, the Mi’kmaq, along with Native and non-Native allies, have been resisting exploratory testing by SWN Resources Canada in New Brunswick. SWN, a Houston, Texas-based company, is searching for deposits of natural gas in shale rock formations. If they are successful and find significant deposits, they will then attempt to extract this gas using the process of fracking.

Fracking is a highly destructive method of extracting natural gas (as well as oil) from shale rock formations. It involves drilling down into the shale rock and injecting vast amounts of water mixed with hundreds of toxic chemicals. This fractures the shale rock and releases the gas, which is then brought to the surface for processing. Fracking contaminates water with toxic chemicals, and also leads to the depletion of water tables. The process itself is linked to an increase in earthquakes in areas where it is practised. The processing of shale gas causes respiratory problems, skin rashes, nausea, and other

negative health effects. For all these reasons, fracking is today the focus of resistance in countries around the world by communities determined to protect their land and water.

Throughout the summer, the Mi’kmaq protested SWN’s activities, and the RCMP arrested approximately 20 people. Then, in the early fall, the Mi’kmaq established a blockade of a parking compound used by SWN, near Rexton, New Brunswick.

On October 17, 2013, over 100 RCMP raided the blockade camp, including a tactical troop (riot control cops) and Emergency Response Teams (ERT, armed tactical units). They used pepper spray and less-lethal weaponry to clear the blockade, arresting 40 people in the process. In response to the raid, Mi’kmaq through Molotov cocktails at police, and later set fire to six RCMP vehicles (completely destroying them). Four warriors remain in jail to this day (Dec 2, 2013).

The anti-fracking struggle currently being waged by the Mi’kmaq is occurring at an historically important time in Canada. It follows on the mass mobilization of Indigenous peoples across the country who took part in Idle No More rallies and “flashmobs,” etc. It is also occurring as thousands of Natives in ‘BC’ have expressed their opposition to oil and gas pipelines and tankers. And all this is occurring as Canada seeks to position itself as a new “petro-state” based on the extraction of gas and oil, especially from the Tar Sands in northern Alberta. In this context, the struggle of the Mi’kmaq is of critical importance.

Through their determined resistance, the Mi’kmaq have revealed the true nature of the colonial regime as one ultimately based on force. Only by maintaining a vast system of control can the state impose its will, in the interests of the corporate elite. But the Mi’kmaq have shown that the state is not all-powerful, nor are its police forces, and that they can be resisted. The six RCMP vehicles torched after the October 17 raid stand as stark proof of this, as have the near daily confrontations on the highways and roads of New Brunswick.

Everyday that SWN Resources Canada isn’t out doing exploratory testing, they claim, costs them some \$54,000. Add to this the cost of SWN vehicles damaged or machinery set on fire, along with the sabotage of over 1,000 geo-phone tracking devices and miles of cables, and one can see how much damage the Mi’kmaq and

their allies have inflicted despite substantial deployments of police and security (further draining the enemy's treasury of tens of thousands of dollars).

For those Natives in BC who believe that more rallies and petitions will be sufficient in stopping over seven proposed pipelines from crossing their territories and hundreds of tankers from traveling the coast, the Mi'kmaq are showing us that the struggle must be more than a war of words. To base our resistance on only those methods approved by the state, on those which are "peaceful" and "lawful," is little more than political theatre that ultimately serves to reaffirm the "legitimacy" of the colonial regime. It is a strategy for defeat.

The Mi'kmaq are also showing us that a real Indigenous grassroots resistance involves community mobilization and self-organization, outside of the *Indian Act* band councils. The blockades and confrontations are not the work of the Elsipogtog band council, but of grassroots Mi'kmaq and their allies.

As Canada seeks to establish itself as a global petro-state, it must maintain control over Indigenous peoples who constitute a potential threat to all types of infrastructure and extractive industries, from railways and highways to pipelines and power lines, from mines to oil and gas facilities. This is why the Mi'kmaq warriors have been especially targeted with repressive actions by the RCMP.

The state fears warriors because they have the potential to radicalize movements, because they will use direct action, and because they cannot be bought off or otherwise co-opted. For these reasons, we must stand in solidarity with not only the Mi'kmaq, but also with the Mi'kmaq Warrior Society, who provide a living example of what a warrior is and the necessity of maintaining a warrior culture in order to defend our people & territories."

1: Gord Hill (Kwakwaka'wakw nation), who frequently writes under the pseudonym Zig Zag. He is also the author of The 500 Years of Resistance Comic Book, The Anti-Capitalist Resistance Comic Book (both published by Arsenal Pulp Press), and 500 Years of Indigenous Resistance (published by PM Press).

To contact Warrior Publications, you can email: zig_zag48[at]hotmail.com

The Story

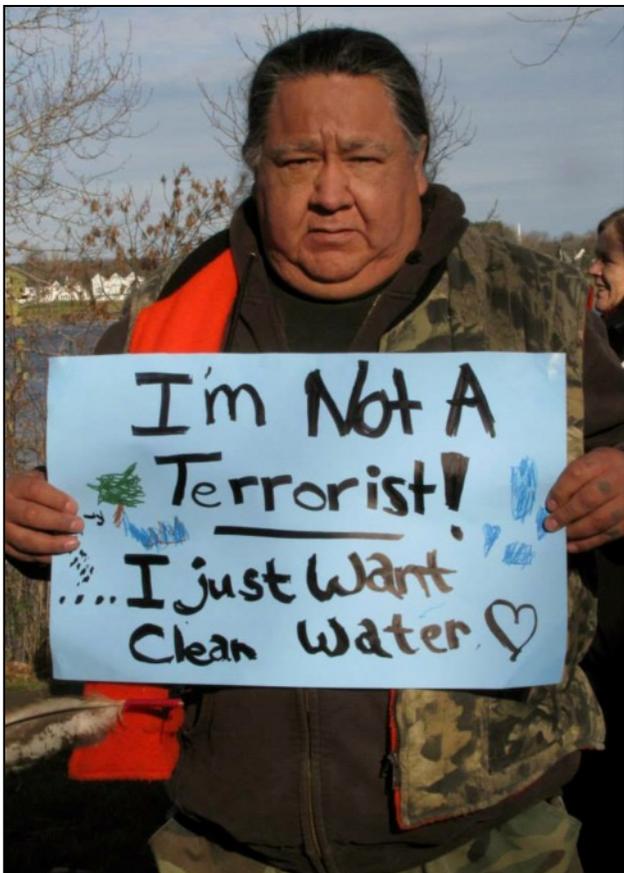
What intrigued me the most about this story was the reasoning why the Mi'kmaq were protesting in the first place: for clean drinking water. You have to remember that this is THEIR land and THEIR rights to protect what they NEED to survive.

In 1997, the landmark Canadian Supreme Court Decision in *Delgamuukw* clarified that even under Canadian law, Aboriginal title to most of the land within British Columbia's provincial borders had never been extinguished. Basically this meant that no treaties were ever signed deeding land over to Canada. Millions of acres of land still belonged to First Nation Tribes across Canada. The second ruling came in 1999 when the Canadian Supreme Court passed down another judgement confirming that the Peace and Friendship Treaties of 1760-1761 did not cede land or resources. This cannot be emphasized strongly enough: the Mi'kmaq never gave up legal rights to their land or resources. Canada does not own the land that the people of Elsipogtog are defending. This is not conspiracy theory, or indigenous interpretation. This is Canadian law, interpreted by the Supreme Court of Canada, applying Canadian constitutional principles. Yet somehow, this most important fact is left out of most reports on Elsipogtog as though it is barely relevant. It is their land to determine what can happen in it's own boundaries, and the people of Elsipogtog decided not to allow fracking to occur on their land. And I should state that they have a majority support of Acadians and Anglos in New Brunswick, so this is not just a Mi'kmaq fight, but they were the ones to take a stand.

What truly saddens me is the blatant disregard of the majority opinion in the case. Corporate interests, corrupt governments and officials seem to be everywhere these days, not only in Canada but also in America. Premier David Alward of New Brunswick, who bills himself as a "consultant" and promised more public consultation on major government decisions since his election in 2010, blatantly disregards the majority views of his constituents. New Brunswick's government granted SWN (South Western Energy Company based out of Houston, Texas) licenses to explore for shale gas in 2010 *in exchange* for investment in the province worth approximately CA\$47 million (about US\$44 million). So basically you are looking at a government who says one thing to the people while doing the contrary.

Gee, does any of this sound familiar to you?

As I followed the protests daily via Facebook (Moncton Anti Fracking, APTN, and others), I was drawn to how peaceful their protesting was, even watching videos of protestors shaking hands with members of the RCMP barricade line. In the beginning of October SWN asked the Courts for an injunction against the protestors blocking access to the company equipment. On Oct. 17, a day before the injunction was due to expire, the RCMP enforced it. Dozens of officers entered the camp with automatic rifles, dogs and beanbag guns. As the day progressed, RCMP pepper-sprayed elders and women from Elsipogtog. Six RCMP vehicles were torched, and some 40 people were arrested. As I watched I wondered how could this be happening, this was Canada, not Russia or some militarized state. This is a democracy, majority rules and all of the good stuff we are taught in school. When I watched CBC News (The national broadcast media for Canada) I saw the protestors portrayed as “terrorists”, with the highlights showing the burning police cars and nothing about the injured protestors. When did news become so one-sided? Why was nothing being said on the protestors’ behalf?



Warrior Chief John Levi holding a sign made by a child.

