

SONOMA FOOD NEWS

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Help Save Local Agriculture: **VOTE YES ON MEASURE M!**

MEASURE M PROTECTS FAMILY FARMS!

By Randel Agrella, Staff Writer

Today, the organic industry is booming at all levels in Sonoma County. It starts with the producers—the farms, ranches, and vineyards. As the Sonoma Index-Tribune recently wrote: “Some estimate 80 percent of county farms are organic. To us, supporting the local ag industry is clearly tied to protecting the organic status of the vast majority of farms—a status that is far more precarious if GMOs were to proliferate.”

Generically engineered organisms can't be contained when grown in open fields. GMO pollen and seeds are carried by wind and animals. Organic farmers, by law, cannot sell their products as organic if they are contaminated by genetically engineered crops. If even 1% of a crop shows contamination, it loses its organic status. Moreover, such contaminated crops, which should be considered the result of a trespass against the organic grower, are actually deemed to belong to the corporation holding the patent. That's right: instead of being able to sell a pure organic product, a farmer so affected could actually be held to be infringing on the patent of whatever GMO crop polluted her field!

Such contamination happens often enough where GMO tries to co-exist with conventional or organic agriculture. A recent contamination event with huge impact happened in 2014. China, the third-largest importer of US-raised corn, rejected about 1.5 million metric tons of corn found to be contaminated with a Syngenta-developed GMO variety, which was not approved for importation by the Chinese government. The loss to farmers was estimated somewhere between \$1 and \$3 billion!

Nor is this case unique. Other high-profile cases include:

the discovery of unapproved GE wheat was found growing in Huntley, Montana, 11 years after being field tested by seed giant Monsanto. (2014)

An export shipment of alfalfa from Washington State was rejected after the shipment tested positive for contamination. (2014)

The USDA announced that an unapproved GE wheat variety developed by Monsanto was found contaminating an Oregon farmer's field. (2013)

Many other well-documented cases going back to 2000.

And on and on it goes—it never stops! How can it, when natural forces are in play? Pollen will be transferred from one plant to another; seed will be spread around; organic crops will become contaminated. And Sonoma County's robust commercial organic farmers will inevitably become the victims.

As Karen Hudson, Yes on M campaign manager, wrote: “The fact is, more and more people want non-GMO food, and our local farms have a right to grow without contamination. It's that simple.”

The only viable solution is to keep GMO crops out of cultivation in Sonoma County. And that's what Measure M does. Vote YES ON M November 8th to protect Sonoma County's agricultural heritage and our way of life.

WHO OPPOSES MEASURE M?

FOLLOW THE MONEY...

Measure M is being opposed by the usual big-food/biotech crowd. According to CampaignDocs Web Public Access (<http://campaigndocs.sonoma-county.org/>) four groups had filed as opponents of Measure M: Sonoma Farm Bureau, No on M Committee, and, inevitably, the E.I. Du Pont de Nemours Company, better known as **DuPont**, and the **Monsanto** Company Corporate Giving Fund.

Leaving aside the well-intentioned but misguided local folks opposing Measure M (likely mainly chemical farmers still exploiting/being exploited by the unsustainable paradigm of last century), the roster of opponents includes the usual bad actors: biotech and chemical firms who want their share of Sonoma County's agricultural revenues. They feel it's owed to them.

These are trans-national corporations that manufacture pesticides and herbicides which are spewed by the millions of tons into the environment. These same companies sell patented seeds designed to work in concert with the chemicals they sell. (RoundUp-ready crops are the most well-known examples, but there are many more.) And these same companies patent genes, snipping them out of one organism and splicing them into other, unrelated plants and animals, mainly for the purpose of reinforcing their cozy monopoly over the whole thing.

Opposing Measure M is pretty much the same crew that funneled some \$46 million into California to defeat Proposition 37 in 2012. (That narrowly defeated ballot initiative would have required labeling of foods with GMO ingredients.) In that campaign, Monsanto was the top donor, spending some \$8 million to defeat the initiative. And the number two donor was DuPont, at some \$5.4 million.

They fully understand that if GMO food is clearly labeled, an unreceptive public will refuse to buy it. And they realize that if growing GMO crops is banned, their market for the genetically-engineered seeds and the toxic chemicals that support them would dwindle. So they spend obscene sums of money at all levels of government, all over the world, to influence legislation to protect their own interests—all others be damned! And that's precisely what they're doing in Sonoma County. They'll saturate the airwaves and print media, trying to convince local voters that GMOs are safe and that anyone who disagrees is fear-mongering, or anti-science. They'll make their case that organic agriculture should have no problems “coexisting” with them.

Over 35 countries have banned the growing of GMOs. Cultivation of genetically-engineered crops has been banned in a number of counties outside of California. And here at home five counties have already done the same-- Marin, Mendocino, Trinity, Humboldt, and Santa Cruz.

Sonoma county voters have a choice: we can buy into the same shopworn rhetoric that has kept GMO crops securely in the marketplace for a generation. Or we can dismiss their arguments for what they really are, and stand with our neighbors to purge the northern coastal counties of genetically engineered crops, creating a GMO-free zone.

Vote yes on Measure M. Let's rid Sonoma County of genetically-engineered crops and send a message to Monsanto and their cronies: no GMO farming in Sonoma County!



GMO crops have increased pesticide use in this country by 30%, according to recent studies. At the same time scientists are seeing an increase in many related diseases.



