

Alert: Tell the USDA GE Frankenfoods & Nanotechnology aren't Organic

Last week, we gave you news of a report issued by the USDA Foreign Agriculture Information Network, "The Unexplored Potential of Organic-Biotech Production," that argues "Governments should change their regulations to allow producers to gain organic certification for biotech crops grown with organic methods." In May, we alerted you that the National Organic Standards Board was considering an official ban on nanotechnology in organic, but felt stymied by their concern that "Under the current definition, most nanotechnology would not fall into the category of excluded methods." Every day, we post new evidence at OrganicConsumers.org that genetic engineering and nanotechnology present dangers to human health and the environment...

Please take action to oppose the USDA's cynical attempt to promote genetic engineering as potentially organic and push the National Organic Standards Board to take a strong stand against the use of nanotechnology in organic. Genetic engineering and nanotechnology aren't organic!

organicconsumers.org/sos.cfm

Swine Flu and Vaccine Nation

Despite 30,000 emails from *Organic Bytes* readers, and mounting global concern, government bureaucrats and the corporate media continue to gloss over the undeniable fact that massive factory pig and poultry farms are incubating deadly viruses that could cause catastrophic mutations in the so far mild Swine Flu outbreak (H1N1/09). At the same time, media and health officials downplay the importance of safe and proven organic and holistic precautions—strengthening our immune systems with healthy organic food, medicinal herbs, homeopathic remedies, lifestyle changes, and stress reduction—while cheerleading for the likely ineffectual and hazardous Big Pharma vaccines currently being rushed to market. organicconsumers.org/flu.cfm

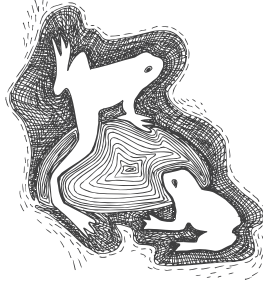
Vegetable Gardens Grow Employee Morale

Last week, the *Wall Street Journal* reported on a new trend in employee benefits: office gardens. According to Paul Teslak, a professor of organizational behavior and human resource management at the University of Maryland's Smith School of Business, a garden is a cheap and easy way for a business to encourage camaraderie among co-workers, help in recruiting, differentiate itself from its competitors, boost workers' morale, relate better to customers, and expand a health and wellness program.

Obama Proposes White House Farmers Market

While answering a question at a health-care forum, President Obama mentioned that he and the First Lady are looking into setting up a farmers market just outside the White House, to sell food from the White House garden or from local farmers: "So, you know, Michelle set up that garden in the White House? One of the things that we're trying to do now is to figure out, can we get a little farmers' market outside of the White House—I'm not going to have all of you all just tromping around inside, but right outside the White House. That is a win-win situation. It gives suddenly DC more access to good, fresh food, but it also is this enormous potential revenue-maker for local farmers in the area... those kinds of connections can be made all throughout the country, and has to be part of how we think about health." organicconsumers.org/articles/article_18916.cfm

QUOTE OF THE WEEK



"If I know something, I will not shut my mouth." -Dr. Andrés Carrasco, an embryologist who works in Argentina's Ministry of Science's Conicet, responding to criticism over his research which found that Monsanto's Roundup herbicide caused brain, intestinal and heart defects in amphibian fetuses. -*Grain: Seeds of Information*, July 2009

Healthy Living & Lower Cholesterol with Nopal

One of the things that the staff of OCA's sister organization, Via Organica has learned working with organic-minded campesinos (small farmers) in Mexico are the tremendous health benefits of native organic plants and foods. Little known to most Americans (except for Latinos), for example, the nopal plant (prickly pear cactus) can lower cholesterol and prevent or treat diabetes, two of the most common health problems among Mexicans, and in fact all North Americans. Tasty and nutritious as a green vegetable ("nopalitos"), used as a type of flour in tortillas, or consumed as a nutri-

tional supplement, the nopal cactus is an amazing plant, requiring no watering (cactus have the ability to absorb moisture from the air), no chemical fertilizers, nor pesticides. If you can't find them, ask your local coop or organic food store to carry nopal products. Learn more about Via Organica, an organic restaurant, store, farm and learning center in San Miguel de Allende: organicconsumers.org/tours/ Learn more about Nopal: organicconsumers.org/articles/article_4356.cfm

The Health Care Debate

Last week, we updated readers on our Whole Foods campaign, adding CEO John Mackey's opposition to health care for all to our list of complaints, which already included Whole Foods' opposition to workers' rights and the fact that only about 1/3 of its sales are of certified organic products. While most of our readers want health care for all, a couple of readers expressed their support for Mackey's libertarian ideals of freedom and self-sufficiency. Where do you stand on the health care debate? organicconsumers.org/forum/index.php?showtopic=3041

Headlines of the Week

How Much Weed Killer is Safe?

Syngenta's Atrazine herbicide is routinely sprayed on non-organic corn crops, golf courses, and manicured lawns, but unfortunately laboratory experiments indicate that the popular weed killer causes horrific birth defects, low birth weights and menstrual problems—even at so-called "safe" concentrations meeting current federal standards. Atrazine is banned as a dangerous poison in the European Union, but still perfectly legal in the US.

Healthy Foods that Help Avoid Swine Flu

Boost your immune system and ward off the swine flu by eating lots of protein, bright orange and bright green vegetables, Vitamin C-rich foods like peppers, spinach and citrus, and iron-rich foods like apples and greens, and raw garlic.

Drug Resistance Scares the Hell out of Scientists

Eighty percent of all antibiotics consumed in the US are used as animal feed additives, to fatten animals up and to enable them to survive the daily hell of filthy, disease-ridden factory farms. There is mounting scientific evidence that factory-farming of chickens, pigs and cattle is incubating and spreading dangerous drug-resistant bacteria.

'Tapped' Pulls Plug on Bottled Water Craze

'Tapped' traces the evolution of bottled water from its hoity-toity Perrier days to its present ubiquity, and succeeds at making the industry reps look like total jerks. 'Tapped' does a solid job of covering every aspect of this damaging industry and inspiring more outrage than despair.

Read these articles & many more: www.organicconsumers.org