Then on December 2nd, one of the greatest things I have ever seen took place across Canada. Solidarity actions unfolded in support of Elsipogtog. Demonstrators set up a temporary blockade at Vancouver’s port and rallied in the western city of Victoria. In Toronto there were banner drops, and a group of protesters photo-bombed an interview by Canada’s Prime Minister Stephen Harper at a local news station. A small rally was held on Parliament Hill in Ottawa, the nation’s capital. And in Montreal, a solidarity blockade stopped traffic at an intersection. This became a national debate in one day when people from across Canada came to the support of the Mi’kmaq people. My faith was restored in the fact that people who stand together for something they believe in will change the future. For several months the Mi’kmaq people stood alone in their protest, but now the people of Canada finally heard the call and stood side by side with them. Call it luck, call it timing, but I don’t believe that on December 6th, when SWN announced out of nowhere that they were done testing and were leaving New Brunswick, that it was because they were actually done. It was because they saw that the resistance to fracking was growing and it was best for them to leave silently in the night. This had gone from a regional problem to a national problem. And although they left, they left with a caveat: They promise to be back in 2015.

Now I know this is an organic gardening magazine and I try to focus on what matters to you, your health and your garden, and although I don’t publicly preach civil disobedience, there are times when you, as an individual and member of this planet, need to stick up for what you believe in. With that said, I believe in being able to grow my own fruits and heirloom vegetables without chemicals, being able to save the seed from year to year as my grandparents did. I want to know what is in my food, if it contains GMO’s or growth hormones. I stand for the trees and bees, because just like the Lorax, I want to teach you about the importance of seeing the beauty in the world around us and about *our* responsibility to protect it. Now I know this may not be the generally accepted rule, but as Popeye says, “I am what I am”, and the people I am looking out for is not me, but for my two grandsons who will inherit this mess we have created. I have one question for you:

Are you willing to do something about it?

David Daehnke, Editor

Shrubs and Trees that Add Winter Interest to Your Yard

By Maureen Farmer

Even if you live in a climate that only has a short period of cold weather, it's nice to have a few plants to enhance the view from inside your home. There are several ways you can add winter interest to your garden including:

- Unusual bark
- Bright berries
- Evergreen species
- Flowers
- Form and structure

Unusual bark can be either brightly colored or exfoliating. Several varieties of dogwood have stems that develop bright colors as the weather gets colder. They gradually return green as the temperature warms up in the spring. Examples include Red Osier Dogwood *Cornus sericea*, 'Bailey's Red' and 'Midwinter Fire' (orange-yellow at the base to red at the tips) and Tatarian dogwood *Cornus alba* 'Bud's Yellow'. On shrub dogwood species, the brightest colors appear on year-old stems. Prune away old growth to encourage new stems to grow from the base for best winter color. Dogwoods grow in USDA planting zone 3 (possibly 2) through 8. Trees whose bark exfoliates into papery curls include Paper Bark Maple *Acer griseum* (zone 4 to 8), River Birch *Betula nigra* (zone 4 to 9), Paper Bark Birch *Betula papyrifera* (zone 2 to 6). Plants that exfoliate to reveal patches of color, often similar to camouflage include lacebark pine *Pinus bungeana* (zone 4 to 8), common crape myrtle *Lagerstroemia indica* (zone 7 to 9), and crape myrtle hybrid *Lagerstroemia indica* X *L. fauriei* (zone 7 to 9).

Brightly colored berries add winter interest and may provide food for birds during the winter months. Hawthorn *Crataegus viridis* "Winter King" (zones 4 to 7), Winterberry Holly *Ilex verticillata* (zone 3 to 8), American cranberry viburnum *Viburnum trilobum* (zone 2 to 7) and Red chokeberry *Aronia arbutifolia* 'Brilliantissima' (zone 4) all have bright red berries in the winter. Only female holly plants produce berries and a male plant must be located within approximately 50 feet for the berries to form.

Common persimmon *Diospyros virginiana* (zone 5 to 8) and American mountain ash *Sorbus americana* (zones 2 to 6) have orange berries and northern bayberry *Myrica pensylvanica* (zones 3 to 6) produces blue gray berries. There are several varieties of *Viburnum dentatum* arrowwood *viburnum* (zone 2 to 8) including 'Blue Muffin', 'Perle Bleu' and 'Northern Burgundy' that have blue berries that the birds love.

In addition to evergreens like spruce, pines, junipers and yews, you might want to consider planting a few broad leafed evergreens for green colored winter interest on your property. Interesting broad leaf evergreens include Boxwood *Buxus species* (zones 4 to 8), Mountain Laurel *Kalmia latifolia* (zones 5 to 9), Rhododendrons *Rhododendron species* (zones 4 to 9) and Yucca *Yucca filamentosa* (zones 5 to 10).

Early flowering shrubs are also a great way to cure the winter blues. Witch hazel *Hamamelis* (zones 4 to 8) blossoms in late winter and is available in a wide variety of species and flower colors. Varieties include 'Jelena' with bronzy-orange flowers, 'Luna' with light yellow flowers and 'Arnold Promise' with bright yellow flowers.



Winterberry Holly

Another option with a wide variety of flower colors are Camellias *Camellia japonica* (zones 7 to 9). Their flower color may be white, pink, red or variegated.

Winter honeysuckle *Lonicera fragrantissima* (zones 4 to 8) has very fragrant white blossoms in late winter. Chinese fringe flower *Loropetalum chinense* (zones 7 to 10) have white or pink flowers depending on the variety.

Many trees and shrubs have interesting branching structure that is often hidden when they are covered with foliage. Pagoda dogwood *Cornus alternifolia* (zones 3 to 7) and Cockspur hawthorn *Crataegus crus-galli* (zones 4 to 7) both have interesting horizontal branches. Harry Lauder's walking stick *Corylus avellana* 'Contorta' and Corkscrew willow *Salix matsudana* have twisted stems. Both of these twisted stemmed plants grow in zones 4 to 9.

The next time you're adding or replacing trees or shrubs on your property, make sure you consider how they will appear year-round. During every season, you'll be looking out your windows or approaching your home and admiring your garden. Make sure the view is pretty and interesting year-round.

Maureen Farmer is master gardener and the founder of The Farmer's Garden website

(www.thefarmersgarden.com). The Farmer's Garden is an online place to make in-person connections between gardeners across the US. Gardeners and want-to-be gardeners can search and post free classified ads to share excess homegrown produce, tools, or gardening space with people in their area. Food banks and individuals can post wanted classifieds for surplus items. She is an avid gardener and also a former Board member of Urban Oaks Organic Farm in Connecticut.



Red Twig Dogwood



Do you sometimes grow more vegetables than you can eat?

Do you have or want access to gardening space?

Do you need to borrow a gardening tool?

Do you want to meet other gardeners in your area?

Become a member of The Farmer's Garden to search and post classified ads to trade, sell or give-away extra homegrown fruits and vegetables, tools, gardening space or other gardening-related items and activities with people in your local area.

Building Community, One Tomato at a Time

thefarmersgarden.com

Winter Storm Warning: Are You Ready to Get Snowed In?

By Daisy Luther

If you've been watching the news, you're well aware that a winter storm is bearing down on most of the United States. We've been warned of plummeting temperatures, ice, and lots of snow, even in places that don't normally receive such weather.

Are you ready to be snowed in for a few days? If not, there's no time like the present to get prepared. Once you see how well you fare during the upcoming storm, you'll be hooked on the feeling of security that you get from planning ahead. This article is written with those who are new to preparedness in mind, so for the more experienced readers, please chime in with your tips in the comments section!

Keep in mind that with the holidays approaching, you could get snowed in with extra guests. Be sure you have enough supplies to keep everyone fed, hydrated, and warm.

Often, heavy snow, high winds, and ice can take down power lines and it can take a couple of weeks to get it restored, so plan for a two week emergency. What would you need if the power went out and you couldn't leave your home for 14 days? Once you begin creating your plan, you may be surprised to discover that you already have most of what you need to batten down the hatches for a couple of weeks. It's just a matter of organizing it so you can see what you need.

Use the following information to create your personal 2 week preparedness plan. Modify the suggestions to adapt them to your particular home, family, and climate.

Water

Everyone knows that clean drinking water is something you can't live without. In the event of a blizzard and power outage, the water may not run from the taps. The pipes could freeze, or, in the event of grid failure, an electrically driven pump will not work.

Each family should store a two week supply of water. The rule of thumb for drinking water is 1 gallon per

day, per person. Don't forget to stock water for your pets, also.

You can create your water supply very inexpensively. Many people use clean 2 liter soda pop bottles to store tap water. Others purchase the large 5 gallon jugs of filtered water from the grocery store. Consider a gravity fed water filtration device and water purification tablets as well.

Food and a way to prepare it
There are two schools of thought regarding food during a power outage. One: you need a cooking method that does not require the grid to be functioning. Two: you can store food that doesn't require cooking.

If you opt for a secondary cooking method, be sure that you have enough fuel for two weeks. Store foods that do not require long cooking times – for example, dried beans would use a great deal of fuel, but canned beans could be warmed up, or even eaten cold.