“Now that approximately 80 percent of the dairies in Sonoma County are certified organic, GMOs are a threat,”

-Albert Straus, Organic Dairy Farmer

WHO SUPPORTS MEASURE M? OUR FRIENDS AND NEIGHBORS!

Measure M is supported by hundreds of individuals and dozens of local groups who refused to be hoodwinked into the biotech/big food propaganda. We are a grassroots campaign of local family farmers, parents, grandparents, business owners, and people who care. We are up against corporate giants. They have been beaten before with people-power, and we can do it again— but only with your help.

Hundreds of local folks have endorsed Measure M. And our struggle has attracted support from outside Sonoma County as well. Here's the current list of endorsements, as we went to press:

Farms, Ranches & Nurseries that support measure M

Agricultural Community Events Farmers Markets
Baker Creek Heirloom Seeds
Bamboo Sorcery
Bohemian Farmers' Collective
Cañada Vista Farm
Capella Grazing Project
Chalice Farm
Chris Kovic, Farmer
Coyote Family Farm
Daffodils, Dahlias & Lilies, Oh My!
Dambacher Family Farms
Earth Worker Farm
F & B Farms
Farmer's Market Guild
Farmster
Feed Sonoma
Fifteen Gates Gardens LLC
First Light Farms

The Petaluma Seed Bank
199 Petaluma Blvd.North
Petaluma CA, 94952

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“We must support this initiative because the agricultural ecosystem of Sonoma is too rich, diverse and historically significant to dilute with genetically altered organisms, their intrinsic unintended consequences and unmitigated proliferation. We must not put at risk our wealth of heirloom varieties, heritage farms and indeed the very fabric of our community. As Sonomans, we have a responsibility to our land, our watershed and the unspoiled diversity of our farms and open space, that is why I support this initiative.”

-Phil Coturri, Enterprise Vineyards

Foggy River Farm
 FusionFarm
 Full House Farm
 Golden Nectar Farm
 Goose Farm
 Green String Farm
 Green Valley Farm
 Greg Hawk, Farmer
 Kokopelli Farm Dr. Shepherd Bliss
 Laguna Farm
 Leisen's Bridgeway Farms
 Let's Go Farm
 Little Paradise Farm
 Lunita Farm
 Mariposa Nursery
 McClellands Dairy
 Michelle Benson, Farmer/Rancher
 Mikel Edwards' Farm
 Min-Hee Hill Gardens
 New Family Farm
 Nomadic Organics
 North Bay Flower Collective
 Oak Hill Farm
 Ortiz Bros. Family Farm Veg. & Flowers
 Paul's Produce
 Petaluma Seed Bank
 Permaculture Skills Center
 Quarter Acre Farm
 Rainbow's End Farm
 Ratzlaff Ranch
 Redwood Hill Farm and Creamery
 Rosemary's Garden
 Russian River Valley Produce
 Sebastopol Farmers' Market
 Seth Dolinsky, Farmer
 Singing Frogs Farm
 Smiling Sun Farm
 Spun Tongue Nuttery
 Sonoma County Poultry
 Sonoma Swamp Blues
 Star Mountain Gardens
 SucherNova Farm
 Swain Family Farm
 Takenoko Farms
 Tara Firma Farms
 The Patch Farm Org.Veg.
 Tierra Vegetables
 Tolay Valley Farms
 Valley End Farm
 Village Farm
 White Fox of Freestone
 Wine Country Cuisine
 Windsor Certified Farmer's Market
 and others!

Vineyards, Wineries that support measure M

Blasi Vineyard
 Cazadero Winery
 Coturri Winery
 DaVero Farms and Winery
 Enterprise Vineyards
 Martorana Family Winery
 Paula Newton Vintner
 Porter Creek Vineyard
 Preston of Dry Creek Farm & Winery
 Turtle Vines Vineyard



“Genetically engineered plants cross pollinate with similar crops, resulting in GMO contamination. It has affected corn, canola, beets, soybeans, grass, and alfalfa. Studies have shown grass contamination up to 11 miles.

When contamination occurs, it results in severe economic losses to farmers. We are at risk of losing our customers who demand non-GMO if we don't do something. 35 countries won't even accept GMO imports.

That's why I don't want GMO crops gaining a foothold in Sonoma County. Right now, the threat of GMO contamination is small because GMO crops are rarely grown here. But that could change as more GMO seeds are developed.

Passing Measure M is about being proactive, to protect our local farms from GMO contamination--just like five other California counties have already done, at no cost to taxpayers.

Please support our local family farms here in Sonoma County by voting YES on M.”

- Jana McClelland, McClellands Dairy and Farm

Physicians & Health that support measure M

Advanced Nutritional Resource
 Alchemy Centre Sebastopol
 Dr. David Field ND LAC
 Dr. James Fialk, ND
 Dr. Jacqui McGrath ND
 Dr. Jeffrey Greenfield D.O.
 Dr. Norman Mintz OD
 Dr. Anu de Monterice
 Dr. Barry N. Silberg M.D.
 Dr. Tara Scott, M.D.
 Health First Integrative Pharmacy
 Living Awareness Institute-Graton
 Longlife Wellness Dr. Harvey Eckhart
 Marsh Chiropractic
 Roberta Williams NTP, NC, CNT
 Sonoma Body Balance
 Songbird Community Healing Center
 Westside Yoga Studio
 Windsor Cares of Petaluma

