



## ***Nurturing Our Interdependent Relationship with Nature***

### **Innovative Farm Bill Proposals Need Our Support!**

The new Farm Bill will determine how an estimated \$1.5 trillion will be spent on food and farming over the next decade.

Most Farm Bill money subsidizes massive monocultures of over-fertilized, pesticide-drenched genetically engineered grains for factory farmed animal feed, the sweeteners and oils used in processed food, and ethanol.

What about the family farmers growing healthy fruits, vegetables, nuts and grains, and pasture-raising animals?

Now's the time to let Congress know there's a mass movement of farmers and foodies who aren't going to tolerate a business-as-usual approach to the Farm Bill.

TAKE ACTION: For better food, demand a better Farm Bill!

<https://orgcns.org/3KSr1mb>

### **Unlock the True Potential of Vegetables**

Kaare Melby, Finnskogen Farm and Organic Consumers Association, writes:

Want to boost your immune system, increase the nutrient content in your food, improve your mental health and detox your body? Fermented vegetables are for you!

Fermentation is the process that occurs when the natural bacteria in a vegetable break down the food's complex elements into more digestible forms. When fermentation occurs, vegetables become easier to digest, allowing your body to work less, while reaping more benefits. And those benefits include higher levels of available nutrients, and live cultures of pro-biotic bacteria (kind of like the good stuff in yogurt). These pro-biotic bacteria can improve your digestion, boost your immune system, improve your mental health, and detox your body.

Read more: <https://orgcns.org/45XlhQE>

### **Winona LaDuke: The Wild Rice Economy, Past and Future, I Believe in Manoomin**

Winona LaDuke, Forum News Service.

"The wild rice harvest has begun in northern Minnesota. Canoes strapped to every imaginable vehicle cruise the roads, and the lakes resound with the sounds of a tradition that is a thousand years old. There is a great joy in this harvest: It is a link to ancestors, and a breath of fresh air on wild-rice-full lakes, mist rising, and a seemingly endless sea of rice. And a way to make a living with the natural world, as opposed to exploiting it. That's good for the soul.

This is the only place in the world where this plant grows — twice the protein of white rice, "astonishing effects on lowering cholesterol," researchers would say, and all you must do is take care of the water. That's an amazing gift. This gift has come to Akiing. It must be protected.

Native and non-Native people are all a part of this economy, tribal members producing most of the manoomin for the markets and processors, Native and non-Native finishing the rice for markets and eating. Parching wild rice is an art, and it's not dying, it's flourishing."

Read more: <https://orgcns.org/3Zo9vwp>

### **I Am Indebted...**

Trevor Swoverland writes in the blog Decolonizing Heathenry:

"This past summer I had another experience that I can only describe as life-changing to the degree that I will always remember it as a time I became someone I had never been before. I learned how to harvest and process manoomin/wild rice. For a couple of weekends, I was close to the land and the water, myself, and my brother, as we glided gently through the stalks and harvested rice that will feed our families for the next year. I carved my bawa'iganaakoon/knockers out of cedar that grows near my home and we put down asemaa/tobacco and thanked the land and the water and the spirits for the gift spread out for miles ahead of us on the water. For the first time, the immense gravity of the need to protect the land and the water hit me, and my connection to the land and water that freely gave this beautiful and plentiful gift to sustain my family was clearer than I have ever experienced.

Read more: <https://orgcns.org/3LBKQP5>

### **Vitamin K Protects Your Cardiovascular System**

Analysis by Dr. Joseph Mercola:

\* Vitamin K1 (phylloquinone) is found in green leafy plants and is best known for the role it plays in blood clotting. Vitamin K2 (menaquinones) comes in several forms, the most common of which are MK-4, found in animal foods, and MK-7, found in fermented foods. Vitamin K2 plays important roles in bone and cardiovascular health

\* Research has found that people with the highest intakes of both types of vitamin K have significantly lower risks of atherosclerosis-related heart disease. Those with the highest intakes of vitamin K1 had a 21% lower risk of being hospitalized with atherosclerosis-related heart disease and those with the highest intakes of vitamin K2 had a 14% lower risk. Those with high vitamin K2 intake also had a 34% lower risk of peripheral artery disease

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

### **The Case for Culinary Medicine in Teaching Kitchens**

Authors Wood NI, Stone TA, Siler M, Goldstein M, and Albin JL report in Dove Press:

"It is clear that one of the biggest root causes of this pandemic of chronic disease is our food environment. Ultra-processed foods laden with salt, oil, and sugar are ubiquitous, from the supermarket to the hospital cafeteria, comprising 73% of the United States' food supply. And while an estimated 12.8% of Americans live in low-income, low-access areas called "food deserts", where grocery stores are absent and affordable and nutritious food is limited, ultra-processed foods are available everywhere. In so-called "food swamps", fast food chains and convenience stores pack streets, and chronic disease is the norm."

Read more: <https://orgcns.org/452wBcQ>

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