Preps to buy:

- 1 gallon of water per day for each member of the family (i.e., 1-2 weeks worth).
- 2 bottles of juice per family member
- 2 canned goods (e.g., meat, veggies, soup, and fruit) per family member.
- 1 each of the following food condiments: Peanut butter, jelly, honey, mustard, ketchup, BBQ sauce
- 2 drink mixes/tea/coffee per family member
- Spices (e.g., salt, pepper, taco seasoning, apple pie seasoning, etc.)
- 1 gallon of cooking oil
- 2 each of the following pre-packaged foods: beans, dried peas, rice, noodles, oats, grains, cereals and pasta
- 2 bags of flour
- Ramen noodles
- Powdered milk
- Powdered potatoes
- Infant Formula – Note: Call me crazy, but this has a huge amount of vitamins and nutrients and could be utilized for immune boosts.

Heat

The need for heat is a given in the midst of a winter storm. During the first 24 hours after a power outage, you can stay fairly warm if you block off one room of the house for everyone to group together in. Keep the door closed and keep a towel or blanket folded along the bottom of the door to conserve warmth. You can safely burn a couple of candles also, and in the enclosed space, your body heat will keep it relatively warm. As well, dress in layers and keep everything covered – wear a hat, gloves (fingerless ones allow you to still function), and a scarf.

However, after about 48 hours, that's not going to be enough in very cold weather. You will require back-up heat at this point. If you are lucky enough to have a source of heat like a fireplace or woodstove, you'll be just fine as long as you have a supply of dry, seasoned firewood.

Consider a portable propane heater (and propane) or an oil heater. You have to be very careful what type of backup heat you plan on using, as many of them can cause carbon monoxide poisoning if used in a poorly ventilated area.

Sanitation needs

A common cause of illness, and even death, during a down-grid situation is lack of sanitation. We've discussed the importance of clean drinking water, but you won't want to use your drinking water to keep things clean or to flush the toilet. If the pipes are frozen or you have no running water for other reasons during a winter storm, you'll need to consider sanitation needs.

For cleaning, reduce your need to wash things. Stock up on paper plates, paper towels, and disposable cups and flatware. Keep some disinfecting cleaning wipes and sprays (I don't recommend using antibacterial products on a regular basis, however in the event of an emergency they can help to keep you healthy.) Use hand sanitizer after using the bathroom and before handing food or beverages – there may be a lot more germs afoot in a disaster.

Look at your options for sanitation. Does your toilet still flush when the electricity is out? Many people discovered the hard way that the toilets didn't work when the sewage backed up in the highrises in New York City in the aftermath of Hurricane Sandy. At our old cabin,

the toilet wouldn't flush without power because the pump was electric.

If you are on a septic system, with no risk of the toilet backing up into the house, simply store some water for flushing in the bathroom. At the first sign of a storm, fill the bathtub for this purpose. Add the water to the tank so that you can flush.

If this is not an option, another solution is to stock up on extremely heavy duty garbage bags (like the kind that contractors use at construction sites) and kitty litter. Place a bag either in your drained toilet or in a bucket. Sprinkle some kitty litter in the bottom of the bag. Each time someone uses the bathroom, add another handful of litter. Be very careful that the bag doesn't get too heavy for you to handle it. Tie it up very securely and store it outside until services are restored.

Light

Lighting is absolutely vital, especially if there are children in the house. Nothing is more frightening than being completely in the dark during a stressful situation. Fortunately, it's one of the easiest things to plan for, as well as one of the least expensive.

Some lighting solutions are:

- Garden stake solar lights
- Candles
- Kerosene lamps
- Flashlights (don't forget batteries)
- Hand crank camping lantern
- Don't forget matches or lighters

Outdoor tools and supplies

In the event of a winter storm, you'll need some special supplies in order to keep walkways and steps clear and less hazardous.

- Snow shovel
- Snow blower
- Salt

Exercise that you're unaccustomed to is one of the most

frequent causes of death in the aftermath of a snow storm. Many people drop dead of a heart attack shoveling their driveways. If you aren't in shape, be sure that you use good sense when performing strenuous tasks. Take frequent breaks, stop when your out of breath, and do only a little bit at a time. Be sure also to dress appropriately for the weather.

Other tools and supplies

Some basic items will make your life much easier during an emergency. Here are some things that are essential in the event of a power outage:

- Lighter/waterproof matches
- Batteries in various sizes
- Manual can opener
- Basic tools: Pliers, screwdriver, wrench, hammer
- Duct tape
- Crazy glue
- Sewing supplies
- Bungee cords

First Aid kit

It's important to have a basic first aid kit on hand at all times, but particularly in the event of an emergency. Your kit should include basic wound care items like bandages, antibiotic ointments, and sprays. As well, if you use them, keep on hand a supply of basic over-the-counter medications, like pain relief capsules, cold medicine, cough syrup, anti-nausea pills, and allergy medication. Particularly important if sanitation is a problem are anti-diarrhea medications.

Preps to buy:

- Medical bag or back pack, tackle kit or container
- Medical reference books or e-Books on handling medical crises
- Sunscreen
- Aloe Vera
- Insect repellent
- Gauze pads in assorted sizes (3×3 and 4×4)
- Sterile roller bandages
- Antibiotic ointment
- Expectorant/Decongestant
- Syrup of Ipecac and activated charcoal

- 2-3 bottles of disinfectant (Betadine, isopropyl alcohol or hydrogen peroxide)
- Sterile adhesive bandages in assorted sizes
- Adhesive tape or duct tape
- Latex gloves
- Scissors
- Tongue blades
- Medicine dropper
- Tweezers
- Thermometer
- Liquid antibacterial hand soap
- Disposable hand wipes
- Eye care (e.g., contact lens case, cleansing solution, eye moisture drops).

Special needs

This is something that will be unique to every family. Consider the things that are needed on a daily basis in your household. It might be prescription medications, diapers, or special foods. If you have pets, you'll need supplies for them too. The best way to figure out what you need is to jot things down as you use them over the course of a week or so.

Stock your car

You should always keep an emergency kit in your vehicle but it's especially important in bad winter weather. Your kit should include:

- Extra hats and gloves
- Dry socks
- Weatherproof footwear
- Winter coat and snow pants
- Food
- Water (this will most likely be frozen and you'll have to thaw it to drink it – it's best to bring water with you each time you leave the house)
- Backpack
- Matches or lighter
- Candles
- Space blanket
- Heavy duty sleeping bag
- Flashers
- Sand or salt (to help you get unstuck)
- Shovel
- First aid kit
- Map and compass
- Windshield scraper

Preparedness is just common sense

Don't feel like you are crossing over to the tinfoil hat side by preparing for all eventualities during a winter storm. This doesn't mean you're loading your car with gas masks and decontamination suits. It doesn't mean your house is stacked to the rafters with ammo and body armor. It's just plain old-fashioned common sense to keep a naturally occurring event from becoming a crisis.

It's far better to have your supplies and never need them than to need them and not have them.

As for us, we can't wait to have a snowball fight and make cocoa on the wood stove! Bring it on, Mother Nature!

Daisy Luther is a freelance writer and editor who lives on a small organic farm in the Pacific Northwestern area of the United States. On her website, [The Organic Prepper](http://TheOrganicPrepper.com), Daisy writes about healthy prepping, homesteading adventures, and the pursuit of liberty and food freedom. You can follow her on Facebook, Pinterest,

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The Voice Of Treason? Food Freedom Is A Birthright...

By CMOR

Our world is constantly changing... Sometimes so much happens so fast, that it takes a while for us to recognize the truth as it emerges, for the proverbial dust to settle... Whether this is due to mass cultural shock or the suppression of information, planet earth cannot continue hemorrhaging without us noticing sooner or later... While global crises run rampant in seemingly every direction, one of the most threatening to life-as-we-know-it is the genetic modification of our food supply...

Did you know that most everything you eat is poison? It certainly is, and our food supply has been hijacked by chemical companies and corrupt federal regulatory agencies... Farm workers wear hazmat suits to work in the fields, fish on farms are fed corn, and even domestic dogs and cats are growing tumors from eating toxic pet food... Fruits and vegetables, cotton and salmon, now even trees are being made into genetically modified organisms (GMO's) and sold to us as normal and natural... Personally, I never liked the idea of science-engineered food in the first place; to alter the genes of one thing, like corn, and add to it genes from other things, like the BT bacteria, which makes a bug's stomach explode when it eats the crop... These are all part of a huge problem that not many are talking about...

It began over 100 years ago with a chemical company called Monsanto... They made mustard gas, DDT, agent orange, PCBs, and now make food with Round-Up in it... This multinational corporation is like a post-modern King Midas, but instead of everything touched turning to gold, everything Monsanto touches turns to cancer... They alter the genetic structure of your food, purely for profit and power... Not for nutrition, or to feed the world, or to end diseases, these are the lies they propagate to hypnotize the everyday consumer... Independent studies have found that genetically modified produce is actually depleted of nutrients, because that's how Round-Up acts on plants... It strips them of their nutrients, and unless they are engineered to withstand this process, they die... Unfortunately, humans haven't been engineered to tolerate or coexist with it, and the medical industry appears all too comfortable with the rise of disease and sickness...



The food supply is in great peril, especially in North America, where most of the GMO's (genetically modified organisms) are grown and sold... Nearly 90% of all corn grown here is transgenic, much of it selling at below-market prices due to heavy federal subsidies to industrial farmers... That corn is amassed into gigantic storage bins, to be processed into things like bio-diesel, plastics, animal food, and people food... More than 90% of the typical grocery store items contain GMO corn and soy... Canada leads the world in the production of canola oil, with a patented plant that taints the genetic soup with its pollen... Thousand year old varieties of heirloom corn in Mexico have been found to be contaminated with GMO traits, where the nearest modified corn fields were hundreds of miles away... Pandora's Ice-Box is an image that comes to mind...