Organizations that support measure M

Aquas Community
 Baker Creek Heirloom Seeds
 Bamboo Sorcery
 Bodega Bay Community Fishing Association
 Bodega Bay Fisherman's Marketing Association
 Bohemian Farmers' Collective
 CAFF North Coast Region
 California River Watch
 Cañada Vista Farm
 Center for Climate Protection
 Center For Food Safety
 Community Clean Water Institute
 Environmental Health Network
 Environmental Voices
 Farms Not Arms
 Federated Indians Of Graton Rancheria
 Food and Water Watch
 Foodies Project
 Forest Unlimited
 Global Village
 Grange-Petaluma
 Grange-Sebastopol
 Grange-Sonoma County Pomona #1

Grange-Sonoma Valley
 Harvest for the Hungry Garden
 Interfaith Sustainable Food Collaborative
 Int'l. Wastewater Solutions Corp
 Make Way For Monarchs
 Moms Across America
 National Heirloom Expo
 Occupy Sonoma County
 Our Green Challenge
 Peace & Justice Center Sonoma County
 Pesticide Action Network North America
 Petaluma Progressives
 Preserve Rural Sonoma County
 Roseland Action
 Seed The Commons
 Sierra Club Sonoma Group
 SoCo Growers Alliance
 Sonoma County Conservation Action
 Sonoma County Democratic Party
 Sonoma County Peace Alliance
 Slow Foods Russian River
 United Native Americans
 Urban Homesteading
 WWOOF-USA

Political Organizations & Elected Leaders that support measure M

Santa Rosa Democratic Club
 Sonoma Valley Democratic Club
 South County Democratic Club
 Democratic Club of Sonoma County
 Green Party of Sonoma County
 David Glass, Petaluma Mayor*
 Julie Combs, Santa Rosa City Councilmember*
 Sarah Glade Gurney, Mayor of Sebastopol*
 Noreen Evans, Candidate for 5th District Supervisor*
 Tom Lynch, Candidate for 5th Supervisor District*
 Lynn Woolsey, Former U.S. Congresswoman, CA 6th District*
 Mariko Yamada, Candidate for CA State Senate*
 Veronica Jacobi, Candidate for Assembly District 10, Former Santa Rosa Councilwoman*

Community Businesses that support measure M

Alive & Healing (Handcrafted Tempeh)
 Andy's Produce Market
 Argus Courier
 Backyard Restaurant Forestville
 Bauman College (Nutrition/Culinary)
 Beekind Honey & Beekeeping Supplies
 Biotic Beverages LLC
 Bloomfield Bees Honey
 Bosch Appraisal & Estate Services
 Cirque Du Ferments
 Community Market
 Devi Yoga Center
 Don Waxman MFT
 Farms Not Arms
 Food For Bees
 Gaiia's Garden
 Ginger's Fine Art Publications
 Good Earth Natural Foods
 Green is Easy Expo
 Grindstone Bakery
 Guayaki SRP Inc.
 Guns and Butter
 Heirloom Expo
 Just Living (Organic Cotton Textiles)
 Lydia's Organics
 Maybury & Associates
 Nana Mae's Organics
 Nature's Path Foods Inc. (USA) Near the Fast Water
 One Ocean Seafood
 Pangea's Promise
 Papas and Pollo
 Peacecock Plant-Based Bakery
 Peter Lowell's
 Real Cool Frozen Treats
 Solar Works
 Sonoma Spice Co.
 Sonoma Compost
 Sonoma County Gazette
 Sonoma Index Tribune
 Sonoma West Times
 Soul Cuisine Nutrition
 Strauss Family Creamery
 Synertron
 The Bone Broth Company
 The Green Grocer
 The Kefiry
 Tikvah Organics

Don't let the out of state, chemical companies buy this election! VOTE YES ON M!



“Please vote yes on Measure M. Don't let big business control our food choices and our seed supply. Let's stand up to these companies that fight to even allow labeling of GMO altered foods. Spread the word because most don't know there's an issue.”

-Paul Wirtz, Paul's Produce, Sonoma Valley farmer

Traditional Medicinals
Divine Inspirations

Newspapers that support measure M

Sonoma West Times and News
Sonoma Index Tribune
Argus Courier
Sonoma Gazette
Windsor Times
Healdsburg Tribune
Cloverdale Reveille
Sonoma Sun

Community and Neighborhood Leaders that support measure M

Connie Codding-Codding enterprises*
Evan Wiig, Executive Director Farmers Guild*
Jeff Cox, Organic Food Guy
Temra Costa, Farmer Jane
*Titles for identification purposes only

Sign up to volunteer or donate today at GMOfreeSonomaCounty.com to help protect our family farmers and our way of life.



“A Northwest Coast, non-GMO growing zone is forming including Humboldt, Trinity, Mendocino, Marin, and Santa Cruz Counties, and Sonoma County stands out as the county between Marin and Mendocino that hasn't yet prohibited growing genetically engineered crops and grasses. Why shouldn't Sonoma County farmers have the same law to protect our local farms and pastures from GMO pollen contamination? That would mean a 13,734 square mile continuous GMO Free Growing Zone. 'Vote Yes on Measure M' and protect our farms and reputation for pure clean local food for our children and grandchildren.” -Karen Hudson, Campaign Manager of Measure M and 40-year resident of Sonoma County.

