



Stop the Corporate Take Over of Seeds

Seed Sovereignty Now and Forever

David Gould, from IFOAM Seeds Platform Secretary, writes:

"The IFOAM Seeds Platform has partnered with Regeneration International to scale up a global movement toward seed sovereignty. Seeds are a critical component of truly regenerative systems. By joining forces, we shall be able to reach a vast network of people to bring a shift in benefit sharing of one of humanity's most fundamental resources...IFOAM Seeds Platform has conceived a strategy to coordinate efforts to co-create a true alternative to the current dominant paradigm of multinational consolidation of genetic resources and wealth with the corresponding loss of biodiversity. We aim to build a distributed, diversified alternative that puts power and responsibility in many people's hands, increases quality and diversity through safe and appropriate techniques, and shares benefits more equitably."

Read more: <https://orgcns.org/3sc6936>

Sucralose (Splenda): Emerging Science Reveals Health Risks

Stacy Malkan writes with U.S. Right to Know:

"Sucralose is the most widely used artificial sweetener in the United States. Most commonly sold under the brand name Splenda, sucralose is used in over 6,000 food products...

Sucralose is 600 times sweeter than sugar and itself contains no calories. Although it has been marketed as a healthy product that can help fend off obesity and diabetes, sucralose consumption has been linked to leukemia, weight gain, obesity, diabetes, liver inflammation, metabolic dysfunction and other illnesses."

Read more: <https://orgcns.org/454eXXf>

Back to the Stone Age: The Sustainable Building Material We've All Been Waiting For...

Rowan Moore, architecture critic of the Observer, writes for The Guardian:

"Imagine a building material that is beautiful, strong, plentiful, durable and fireproof, whose use requires low levels of energy and low emissions of greenhouse gases. It is one of the most ancient known to humanity, the stuff of dolmens and temples and cathedrals and Cotswolds cottages, but also one whose sustainability makes it well-suited to the future. Such a material, according to a growing body of opinion in the world of construction, is among us. It's called stone...stone has been supplanted in the industrial era by steel, concrete and mass-produced bricks, and is used (if at all) mostly as a thin cosmetic facing, while the hard work of holding up a building is done by the upstart alternatives. They argue that solid stone can once again form the walls and structure of building, with benefits for the environment and for the beauty of architecture. Any form of the material – limestone, sandstone, basalt, granite – can, depending on its properties, be used."

Read more: <https://orgcns.org/3YtMqrC>

Updates on the GMO Mosquito Release

Analysis by Dr Mercola:

"Genetically engineered (GE) mosquitoes created by biotechnology company Oxitec have been released in the U.S., even though the long-term effects could be disastrous...Oxitec genetically engineered the males to carry a "genetic kill switch," such that when they mate with wild female mosquitoes, their offspring inherits the lethal gene and cannot survive or reproduce in the wild.

In the U.S., Oxitec is marketing the insects as Oxitec Friendly™ mosquitoes, trying to put a nonthreatening name on a reckless project that could quickly backfire. It may even be too late, as the GE mosquitoes have already been released in multiple locations."

Read more: <https://orgcns.org/3KCz775>

Wake Up Call: U.S. Food Supply Is 73 Percent Ultra-Processed

Julia Agostino reports for Food Tank:

"Recent research from Northeastern University's Network Science Institute indicates that 73 percent of the United States food supply is ultra-processed. Based on these findings, the research team built a database of 50,000 foods that helps consumers identify ultra-processed products and find healthier alternatives...researchers constructed a database containing over 50,000 food items across Walmart, Target, and Whole Foods Market.

The database indicates that 73 percent of the U.S. food supply is ultra-processed and suggests that ultra-processed foods are 52 percent cheaper than less processed alternatives, on average.

While certain forms of food processing may be detrimental to health, some minimal processing can expand access to healthy foods. Canning, freezing, fermentation, and vacuum-packaging ensure the safety and preservation of food while maintaining a food's nutritional integrity."

Read more: <https://orgcns.org/3DQrnWE>

Soil Health for the Home Garden

by Sheila Julson, Shepherd Express

"With a few tweaks, home gardeners can improve the health of our soil and the environment, one backyard at a time.

There are ways to use regenerative practices in the home garden to improve soil health and quality.

Soil is its own ecosystem, so it needs to be fed to keep beneficial insects and bacteria alive to nourish the soil. Organic compost can be made from food scraps in a home composting system, or purchased from local composting companies or at garden centers.

Much like how antibiotics can kill both good and bad bacteria in the human gut, chemical pesticides and synthetic fertilizers kill both destructive and beneficial microorganisms in soil. Eliminate synthetic inputs or use them sparingly. Chemical inputs also run off into waterways, affecting drinking water."

Read more: <https://orgcns.org/3YtMKqk>

• **SUBSCRIBE:** <https://orgcns.org/SUBSCRIBE> • **DONATE:** <https://orgcns.org/DONATE> •

Condensed version • Read the full version online: <https://orgcns.org/OB814> • Read more issues: <http://orgcns.org/bytes>