Monsanto sells Round-Up to industrial farmers who drown the land with chemicals... Not only does that pollute the water supply, the active ingredient glyphosate gets into the food, and therefore into our bodies... Seriously! Studies across North America are discovering glyphosate in newborn babies and senior citizens alike... Glyphosate has been found to cause tumors and even sterility... A shocking revelation that was

revealed during the writing of this article is that instead of lowering the acceptable levels of glyphosate, the USDA recently raised the level exponentially... Some reports state that glyphosate is being found in the rain, which may explain why city dwellers, far away from farms and cropdusters, have large levels of it in their blood... There have been no studies on the risks of exposure to this chemical, though Round-Up no longer claims to be safe and biodegradable on its bottle...



Monsanto is the largest of the many biotechnology companies, with annual revenues of over 10 billion dollars each of the past 3 years... Besides their Round-Up Ready seed technology, they also genetically modify corn, soy, and cotton to produce their own BT pesticides... These poisons cause the bowels of the insects that consume the food to explode... But somehow, by the time that SAME food gets to the supermarket it is okay for human consumption? That seems like very shady practice... Add to that, the fact that BT Soy is one of the principle ingredients for infant formula... Babies are being bombarded with toxicity far beyond what previous generations were exposed to... Furthermore, lower-income people in the WIC program are ONLY allowed to choose between infant formulas that contain GMO's...

It is also widely known that for many years, Monsanto has been buying all the world's seed companies, creating a stranglehold on the global market... It is still possible to obtain heirloom seeds on a small scale, but now one must do the research and not just assume that the seeds aren't connected to biotech companies... Ironically, the people who have the most difficulty getting Monsanto's GMO seeds are the folks related to independent studies... Monsanto claims their food is no different from conventional food, but it holds patents on that very food... Monsanto self-regulates its seed tech-

nology, which assures they avoid accountability... A real scientific study would quickly expose the extreme dangers of using the earth's population as lab rats...

On top of that, the bees are all dying... Large percentages of the pollinating creatures have died off, and when they disappear, we are soon to follow... Monsanto bought the only company who was approaching the problem, and is using the company to create a GMO bee that will be resistant to its poisons! It is outrageous, that Monsanto not only wants to control the food supply, but that through BeeLogics they can control the pollination... Think about it, how would small, organic farms pollinate their nutritious competition to multinational GMO's? At this point, local, organic farms are the one hope we have, of preserving ourselves until the crisis can be averted...

The biotechnology crisis gets tangled as it spreads around the world... Experiments in Russia have created transgenic dairy animals, used for their biopharmaceutically-enhanced milk... GMO mosquitoes have been released by the thousands in Australia, as well as in the Caribbean islands... In Canada, there has been pressure on the government from lobbyists, to certify the arctic apple as safe... The arctic apple is touted as a fruit that never bruises, never turns brown... In America, fish farms are breeding a new FDA-certified GMO salmon, designed with growth hormones in it... These salmon grow at twice the rate and size of normal salmon, and even become cannibalistic when hungry... Inevitably, they escape from the fish farms and are now repopulating the ocean... Soon, the few remaining natural salmon in the sea will have to compete with their mutant relatives...

There must a quick and easy way to just say, "This crap will f**k you up!"

The bottom line is that this colossal crisis snuck up on us, and now the problem is EVERYWHERE... It is glaring at us in the face, hiding behind corporate slogans and government agencies like the FDA, USDA, and EPA... We have a United States Supreme Court Justice, Clarence Thomas, who used to be a lawyer for Monsanto! That is what I deem to be a conflict of interest... The FDA's Food Czar is Michael Taylor, who has been back and forth from Monsanto to FDA so often that many refer to it as a revolving door... Not only does Monsanto write the laws, the regulatory agencies are

rigged to allow biotech to operate above the law... The people who are unsatisfied with this arrangement, who try to change the system for the better, those voices are ignored even as public opinion against GMO's swells...

So what do we do? I tried getting depressed, even pissed off, and it didn't really help... I tried telling people all the great information, and they didn't listen... So I got creative and made some art, spending many long months devising and implementing innovative ways to address the issue... New information is coming out every day, and can desensitize those who take in too much... I discovered that creating a visual graphic, in the form of a simple meme, can have far-reaching impact... For example, a picture of Pinocchio with a nose made of corn grown long from his lies, or a Zeppelin album cover featuring an exploding corn cob instead of an airship... Feeling perfectly justified to appropriate whatever cultural fodder the establishment puts out, I hack the hell out of it, make it say what needs to be said... I try to make the images convey unspoken truths, which often wakes a person up, or plants seeds that help them do so later...

The innovations run in many directions, too... I recorded some anti-GMO music... Taken sharpies to \$20 bills... I made some Mr. Yuk stickers and put them on GMO products in grocery stores... I stuck the Monsanto logo on stop signs and encouraged others to do the same... I bought a hazmat suit and a real stop sign of my own... I decorated hundreds of parcels with subversive and artistic messages, to be sent them through the postal system... The memes I created inspired other artists to make anti-GMO art... When interviewed later, and all I could say was that the primary goal was to try any and every ethical way possible to help our food supply... The secondary objective, amidst all the activism, was to show people how THEY could change their own world as well...

It is quite liberating to walk up to a stop sign and tag it with a big sticker... Everyone who comes after will see 'Stop Monsanto', and after a couple of days they are nearly impossible to remove... People send me their photos from all over the world, which is very encouraging... I must note here, for my own ass-covering purposes, that I encourage people not to put them on real stop signs, as that would be illegal... (wink) Then I had some bumper stickers printed, and folks have been driving around with their voice on their car... It's just a dent, but every little bit helps... The latest sticker tri-

umph was when my stripper friend offered to use the stop sign stickers as pasties!



The temptation is often for us to feel isolated, like we are just one person against a tsunami of crazy bullshit... But there ARE people out there who want to make a difference, as evidenced by the way other people evolve concepts... As they develop, community is formed... Each person is at different levels of awareness and resources, and it will be through working together that we will overcome this food fascism... And the more diverse the ideas are, the better, since the system has not yet developed antibodies for outside thinking... No effort is too crazy when the future is in peril...

I also realize that it might be too late... That North America could have a perfect-storm famine due to monoculture, or it may end up that the entire continent could be quarantined by the rest of the world... That is NOT science fiction, it is a REAL possibility, and it is one we should discuss... If the media won't address it, they make themselves IRRELEVANT, end of story... There's nothing wrong with writing your elected official about it, but it's evident that the level of corruption is so high these days, it won't lead to interaction, maybe just getting onto a special watchlist... It's a discussion that needs to be held around the dinner table, in the public

square, a checkout line... Even getting a coffee at a Whole Foods Market can be risky, if you put conventional GMO soymilk in it... It sucks to be the guy who has to START that conversation, but one gets used to it...

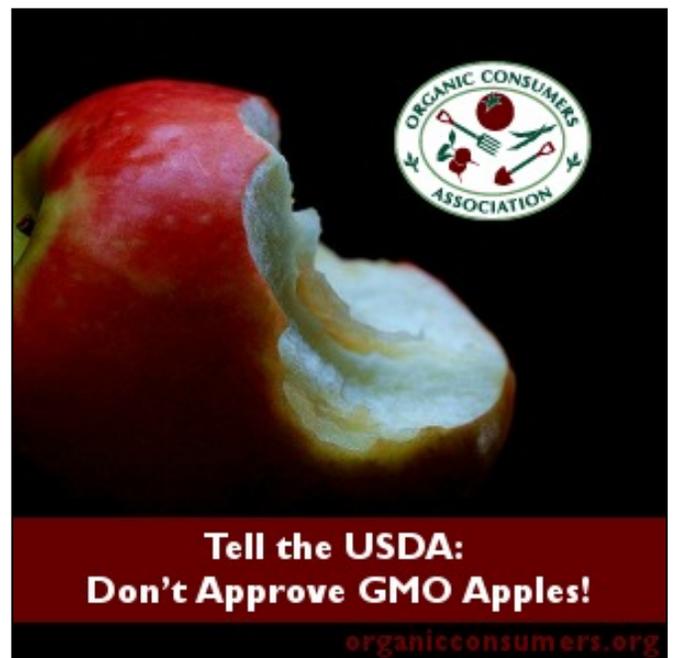
Overall, I feel people really ARE waking up... Whether we reach the tipping point of public awareness necessary to fix this food crisis remains to be seen... In the end, the difference will be made by the average person doing the little things... For example, when the cashier at the supermarket asks me if I found everything okay I say, "Well, I was very disappointed to see genetically modified products on your shelves today... I know you said you would label them by 2018, but I can't wait 5 years for this... I feel like not spending money here anymore... I know it's not your fault, so could you please pass this on to your management? Thank you!" This usually allows my voice to be heard, as well as create connection as opposed to division, for being divided leads to being conquered...



Other vital ways that people can get out from the clutches of Monsanto's industrialized agriculture are to grow an organic garden instead of a lawn, or plant potatoes and other food in public parks and vacant lots... During WWI and WWII, they called them Victory Gar-

dens, and never was there a more fitting term than now... Talk with those who know, then share with those who don't... Do research and learn which new GMO foods are soon to be released on the market... Even keeping bees could be the wildcard that saves our crops... Above all, be open to the solution popping into YOUR mind, like an Einstein epiphany... Great leaps in human consciousness have always come at times of great peril, usually to anyone who remains open to them... What is the food rebellion's fix-all solution? Maybe there isn't one, yet to close off to the idea of victory is to accept defeat... Perhaps a Johnny Appleseed of common sense and healthy food will arise from the masses... Perhaps a mess-hall messiah will save us from our own genetic terrorism... But until then, let's do what we can and invent a world where everyone can thrive...