WHAT MEASURE M DOESN'T DO:

Our ordinance contains three exemptions: it will not prevent the sale or purchase of genetically engineered animal feed or human food; will not deny licensed health care practitioners from providing diagnosis, care, or treatment to a human patient or animal (e.g. insulin or vaccines for animals); nor will it prevent research involving genetically engineered organisms in secure laboratory conditions where they cannot escape into the environment. Our ordinance does not prohibit traditional methods of plant breeding, such as grafting, hybridization, and selective breeding, which can and do take place in nature.

WHAT MEASURE M WILL DO:

It's simple: this Measure will protect local family farms from GMO contamination, allowing them to continue to grow the great products they sell to local, national and international markets preserving Sonoma County's agricultural heritage. That's it.

WHAT ARE GMOs AND WHY SHOULD THEY BE KEPT OUT OF SONOMA COUNTY?

GMO stands for “genetically modified organism.” The term is used interchangeably with GM (genetically modified) and GE (genetically engineered). GMOs are organisms containing genetic material spliced into their DNA from other, often unrelated organisms. Gene splicing virtually never happens naturally in higher plants and animals—it only happens in the laboratory. However, once the genes of an organism have been modified, the genetics can be passed on to the organisms' future descendants, in perpetuity.

Sonoma County presently sees relatively little GMO-based agriculture, and we want it to stay that way. Here are some reasons why:

GMO contamination harms organic growers. Most of our local farms are organic. The organic standing of their crops and potentially even these farmers' organic certifications could be harmed by chance crossing with GMO plant populations.

Crossing with non-GMOs happens readily. Despite the unnatural “ancestry” of genetically-engineered organisms, they can still breed with un-contaminated members of the same species. Random crossing can occur between agricultural crops, but can also happen with wild plants (if any) of the same species. Such contamination can also bridge from intentionally-planted stands of a crop, through wild stands, into uncontaminated populations

Unintended GMO crossing could be especially devastating to organic dairies, since their cows must eat non-GMO pastures to produce organic products. But pastures are often maintained for years without tilling or re-seeding, and may easily be colonized by GMO escapees.

GMO crops require more hard pesticides to thrive. Despite the early promises by the biotech industry, use of pesticides, including herbicides, has actually increased with the proliferation of GMO crops. GMO crops, especially most of the commonly-grown ones, are often treated with glyphosate (the active ingredient of Monsanto's RoundUP-brand herbicide). In fact, RoundUP-ready crops are specifically engineered to tolerate repeated doses of the herbicide. Where conventional practices might only use occasional applications of such chemicals, RoundUP-Ready varieties tolerate repeated applications all--season long. This results in much increased use of this and similar chemicals. Such applications end up in surface- and ground water, in untreated crops and in our bodies.

Overuse of herbicides, as practiced on GMO crops, leads to the development of “super-weeds.” These are weeds that have developed, on their own, a tolerance to herbicides. Such weeds then spread, carrying the tolerance with them. They continue to resist herbicide damage in those locations where herbicide use is routine and might be regarded as beneficial, such as along roadsides, in lawns, etc.

Our county is developing an international reputation of being a source for clean, non-GMO crops. Zero-tolerance for cultivation of GMO crops enhances this reputation. This makes the county's organic products more trusted, and contributes to the economic well-being of our residents.

By banning the cultivation of GMO crops in Sonoma County, Measure M will help us to avoid becoming a casualty of biotech chemical farming, and help us maintain our reputation.

**Keep biotech farming out of our county.
Vote Yes on Measure M!**

The exhibit halls allow for hours of pleasant browsing among the displays of thousands of varieties of heirloom fruits, vegetables & flowers!



THE NATIONAL HEIRLOOM EXPO

NEW DATES! SEPT 5-7, 2017, SANTA ROSA, CA

THE WORLD'S HEIRLOOM FAIR! 100 Farm & Garden Speakers and World-Class Displays!

The 7th annual National Heirloom Exposition will be the center of attention in Santa Rosa, California, on September 5, 6, & 7.



Join hundreds of vendors and exhibitors for all things garden, farm and organic! Dozens of seed sources and all types of plant growers.



World-class garden art from across America! Calling all seedy artists!



Three days of kids activities and garden games, bring your kids or school class for a food education they won't forget!



Dazzling Dahlia Show! Enjoy the beauty of this queen of flowers at this massive display of color and genetic diversity. Bring your camera!



Enjoy stunning heirloom tomatoes from across California and beyond.



National and international speakers fill 3-4 halls with garden and farm know-how, learn to grow, save and sell your harvest and much more!

What began in 2011 as a celebration of pure food and sustainable living has developed into an impressive event that annually draws upwards of 20,000 participants. Featuring the largest display of heritage produce, the Expo now focuses on the preservation of heirloom foods without genetic modification. Many individual and commercial growers supply an abundance of fruits and vegetables for exhibiting and tasting.

Located at the **Sonoma County Fairgrounds** in Santa Rosa on September 5, 6, and 7, the event has become known as the "World's Fair of Pure Food." The fairground streets and pavilion aisles are filled with pure food enthusiasts, talented home gardeners, farmers, garden artists, school groups and leaders in the food industry throughout this magnificent event.

More than 100 renowned garden and food speakers fill three presentation halls with back-to-back talks. An impressive line up of nationally and internationally recognized speakers have included Vandana Shiva, Jeffrey Smith, Carlo Petrini, Ronnie Cummins, Dave Murphy, Percy Schmeiser, Joseph Mercola, Rachel Parent and many more.

The National Heirloom Exposition continues to grow and attract interest around the world as like-minded people come together to share information about pure foods, sustainable living, organic growing, and so many other topics relevant to adults, children, and future generations.

TAKE PART!

Be an attendee, exhibitor, vendor, speaker or volunteer!
Join seed savers, farmers and gardeners from across the planet!

Save these Dates, Sept 5-7, 2017, Santa Rosa, CA

www.theheirloomexpo.com

info@theheirloomexpo.com



Share seeds and stories with gardeners from across the globe; learn about the struggles of farming, seed saving & fighting GMOs. Join the seed swap!

Learn homesteading and country lifestyle skills from the masters! Learn permaculture, cob ovens, aquaponics & much more... We cover it all!

How GMOs Have Invaded Our Lives

by *Randel Agrella*

Books have been written about this issue, and everyone should read them! However, here are a few of the major impacts, as we see them, of the presence and proliferation of GMO crops in the environment and at market.

We have become fearful of potential health risks from GMOs in our diets. Despite claims by industry and government science that GMO foods are safe and are no different from other foods, a body of legitimate research is building that suggests the opposite. Research has shown that proteins contained in GMOs (some of which have never before existed in the food supply) may, in fact, cause allergic reactions, some of them quite severe. There has been documented liver damage in mice, caused by exposure to GMO potatoes. GMOs have been linked to numerous reproductive issues in laboratory animal testing, including rendering most hamsters in one study completely sterile by the third generation reared on a GMO diet. Bt crops have been documented to cause livestock deaths, infertility and other problems. Modified genetic material inside GMO food has been known to cross into normal gut bacteria, persisting over time, and effectively genetically modifying them. And this short list does not begin to assess the huge number of other possible concerns.

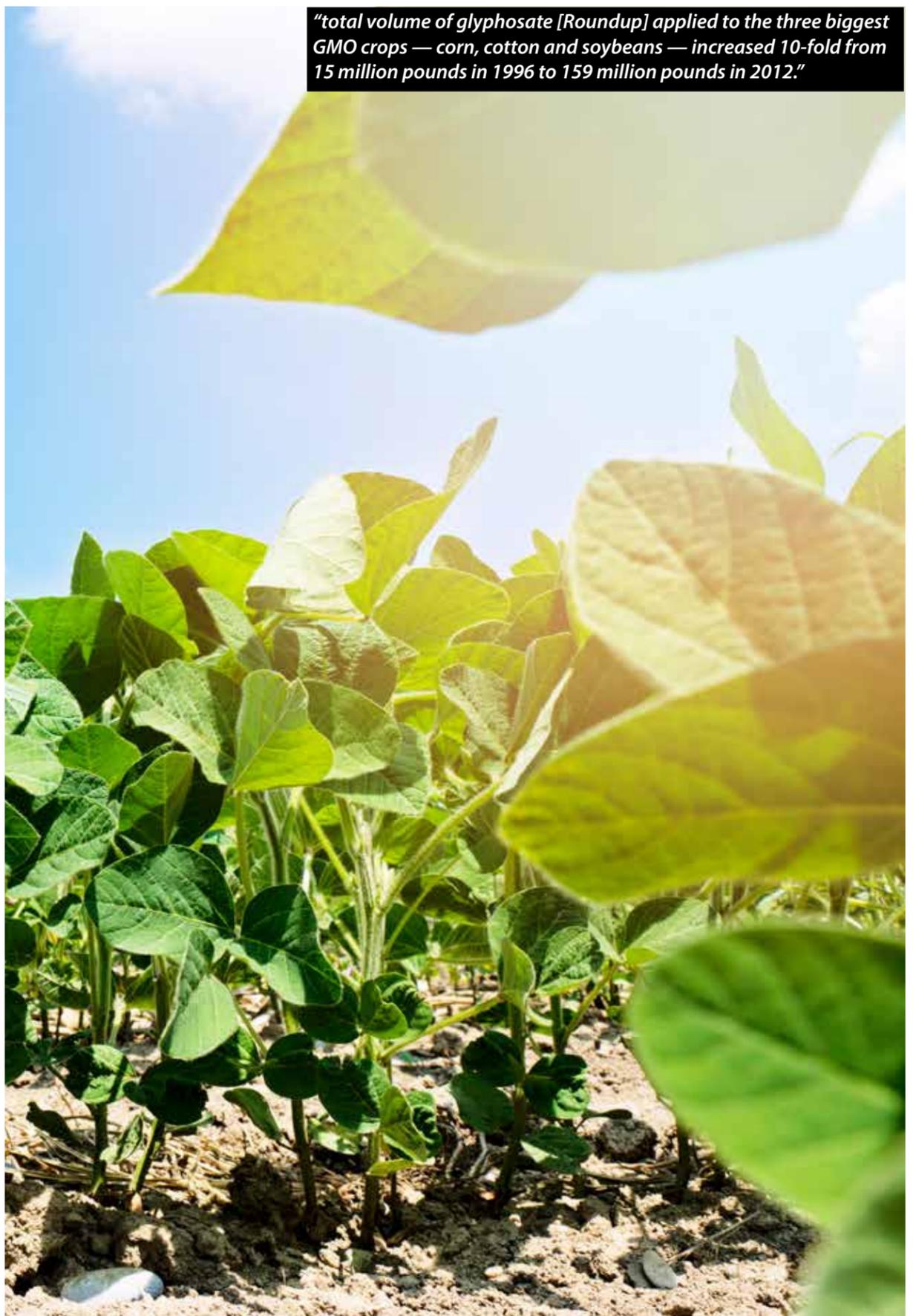
We have lost confidence in our government's regulatory apparatus. As we gradually hear reports about government pressure for desired results and the ignoring of research that suggests GMOs may in fact not be safe, it makes us concerned that government may, in fact, not represent our best interests in this matter. One of the reasons for the existence of regulatory agencies is that they are supposed to protect the welfare of the public. We find it hard to trust the USDA, FDA and other such agencies when it appears that approval of GMO crops is a foregone conclusion, regardless of data indicating the need for strong caution. In the face of continued revelations about "rigged" scientific studies purporting to demonstrate the safety of GMOs, mainly within the industry but occasionally within the regulatory structure, we have come to wonder: who is really looking out for public health, anyway?