CMOR is a traveling writer, musician, and activist... While relatively undiscovered by 21st century pop culture, he has been building up a stellar body of work over the past 20 years... He has recorded over 8 albums of music, written both a novel as well as a collection of cartoons, and also published a book of his ironic quotes in 2011 called, 'Chicken Soup For The Asshole'... He is currently spending every waking moment trying to save the earth's food supply from genetic engineering, and hopes that you will join him in this quest... CMOR's visual art can be found on his facebook page: [Artists Against Monsanto...](#)



Farm Dinner Party and a Full Freezer

By Al Benner



December is a month to make sure your freezer is full with all the good tasting, healthy food you worked so hard to raise. It's also a good time to share that good food with friends.

This year the Benners decided to entertain a dozen friends and the menu (at end of post) was almost entirely made up of food produced at Old School Farm. Al's beet saute was pretty amazing (thanks for the ingredient tips Dave :)), but it was Deena Benner's quiche that stole the show. Great company of friends and fresh farm ingredients - nothing can beat it.

Turning to more serious issues for this time of year, early winter is a time to make sure the freezer is stocked with venison for the coming months. Al had been unsuccessful with his new crossbow, so now it came down to gun season. When the chips are down and a deer is needed, the Camilli clan (friends of the Benners) can usually be counted on to deliver some venison. This year was no exception as Rocco Camilli bagged a button buck with his antlerless deer tag in the wooded hillside at the farm. Dave and Al butchered it, and then the vacuum sealer took over, and now the meat is in the freezer.

Also over the holidays, a visit was paid to the farm by the parents of the Benner's sister-in-law, Lisa Seligsohn. Don and Charlotte Whitman from Maine/Virginia, just happened to time it right and enjoyed some of the Old School turkey leftovers in a hearty soup Al had made (the same turkey the Whitmans had eaten three days before at the Benners on

Thanksgiving). While Charlotte toured the farmhouse and viewed old photos of the farm, Al showed Don around the property, even paying a visit to the remainder of the turkey flock that was spared as breeding



stock for next season. Don ("Fixer Pop" to his grandkids) is an avid outdoorsman and DIY guy who has been following this blog regularly, so he was most interested in seeing things firsthand. We're glad the Whitmans stopped by!

Dave has been hard at work making repairs around the house and grounds as needed and getting everything secure and stowed away for what is looking like it could be a long, cold winter. Most importantly he has been focusing on bringing in a lot of seasoned firewood that had been cut earlier this past year. He's also now working on securing interns for next season and creating a detailed report for USDA regarding production in our high tunnel greenhouse (a requirement for the grant we received).

The ground inside the high tunnel was seeded with winter oats several weeks back and with 60 - 70 degree temps in there during sunny days, this cover crop is really taking off. We are even attempting to over winter some of the serious eggplant "shrub" root stock - probably won't work, but we love to experiment - we've got about a foot of mulch on them. Speaking of mulch, the 400 asparagus plants are all mulched in for winter.

Finally, we are currently looking into the possibility of acquiring crop insurance for the flood plain growing

area so we can have the peace of mind to expand our growing areas of vegetables. We sell through the new Wayne County cooperative being organized by Sky Ballantine over at Ant Hill Farm. It's a great program where various farmers can list what they have extra of each week and local restaurants (and soon individuals) can order what they want and pick up at one of three weekly pick up locations. Best of all each farmer sets their price for their offerings. Last year our beets, carrots, kale and tomatoes moved very nicely and we would like to expand our offerings and volumes.

Until next time we hope your holiday season is joyful and warm.



Too many interests, too little time... Grew up in New Hope Solebury, PA. Attended college at Delaware Valley College in Doylestown, PA - BS in Ornamental Horticulture. Received an MBA at LaSalle University. Owner of three web businesses: www.OldSchoolFarmers.blogspot.com www.BackyardFarmers.com www.MossAcres.com www.PurrfectFence.com A founding partner for a self-sustaining residential real estate project in Costa Rica - www.FincaLasBrisas.org Founder of www.BennersGardens.com - national supplier of deer fencing systems - company sold in Dec. 2006.



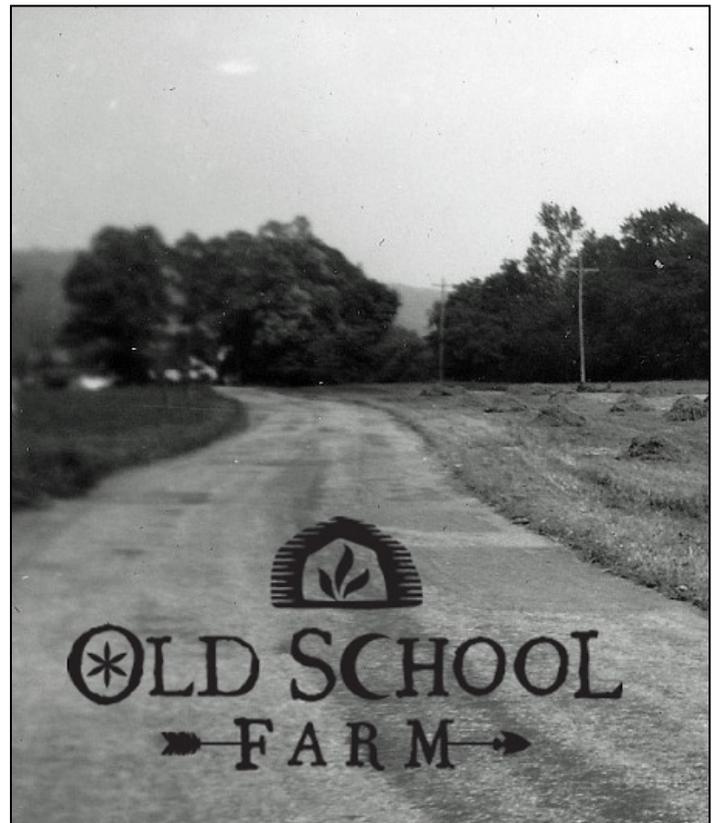
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Real Food

By Luciane macalan Gilan

I grew up in Porto Alegre, a capital of a very prominent state in Brazil. It was the end of the 60's beginning of the 70's. My grandmother played a big role in my life. I spent most of my first seven years at her house. She was a mother of 10 children, I was the first grandchild and her back yard led to a huge field with a brook, secret paths leading to the other side of the block. There was a couple of small shaken wood bridges, small little creatures all over the place, especially frogs that would jump at me and scared me to death.

Porto Alegre was a capital of a big state but there were so many streets with trees, kids playing in the sidewalks; cobble stones roads, mini soccer fields in the back of some homes and much more. It was the perfect combination of city with a country feel.

I don't recall seeing my grandma anywhere except in the kitchen and as the center piece we had the wood burn stove. If I recall correctly we didn't have gas stove until at least when I was six years old. She would awake up at 5 am, prepare breakfast and start her day by going to the market and the corner butcher. To this day a proper Brazilian meal consist of rice, beans, a side of one or two vegetables, a main meat or chicken dish, salads, hand cut French fries, homemade juice and a homemade dessert.

My main job at grandma's house was obviously to be a "kid", play in the back yard, catch lady bugs in the brook, collect Calla lily flowers so that I would place in a vase or I would watch her cook and be her mini helper.

I wasn't too fond of the chickens. They didn't come all clean and beautiful. The butcher would sell a whole chicken, basically short of being alive everything was in it. The skin and most of the residues of the feather was there. My grandma had to use something similar to kitchen pliers to clean the

chicken, skin it off, cut into small pieces and save some parts for certain dishes and other parts for different dishes.



Talking of organic life? I never saw two vegetables alike until I left Brazil. They all had different shapes, never perfect, never alike. It was common to try to eat a fruit and catch a bug inside. Most houses had a fruit tree either in the yard or right at the side walk.

The south of Brazil is well known for the rice plantations and our rice was delicious. The milk would come at the door, my grandma made our own jam, her own desserts and those days the black beans had so much dirt in it that she would sit at the kitchen table to "escolher feijao" to separate stones, whole beans and the non perfect beans. That task alone would take her at least 30 min. I guess you got the picture of my childhood. I never heard of organic food, health food and all those terms. However most of our vegetables came from the farms nearby, the meat was definitely grass feed and the natural way of eating was "organic".

One of the most painful times of my life "food speaking" if there are such a term, was when I left Brazil to travel and live in Europe. While I was in Spain and France I missed the beans and rice but for the most part I was still able to eat vegetables, grains and fruits.

I end up in England in 1988. I was a little over 21 years old, and until then my eating habits consisted of fresh food, fresh ingredients and lots of great grass feed meat. Those days in England I couldn't find black beans except in some rare Indian mar-

markets, meat tasted like plastic, mashed potatoes was nothing like my grandma's, It came from the box and it was in a form of powder, the vegetables were over cooked, tasteless.

What a cultural shock.

I did stay in England over a year and a series of events took me to United States and I end up in Hawaii. It was 1991 and at the time Hawaii was to me a true paradise. I started to hear about organic food for the first time, juicing, yoga, vegetarian diet and all those terminologies.. I joined a bunch of beautiful Californian kids, we shared a house, I started to body surf a little, work as a baby sitter and consequently as a cook for some families. I was babysitting for this family when the mother complained how she hated to cook. I promptly said: "Cindy, I love to cook, let me put together something for you and your husband". Here I was a Brazilian girl, slender with semi fluent English, obviously Cindy didn't think much of my cooking until I placed the food at the table. Wow, her husband demanded I cook all the time!!