We have lost confidence in the impartiality of scientific research. As we learn that skewed research, funded and presented by the biotech industry, has been accepted with a wink and a nod by regulators, we are learning how science, like anything else, is at the mercy of Big Money. As non-GMO advocates uncover or even conduct research of their own, science itself becomes politicized; we become uncertain whom to believe.

Use of herbicides has increased, not decreased, since GMO crops became widespread in US agriculture. One of the main arguments for the adoption of GMO crops was that use of agricultural chemicals was supposed to become less necessary. But at least in the case of herbicides, the reverse has proven to be true. One study found that "total volume of glyphosate [Roundup] applied to the three biggest GE crops — corn, cotton and soybeans — increased 10-fold from 15 million pounds in 1996 to 159 million pounds in 2012." Overall pesticide use decreased only in the first few years that GMO crops were used (42 percent between 1998 and 2001) and has since then risen by 26 percent from 2001 to 2010.

Excessive herbicide use has led to the development of so-called super-weeds. Despite ever-larger doses of herbicides, a few weeds survive. These would be those weeds possessing some natural tolerance to the material. The survivors reproduce, passing along their resistance to the next generation. By 2011, there were three times as many herbicide resistant weeds present in farmers' fields. Some 70 million acres of farmland now host populations of the herbicide-resistant weeds, and they caused crop losses amounting to \$1 billion as of late 2014, according to an NBC news report. The biotech industry promises a new generation of herbicides and herbicide-resistant crops to pair with them, but we see this as a downward spiral: the weeds will always win, and the collateral damage is ever-greater pollution and new health concerns.

Loss of integrity of seed stocks has been profound, and the pace is likely accelerating. Once released into the environment, GMO genetic material can be carried by



Monsanto-Bayer Proposed Merger

Recently an ominous merger was announced between two biotech giants, Monsanto and Bayer. A \$66 billion all-cash takeover will form the largest seed and pesticide company in the world. It's the largest-ever cash bid on record! The Monsanto-Bayer combination is yet another example of the rapidly consolidating agricultural industry, with an ever-smaller handful of companies controlling more and more of the commerce.

natural processes beyond the field and current crop, into neighboring fields and even into wild plants of the same species. While USDA and other regulatory entities urge "co-existence," the reality is that there has been and will continue to be ever-increasing contamination of non-GMO seed stocks. The loss to the diversity of crops, which have been painstakingly developed by humanity worldwide over the last several thousand years, is incalculable. And the misery and chaos that can be caused when the destruction of irreplaceable traditional crops has been felt, is beyond all comprehension.

It would be easy to lose hope, even from such a short list of the major concerns around GMOs. But there is plenty we can all do to minimize the impact and get GMOs off our plates and ultimately out of the natural environment.

Become better informed. Subscribe to periodic updates from organizations like Food and Water Watch, Organic Consumers Association, Institute for Responsible Technology, The Non-GMO Project, and so many other groups. It only takes seconds to sign up for email updates. In the Internet Age, the information is there—we have only to reach out for it.

Become a smarter consumer. Learn about the main GMO contaminants found in foods. Read labels. Make better choices to protect your family's health.

Support the right businesses and farms. Look for the Certified Organic or Non-GMO Project Verified label. Increase your food spending at farmers' markets, and get to know the growers who provide your food. You vote with your food dollar, and your vote always counts. Stop patronizing businesses who are contributing to the problem. And if a large company institutes a positive change, give them your patronage—it will make them want to go even further.

Get involved politically. Write letters and emails, make phone calls when public input is solicited or when important legislation is being considered. Attend public meetings and ask pointed questions. Turn out for demonstrations. All this goes to one aim: we need to let government know that we have become aware and that we will not compromise the health of our families and that of the environment.

Spread the word. You probably know some folks who are not aware of the high-stakes game that is being played out with our health and lives. Educate your friends, neighbors and family members.

Together, we can reach a tipping point in the struggle against GMOs!



Container Gardening

By Randel Agrella

Gardeners come in all shapes and sizes, and so do their gardens. Some people have only a tiny yard. Some may have only a small porch or balcony, and others, like apartment or townhouse dwellers may have no outdoor space at all. There's a simple solution to this problem: gardening in containers!

Folks often ask whether a favorite crop can be grown in containers. The answer is that, given the right-sized container, any crop can be grown. However, space and weight constraints do come into play. Pot size is realistically limited to the largest container that can be easily housed, moved, and handled in a given situation. Fortunately, for most of us, that still leaves lots of options.