I finally understood that the way I grew up was very special and my eating habits were the healthiest and most nutritious. I started to study what made rice and beans so good, healthy and valuable. I started to see the connection with the body, mind, food, attitude, exercise, etc. I took time to read about the value of organic foods. I fell in love with personal growth and much more.

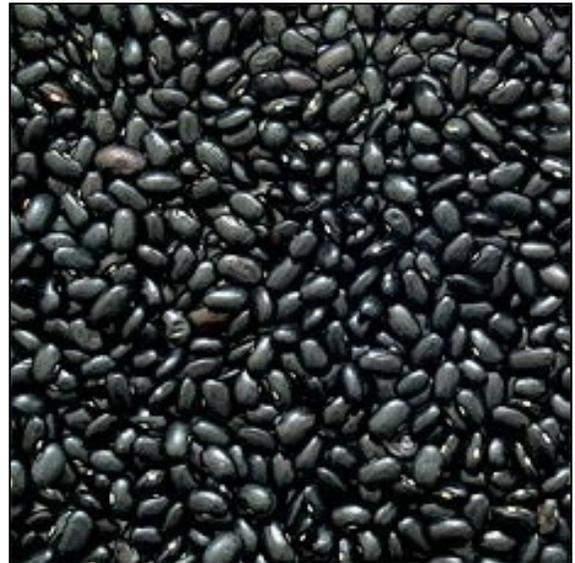
While I lived in Hawaii I become a vegetarian and that period of my life forced me to look for ways to have a balanced, nutritious meal and create ways of eating that not only taste good but was filled with nutrients. I am no longer a vegetarian. I went back to my roots in which a steak at the table is part of the culture, but definitely it is not the center piece of a meal.

I ended up coming to NYC to finish my studies (that I never did because I met my husband) and we opened a restaurant downtown Manhattan that

closed in 2010. I owned and operated Café Colonial for 15 years.

I opened Porto Alegre Café in Ramsey in 2011, partially with the desire to bring good, real food to the area. I lived in Bergen County for quite some time and every time I wanted to go out and eat there was nothing like my place in the city.

Porto Alegre is a café/restaurant. We love to have people sitting, chatting, eating or drinking good coffee made with fair trade beans, organic milk and organic brown sugar placed at the tables. New Jersey is not Hawaii nor it is New York city when it comes to food, but the food culture is changing and I am glad to be part of it and bring some healthy dishes to a much needed area.



So here are a few of my secrets:

- I believe in a diet full of grains, fruits and vegetables.
- Beans and rice have a symbiotic relationship in which the amino acids of each complement one another in such way to form a complete protein, which is the foundation of growth and development of many life forms, including humans.
- Most countries that have beans and grains as the foundation of their meals, also have less or diminished obesity. A diet rich in rice, beans, vegetables and fruits will certainly lead to lean, healthier bodies.

- Most people don't know how to cook beans. The most important thing is to not add salt until the beans are cooked. The salt is the secret of it. Beans will simply not cook if you add salt to them. I don't know... they may even cook by adding salt to it before, but my mother vows that without the salt, beans get a lot softer.

Also, it is important to have a pressure cooker in the house. You can cook black beans in 25 min with a pressure cooker without soaking overnight. I can cook black beans without soaking overnight and without pressure cooker but I let it cook well over an hour.

- 3 cups of good quality organic black beans
- at least 8 cups of water
- one small Spanish onion
- 2 garlic
- 1/2 cup of olive oil

Directions

Bring to a boil over high heat the water and the beans. Reduce the heat and simmer covered for 45 minutes. Sauté the onions and garlic with some of the olive oil in a separate skilled. Make sure the onions and garlic are chopped very tiny. Don't let it burn but sauté with a wooden spoon stirring it often until all is translucent and fragrant.

Pour some of the beans into the skilled just for a minute and bring it all back to the big pot. Simmer uncovered for 30 minutes, stirring occasionally, adding sea salt once the beans are soft and the remaining of the olive oil. Add water as needed as to create a nice consistency but not watery like soup. You want a thick "juice". Once it is cooked with a nice thick consistency but not all too dry you can separate it into 4 different containers. It holds well up to one week or you could freeze two containers.

HEALTHY SALAD

Below is a salad recipe that I created since I believe grains and beans are so important. It is called the Healthy Salad. The name of the restaurant was going to be called Beans and Barley

and I created this salad to honor it but in the last minute my children forced me to change to a more Brazilian name.

- 2 cups of cooked Pearl barley
- 2 cups of Pinto/Cranberry Beans cooked
- 1/4 corn
- 1/4 cup Pine nuts (toasted)
- 1/4 cup sunflower seeds
- 1 cup of Carrots
- 1/2 Cup celery diced
- 1/2 Parsley
- 1/4 Raisins
- 1/2 cup Cranberries
- 1/4 cup of scallions

P.S - all the ingredients must be cold. The beans have to be cooked but drained from the juice. The pine nuts must be roasted a little in the oven. Toss all the ingredients in a bowl with extra virgin olive oil and the juice of fresh cut lemon squeezed over it and sea salt. I don't like kosher salt. I try to stick to what my grandma always used.



Luciane Macalan is the owner of Porto Alegre Cafe in Ramsey, New Jersey. I am a mother of 3 children and one just left for college. I live in New Jersey and most recently I am trying to teach people not only about healthy eating but coach about health ways of thinking and living our lives. Please follow me at:

Lucianemacalan.wordpress.com

Portoalegrecafe.com

[@lucianemacalan on Twitter](https://twitter.com/lucianemacalan)

Organic Gardens Today Magazine is Looking for Writers



Are you a gardening 'expert' that would like to write for us and help share the organic principles the magazine conveys? Whether you have a gardening degree from a college or you are "dirt" educated, send me an e-mail with the subject and article you want to cover. I will review and see if we can use it in the next issue. Please remember that the magazine will be online on or about the first day of the new season, so please address your article for the upcoming season and make sure it is sent at least two weeks before the publication date for formatting.

Send your requests to editor@organicgardentoday.com

We look forward to hearing from you!



Host a Mid - Winter Seed Party!

By Kate Copsey

Fall garden work runs right into the holiday season, keeping gardeners busy and content. Then the post season hits and there is nothing much to do except watch clouds, rain and snow assault the garden while you browse colorful seed catalogues and wait for spring. Rather than browse catalogues on your own take advantage of the lull in activity and host a seed party.

The long cold nights are perfect for 'shopping' the catalogues with your gardening friends. Most gardeners have a few favorite catalogues as well as many more that arrive via the mail. Get a group of these friends together and host a party where you all decide what you are going to order.

Getting Started: The first thing with any party, even an informal seed party, is to decide what sort of party atmosphere you would like to have. Morning seed parties with coffee and cakes make a great party as does an evening party with wine and snacks. Get the invitation to all your garden friends and make sure that they bring some seed catalogues with them.

Setting the stage for the party: Seed parties need lots of room for people and catalogues so make sure that you clear a large table or space on the floor for the party. When guests arrive have them put their catalogues into the center of the table so that everyone can see them. Make sure that each guest has a note pad and pencil to write down their selections.

Your friends will likely have a variety of interests such as heirloom tomatoes or container growing and the catalogues that they bring will reflect this emphasis. At the start of the party suggest that each guest introduces their catalogue and why they like that company.

Then the fun begins as gardeners lustfully browse new and old varieties and offerings!

When everyone has had time to look at the various catalogues they will have a list of seeds to purchase from various companies. When people share the list of varieties that they have chosen it is very likely that others have similar varieties. To save money several guests can share just one pack of seeds – lettuce for instance has hundreds of little seeds per packet which is more than enough for 3 or 4 people to share. Gardeners also like to try new varieties and this is a great way to get just a few seeds of a new pepper or kales. The guests for instance may all like to try several different lettuce varieties which can cost quite a lot, and wastes a large portion of the seeds. Each of those 4 guests each buys one packet of seed which is then shared with the other participants. In return that guest gets a few seeds for other varieties that the other guests purchased. At the end everyone gets to try 4 varieties for the cost of one packet!

At the end of the event each guest will have a seed order, plus the names of who they are sharing the seeds with, as well as a list of other seeds that they will get from the other guests.

Seeds tend to be delivered in just a few weeks, so plan the second part of the event about a month after the first one. This time everyone brings the seeds that they purchased and a list of who they are sharing with. Have plenty of envelopes for this event as the seed packets are going to be divided between several people. Make sure that you mark on the packet what seed is inside!!

Seed parties are a great way to get together with other gardeners in the middle of a long winter – and it is always more fun to shop with friends! So go ahead and host a Mid-Winter Seed Party!

Kate is a freelance garden writer from New Jersey who hosts America's Home Grown Veggie Show every Saturday at 10 am on www.americaswebradio.com

More Blessings Found In The Wood

By Mike Hofmann

As I've been cutting firewood this winter I've realized that different types of trees behave differently as they age.



Silver Maple for example rots at the core and becomes hollow. The bark stays on the outside and looks great but the inside loses its integrity. You can't tell that the log is hollow until you cut into the wood and the saw sails right through. Other wood, like mulberry, loses its bark and looks old. But the inside the wood is solid and clean. It has a beautiful yellow color that fades to a warm tan. And when it burns it produces hot coals that pour out warmth until the morning.