Pot size and the composition of the growing medium are the most critical choices. Most plants don't thrive when their roots are overcrowded (although sometimes extra feeding may compensate). Generally, large plants need large pots; smaller plants can be grown in smaller pots, or a number of them can be grown in a large one. Soil mix should be a quality commercial blend, or you can make your own—peat moss mixed with compost and a little good garden soil gives a good basic mix. (You can tinker with the specifics depending upon your plant choice.) The peat moss provides good aeration combined with good water retention; the compost provides nutrients and vibrant microbial population, and garden soil provides minerals and gives a firmer soil structure. Don't try to work with just one of these ingredients, though; instead combine all three into a pleasant-to-work-with mix.

Containers can be anything that is the right size for the plants chosen. Very pretty containers are available and make great choices for porches or patios. But very serviceable containers can be made from buckets, baskets, or even wooden boxes. The only requirement is that the container be durable, strong enough to hold the weight of the soil and plants that will call it home, and that there be good drainage.

The last point is crucial: excess water must be able to drain freely from your containers; otherwise water would stay in the soil, air would be excluded, and most commonly-grown crops would suffer. If re-purposing a bucket, barrel or tub, drainage holes will need to be bored to give excess water a way out of the root zone.

Container plants also still have the same general needs as their in-ground brethren. You'll need to pay attention to temperature, moisture, sunlight and nutritional requirements; you'll want to choose potting medium, location and planting times to meet these requirements. The portability of containers can be turned to your advantage in this regard. Frost-tender plants can be started earlier and grown farther into the autumn than in-ground plants, because you can move the containers into sheltered locations when the weather is cold. You can also relocate container plants at need if hail threatens, and you can move them to take advantage of available sunshine or shade, depending upon the time of year and your plants' needs. Perennial types, like peppers and most herbs, can be maintained and harvested right through the winter if their needs are met—a decided advantage over their stuck-in-the-mud kin!

Some precautions are in order. You'll need to remember that plants in containers don't have access to subsurface reserves of moisture and nutrients—everything they need must be right in the pot. So container plants may need closer attention to watering and feeding. Also, the soil in above-ground pots may get warmer in warm conditions than the average in-ground soil temperatures, and conversely, cooler in cold weather. Plants that are perfectly hardy in the ground outdoors may winter-kill outdoors in containers for this reason. Finally, while many containers can be used year after year, be sure to clean and sanitize containers before re-use, especially with disease-prone plant types like tomatoes, cucumbers and squashes. A good wash with soapy water, followed by a brief soak in a solution of 1 part household bleach to 9 parts water, is good insurance. If you re-use potting mix, be sure to follow appropriate crop rotation practices, just as you would outdoors.

So if you're challenged for space, give container-growing a try. With flexibility and a smidgen of trial and error, you'll likely be pleased with the results. You may find that you're able to grow a range of crops that you never thought possible!

Plants for Containers

Here's a list to get you started. Remember to allow for some variation—if a plant looks crowded in a chosen container, it probably is, and maybe you should pot it into a larger one. Conversely, if a mature-sized plant looks lonely and is surrounded by empty space, you could probably plant several in a container that size. Finally, if you're planning a root crop, remember to allow sufficient depth—you can't grow an 8" carrot to perfection in a pot that is 8" deep—you'll need to allow a couple of extra inches to avoid stunted or misshapen roots. And if you choose to grow vining type plants, like tomatoes, pole beans, cucumbers, etc, remember to provide adequate support.

Smaller containers (6" to 1-gallon sized pots): Pots of this size are good for a single plant of any of the following: Bush Beans, Beets, Carrots, Endive and Escarole, Strawberries, Oriental Greens, Salad Greens, Lettuce, Onions, Bush Peas, Radicchio and Chicory, Radish, Spinach, Turnip, most Herbs.

Medium containers (2- to 3-gallon pots): Broccoli, Cauliflower, Brussels Sprouts, Cabbage, Kale and Collards, Bush Cucumbers, Eggplant, Peppers, Dwarf Tomato varieties.

Large containers (5 gallons and up): South American Garden Fruits, Bush Squash, Full-sized Tomatoes, Bush Watermelons.]



PETALUMA SEED BANK
Come talk with our garden expert and get your fall and winter garden started right!

Shop at our unique seed and garden store that has found its home in a grand, old former bank building. We also offer hundreds of locally made items! Directions:

Come to Petaluma (30 minutes north of San Francisco) and take any exit west into town. We are on the corner of Petaluma and Washington (199 Petaluma Blvd. N.). Open: Sunday-Friday. **Closed Saturdays & major holidays.** Phone: 707-773-1336

Harvest Fresh Recipes From The Garden

By Chef Loghan Call

Working with new varieties of plants, herbs and vegetables each season, our restaurant is the place to experience the differences in taste, flavor and quality that heirloom varieties offer.

It's our goal in the kitchen to work with not just the brilliant natural flavors of each ingredient, but with the textures, colors and beauty of each plant. Working with the finest heirloom products available gives us an opportunity, if not an obligation, to show our guests the possibilities that exist within a healthy, natural environment.

The bountiful amounts of produce that come off our fields is the opportunity to show the world what farming, food and our future can look like. Variety is critical for our health, and the health of our planet moving forward. Growing and using a wide variety of plants isn't just an opportunity to insure diversity in our ecosystems, but it's an opportunity to open up an entire new world of flavors and dishes within our restaurants and homes.