But we found something special in a hollow log. A deep brown dry honey comb. The hollow space had been filled by bees years ago and yielded a special

prize. The fragrance of the honey comb is amazing. Deep. Sweet. Enriching like balm.

It was interesting to see how the comb filled the exact shape of the hollow space in the log. Each crevices was filled and the hexagons bridged the entire gap.

Maybe people are this way? Some rough and worn out on the outside but solid on the inside. Some whole and beautiful on the outside but hollow at the core. But what great news that a hollow core can be refilled with the sweetest of gifts given by God through nature.

Keep your eyes open for your own secrets "Found In The Wood" as you continue on your next Stonehouse Outdoor Adventure.

Mike Hofmann has a BS in Ornamental Horticulture from Delaware Valley College and over 30 years of experience in the landscape industry. With a strong focus on residential design, Mike has worked with home builders and home owners alike to bring landscaping visions into reality. He has a strong creative interest and enjoys working with people. Mike now owns and operates Stonehouse Outdoor Design LLC. He lives in Berryville, VA with his wife Carole and their five children.

The logo for Stonehouse Outdoor Design, LLC features a stylized green landscape with a path leading to a stone wall. The text "STONEHOUSE OUTDOOR DESIGN, LLC" is prominently displayed. Below the logo, the contact information is provided: "Landscape Design Services by Mike Hofmann", "StonehouseOutdoorDesign.com", and "540-955-2971". A green banner at the bottom of the ad reads "Turn your outdoor 'What if' list into Reality!".

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Why I March

By Maria Concilio

Back in 2007 when I took up beekeeping, I had no idea how intricate and purposeful my life would become. My friends were delighted that I now had a new hobby and I could stop telling them to quit smoking and start recycling. Before I could come to my senses and take up crocheting instead, it was around then that I learned about how hard the honeybees had it.

Natural pollinators have been in decline this past decade and beekeepers are experiencing high losses of their hives. Some folks coined this disaster, colony collapse disorder ("CCD"). I had started beekeeping at just about the absolute worst time for the fact that while everyone else was losing their hives, so was I. One could counter that being a novice, I was simply inexperienced, but other beekeepers who were veterans at this, were also losing their colonies.

I began reading and researching and the more I learned, the more compelled I was by the fact that the bees had some common equation with other natural pollinators that feed from the nectar and pollen of plants. I learned about a class of chemicals used in agriculture called "neonicotinoids". These are registered with Bayer member of CropLife America, the main trade group for the US agrochemical industry which includes Monsanto, Dow, Bayer, and Syngenta.

Bayer's neonicotinoid pesticides, are used as a coating for over 90 percent of US corn and soy. Just remember, corn and soy are also gmo. Imidacloprid is used mainly for the seed coating of these crops. Neonicotinoids include [acetamiprid](#), [clothianidin](#), [imidacloprid](#), [nitenpyram](#), [nithiazine](#), [thiacloprid](#) and [thiamethoxam](#). These are neurotoxins that affect the honeybees and other insects' nervous system. They are designed to stimulate the nervous system, which causes paralysis and eventually, death. These chemicals are currently banned in the EU, as they have been deemed complicit in the death of hundreds of thousands of honeybees and other natural pollinators. In the USA, the agrochemical companies have powerful lobbyists that allow neonicotinoids and genetically engineered crops to be deregulated and unleashed upon the public.

I began learning about Monsanto and it's metamorphosis from chemical company to agricultural innova-

tor. Although Monsanto has revamped itself to be an agricultural entity, they are, and will always remain, a chemical company. They also make and sell Roundup. GM seed was made to go with Roundup, so they were resistant to this herbicide. They make billions of dollars from selling genetically modified "seeds" to farmers and it's herbicide Roundup. These are under a patent filed by Monsanto. Monsanto also claims that the crops grown from genetically engineered seeds are no different, or "substantially equivalent" to its conventional counterparts. Why would they require a patent if there is no difference?

What I learned has pretty much carved out what I am going to do with most of my time.

Why do I want to do this? I have three amazing children and I bet you have some or your own, or some of your sibling's kids that are pretty awesome. They deserve a future that employs a tried and true, regenerative and safe model based on organic, permaculture, certified natural methods of growing food; methods that do not genetically alter the seeds nature has perfected over millennia and one that allows our farmers to grow food that is nutritionally dense and not from a technology which employs the use of highly toxic chemicals, among them, glyphosate, dicamba, 2- 4- D (also ingredients from the Vietnam war defoliant, Agent Orange) which deplete the soil of nutrients and carbon enriching beneficial microorganisms (remember how Roundup claims to kill weeds, and it does, along with everything else). Organic farming techniques also solve global warming. The carbon stays in the soil and is not released into the atmosphere. The cows are happy, the sheep are happy, the bees are overjoyed, we all win.

The biotech and the chemical agriculture industry work hard to dismiss the ability of organic methods and claim that this is an outdated and ineffective way to grow food for an expanding population. A report published by the United Nations Conference for Trade and Development suggests that organic techniques may not only be able to feed the world, it can also help mitigate climate change to boot. The report, appropriately titled, "[Wake Up Before It Is Too Late: Make Agriculture Truly Sustainable Now for Food Security in a Changing Climate](#)" can be read online. It is six pages long and I enjoyed every single word.

Monsanto's main mission statement is one that promises to make money for shareholders. I urge those

shareholders to invest in something really innovative and that will ensure a future generations can look forward to. Not one where they will have to undo the costly mistakes allowed by corporate greed and irresponsible parties that are currently making decisions in our government.

We have been fighting for the bees, the kids, the earth and we now face the biggest threat to our lives, our food security. This will be my 5th year as a beekeeper which also coincides with my fifth year as an environmental food activist. I have been involved in numerous events that involve bringing awareness about what Monsanto and cronies are planning for our planet. We need to step up and take charge because if we do not, we will be eating food that has been doused in chemicals, engineered to produce its own pesticide, that is killing our ecosystem, biological diversity and perhaps even ourselves. Maladies are on the rise that in the past we did not hear much about. Many gastro related diseases such as eosinophilic esophagitis, celiacs, gluten intolerance, to name a few, are becoming common and we can only wait to see if more diseases start to exhibit themselves as time goes on.

Monsanto is fighting the effort of many people who would like to see labels on foods that contain genetically modified organisms. Usually, a company is very happy to advertise its products and labels are part of the company's spending. Monsanto on the other hand spends its time spending money on fighting labeling initiatives on products that contain its product, gmo. This is a very concerning behavior to me as also is the takeover of a company called "Beelogsics". "Beelogsics" was a research company whose focus was finding the culprit behind the bee die-offs. Now Monsanto owns it.

Another story which interested me was one that involved a beekeeper named Terrence Ingram. Mr. Ingram is a well known and respected naturalist and biologist who has published numerous science articles along with a photo essay dedicated to eagles, and has been beekeeping for over 50 years. He had been conducting a field study on the effects of Roundup on wildlife and on his own honeybee colonies. While observing the effects Roundup had on honeybees, he saw that with large aerial sprayings, honeybee populations exhibited the signs of the coined term, CCD. Worker bees did not return to the hive and left the hive with only brood, the queen and a few workers. At this point the hive does not have the numbers it needs to survive

and it fails, or dies. Mr. Ingram lost 250 of his honeybee colonies.

Mr. Ingram had a hive in which one of his queens managed to survive three seasons while his other colonies had failed. He was using this colony for his research. One day, while Mr. Ingram was away at a family gathering, the local authorities arrived and confiscated this hive, along with a few others and destroyed them without notifying Mr. Ingram. His fifteen year study, along with his equipment, was gone. In Mr. Ingram's words, and from an interview given in an article by Dr. Mercola, which you can also read online, "What's Behind Illinois Stealing Local Hero's Bee Hives?"

"CCD is a calamity that is affecting honeybee colonies across the nation. In fact, I had one queen, which had survived three summers of spraying and three winters. I was planning to raise daughters from that queen to see if she may have had some genetic resistance to Roundup. But she and her hive were taken during the theft. I don't even know where the bees and my equipment are. They ruined 15 years of my research."

... "I asked Rep. Sacia to take the teeth out of the current law, preventing untrained inspectors from doing sneak inspections without the beekeeper present, killing their bees and burning their equipment, or forcing organic beekeepers out of business, telling them that they have to use chemicals to keep bees in Illinois. Are the chemical companies really running our food supply?"

... "Is Illinois becoming a police state, where citizens do not have rights?" Ingram asked in desperation. "Knowing that Monsanto and the Dept. of Ag are in bed together, one has to wonder if Monsanto was behind the theft to ruin my research that may prove Roundup was, and is, killing honeybees. Beekeepers across the state are being threatened that the same thing may be done to their hives and livelihood. I was not treated properly, I don't want to see this happen to anyone else in this state, and I want this type of illegal action to end."

Someone really wanted that queen. We will leave it at that.

On October 24, 2013 on World Food Day, millions of global citizens got together to protest Monsanto and the shenanigans the USDA and FDA have been allow-

ing. The March Against Monsanto events were held in over 600 cities, in countries all over the world, in solidarity with the food movement that is asking for a very small thing: labels on food that contain genetically engineered organisms. We have labels for gluten free, msg free, fat free and we even have labels on mattresses and pillows. Monsanto hopes to keep people in the dark about where gmo ingredients are, and eventually, take over the global food supply. They claim that the world will not be able to grow enough food for the growing population, but the truth is the world grows more than enough food. It is the distribution that is the problem.

On May, 24, 2014, the March Against Monsanto will once again converge. Around the world, people will rally to defend seed sovereignty and disable the grip that Monsanto and company has over farmers and our food supply. Everyone is encouraged to join in; children, grandparents, aunts and uncles. My kids have already signed up and are excited. They know what to expect; lots of dedicated, passionate people who are supporting our right to know. It's a fun day where you get to carry a sign that tells others that you are a part of the growing food movement that wants to support our hard working farmers and those who wish to grow food in a way that does not rely on genetic engineering and the toxic chemicals that go along with it.

Genetically engineered crops contaminate non genetically engineered crops and farmers often find themselves presented with law suits from Monsanto claiming patent infringement. Non gmo Farmers have no protection from gmo pollen that the wind or that pollinators may carry to their fields. OSGATA (Organic Seed Growers Trade Association) President Jim Gerritsen of Wood Prairie Farm, along with other family farms, have filed an appeal to the US Supreme Court to seek protection from Monsanto lawsuits over gmo contamination. There was a victory in September and OSGATA continues to fight for this basic right for our food growers.

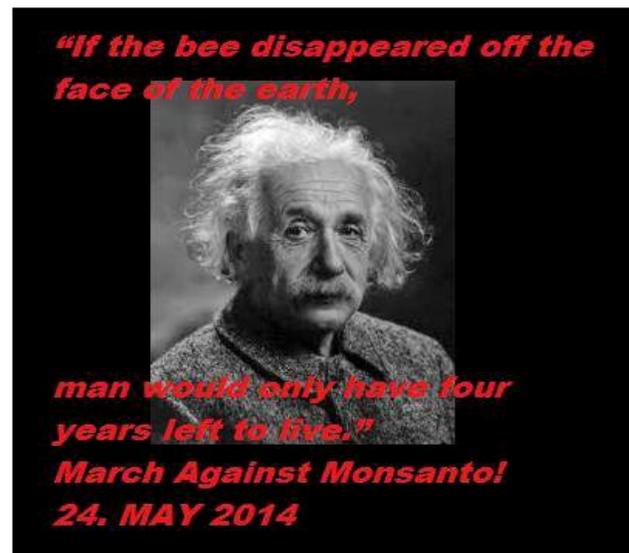
As a parent who cares about the future for our children, I feel it is an important task and also an honor to uphold something I believe will affect generations to come. This is not something we should take lightly and as I see it, there are no studies telling me that gmOs are safe or even that they have any benefit to my family over the foods that we have eaten long before they came along and patented life. On the contrary, gmo has some serious risks to our health, the health of our environ-

ment, our wildlife and last but not least our honeybees and their pollinating partners. They will try very hard to prove likewise, but I am making my decision from what I am seeing come to pass in the form of our climate, our health and political anomalies that are becoming more alarming as time goes on.

May is around the corner and we still have much work to do. You can join a march in almost any city or town near your neck of the woods, and if you don't find one to your liking, you can always make your own. No march is too big or too small. One march last spring (the first March Against Monsanto was back in May of 2012) had 8 people in it and they were featured front in center in many articles on the march.

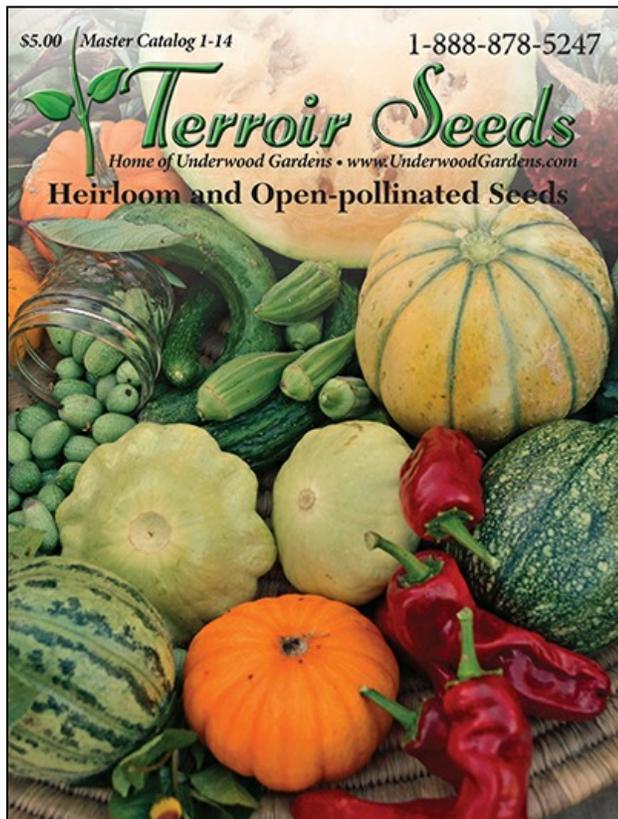
Together we can take back our food freedom, ensure our food security and improve conditions for farm workers who are poisoned by toxic chemicals and have no one to stand up for them as the industry has no regard for their safety when working in the field. In organic systems the safety is built in, so to speak.

See you at the next March Against Monsanto!



Catalog Reading and Garden Planning Tips

By Stephen Scott



Perusing the newest crop of seed catalogs while engaging in some garden planning is a favorite pastime of gardeners everywhere during the cold, short days of winter. It is an excellent way to take your mind off of the often drab and dreary days that separate the last harvest from the first plantings. Seed catalogs can be much more than a pleasant distraction and fodder for summertime daydreams. They can help you with your upcoming garden planning by helping to visualize succession and companion plantings while arranging the palette of colors in the most attractive ways possible.

You can get started in one of two ways, with neither being right or wrong. Some prefer to sort through the catalogs first, circling what interests them and what standbys are always planted. Others will use different colors for vegetables, herbs and flowers to make organizing and planning a bit easier. The other approach is to put down an initial plan of the upcoming garden on note or graph paper, using zones or areas to show what types of plants go where. Others will use different colors for different plants to determine where everything will go. These initial plans are easily changed and up-

dated as the planning process moves forward and the new garden starts taking shape. Once the plan is solidified, a Garden Journal is an excellent tool to help keep track of your progress this year. Some are free as an online download.

Remember to try something new each year, while keeping the foundation of what works going in your garden. This way you can experiment with new things and see what works and fits within the framework of what you already have established without risking losing too much if the new variety doesn't make the grade.

If you want to try saving seeds – or you already do – make that part of your plan, where to plant those items for isolation to prevent possible cross-pollination and make the seed saving process as easy as possible. Pay attention to wind patterns and think about how you will isolate them, either through time, distance or exclusion. Time isolation just means planting those varieties you'll save seed from either earlier or later than others of its type so that blooming and pollination don't happen at the same time. Distance is easy – how far apart are you going to plant? How much space do you have? Can you use the front or back yard on the opposite side from the garden for planting? Exclusion is a physical barrier that keeps everything out including insects, meaning you might have to hand-pollinate that item.

While working on garden planning pay attention to the number of days to maturity for a variety and how that will work in your climate. Look at where you want to locate it when reading the size and height descriptions, especially if it needs shade or full sun. Succession and companion planting can make a small or medium sized garden produce like a small scale farm, producing enormous amounts of veggies from a deceptively small space. Think about how much you or your family likes particular veggies, and plan on doing some succession planting this year. Examples of varieties that take well to succession planting are beets, carrots, lettuce, spinach and radishes, but there are others as well. Just give your plants a bit more space to accommodate succession planting alongside companion plants.

Look at the colors of your garden and plan a rainbow to grow the aesthetic and nutritional benefits of different colors. Plant a few red, yellow and orange tomatoes with yellow, purple and orange carrots as companions. Use red Chicory with green Kale and rainbow

Swiss chard. Pole beans in different colors partner extremely well with corn.

Plant some of the vining plants like Red Malabar spinach along the garden fence where it won't take up space, but give you lots of great tasting heat tolerant spinach substitutes for your summer salads. Melons and squash are happy planted in corners of the garden where they can sprawl along the fence or even over and out without being in the way. Another approach is planting them in containers outside the garden where they have all the room needed and are out of danger of being stepped on.

Flowers are an often overlooked, but essential component of any serious vegetable and food garden. They don't just belong in the realm of the flower or landscape gardener! Flowers attract pollinators (not just bees) that greatly improve production in the garden; are nursemaid plants for smaller, tenderer ones; are core ingredients for some incredible teas and bring a delightful aroma that soothes and grounds you. Flowers are usually notated by Annual, Perennial, Biennial which depends a lot on climate zones but will allow you to do some accurate planning for where they fit in best. Some of the best ways to get started using more flowers in and around your garden is with a mix, especially those created for drylands, humid climates or to spread some serious fragrance in your garden.

You should have some good ideas starting about your garden this year. Spending some time during the colder times in planning will help you to create a masterpiece that will grow some incredibly tasty treats to enjoy with your family and share with some lucky friends and neighbors.

Stephen Scott is co-owner of Terroir Seeds LLC, home of Underwood Gardens, known for the finest hand selected heirloom and open pollinated seed.
www.underwoodgardens.com.



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He wants you to be the best gardener you can, teaching simple, smart, organic gardening practices which are safe to you, your family, your pets and OUR environment. David is a well-renowned speaker, lecturing to garden clubs, civic organizations and businesses with a fun and informative style. To schedule David for your next event or visit to learn more about safe organic gardening practices, visit his web site at:

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