Our restaurant is open to anyone who walks through our doors. We believe that everyone deserves the opportunity to enjoy a delicious, healthy meal. Every day we offer a donation-only offering, along with our regular menu. The menus and our restaurant are inspired by and heavily influenced by Southeast Asian cuisine; however, we also offer up our own renditions of classic regional fare and heirloom specials to insure everyone finds the perfect plate when they come in. Be sure to check out our new restaurant Instagram (@BakerCreekRestaurant)



Field Mix Salad, Edible Flowers w/ Creamy Garlic Tahini Dressing

This creamy garlic tahini dressing is the perfect dressing for salads! With a bold flavor, it will help cut through raw greens. Even raw kale is suitable for this salad. Serves 8.

Salad Ingredients:

Medium sized bowl of your favorite raw greens (We recommend turnip greens, kale, mustard greens, chard or lettuce)

Edible flowers (Any varieties are great; we used dahlia's & calendula flowers for this recipe.)

Dressing Ingredients:

1 cup olive oil
3 T. raw garlic
1/4 cup tahini
2 T. lime juice
1 t. salt
1 t. maple syrup/agave

Instructions:

Blend all ingredients together in a blender until silky smooth. Taste the dressing—if the flavor is too pungent for your taste, you can always add a little water. Add dressing into the salad mix and massage lightly into the greens to ensure each piece has a little dressing. Add the edible flowers as a garnish to the top. Enjoy!



Ginger, Basil Pancakes w/ Lemon Balm Infused Syrup

These flavor-packed pancakes could be served sweet with the syrup or as a savory side without. The lemon balm infused syrup provides a nice finish on the palate. This pancake mix can be made and used hours later, but fresh is always better. Makes 12 small/medium sized pancakes.

Pancake Ingredients:

DRY:

1 cup flour
1 t. baking powder
1/4 t. baking soda
1/3 cup shredded coconut
1 t. ground black pepper
40 basil leaves finely chopped
1 T. ginger powder
1/2 t. salt

Coconut oil for cooking

WET:

1/2 cup coconut milk
1 cup water

Syrup:

1 cup maple syrup (agave will work fine, too)
50 lemon balm leaves

Instructions:

Finely chop lemon balm and mix into syrup; set aside until you're ready to use it. Mix all dry ingredients together; add water and coconut milk to the dry ingredients and mix together.

Heat a skillet under medium heat with coconut oil. Spoon about 1/4 cup of the batter for each pancake into the pan. Once you see lots of bubbles on the top of the pancake and a little brown around the edges, it's time to flip. Serve warm with a nice drizzle of the infused syrup. Enjoy!



Quinoa Cakes with Mint Cashew Cream

These light, but quite filling cakes are perfect anytime of the year! The hearty, savory cakes have a light, zesty finish with the cashew cream. These cakes are packed with protein from both the quinoa and the almond butter. The oyster mushrooms add a meaty flavor; it's a perfect main entree to any meal. Make 8 large cakes.

Cake Ingredients:

4 cups cooked quinoa
1/4 cup almond butter
1 large sweet onion
1 sweet pepper (you can substitute other peppers for added spice!)
1 cup oyster mushrooms
2 T. tamari (soy sauce)
1 T. nutritional yeast
2 t. crushed garlic
3 T. olive oil
1 t. salt
Coconut oil for frying

Cream ingredients:

1 cup soaked raw cashews (soak in cold water for 2 hours, drain)
1 T. garlic
1 T. lime juice
30 mint leaves
3/4 cup water
2 T. olive oil
1 t. salt

Cake Instructions:

Once quinoa is cool, dump it into a big mixing bowl. Finely chop the peppers, onions and mushrooms. In a saucepan, sauté the mushrooms, garlic, olive oil, salt, onions and peppers together. Ensure you cook them long enough that all vegetables are soft and the onions are golden.

In a smaller bowl, mix the sautéed vegetables and the rest of the ingredients together. Add the small bowl ingredients into the quinoa and mix well. Form the mix into desired cake size (completely up to you on the size). You can always use a little corn-meal if you feel like the mix is too wet.

In a large skillet, add coconut oil and bring to medium heat. Fry the cakes until each side is a nice golden brown and has a slightly crispy exterior.

Cream instructions:

Blend all ingredients together in a blender until silky smooth.



Peach Habanero Salsa

This salsa is spicy, but with an excellent fruity, complex flavor profile. Works as a salsa, dip or sauce depending on your preference. A new favorite in our restaurant, it can also work as a hot sauce. -Chef Loghan Call

Ingredients:

1 Peach Habanero (Or another orange habanero)
1-2 medium/large heirloom tomatoes
1 papaya (mango works too)
1 medium onion
1 t. salt
25 mint leaves
Lime juice to taste (recommend at least one tablespoon)

Instructions:

Chop all ingredients to fit into a blender. **BE CAREFUL** handling the habanero! Make sure to use gloves, watch what comes in contact with it and be sure to clean the cutting board immediately after you are finished chopping. Blend all ingredients together for two minutes.

Salsa is ready as soon as it comes out of the blender. However, it's always good to give the ingredients time to congeal together. Refrigerate when not in use.



Marinated & Seared Turnip Greens w/ Chili Oil

A great way to utilize turnip greens that are always so bountiful. You can also substitute turnip greens for others, such as beet, kale, sweet potato or chard! It's important to not over cook the greens! Don't forget that these greens will really cook down, so plan accordingly! Serves 8 small portions.

Ingredients:

1/2 cup olive oil
1/4 tamari (soy sauce)
1 T. chili flakes (using diced fresh chili's works great too!)
1/4 toasted sesame seeds
2 T. lime juice
Large bowl of turnip greens

Instructions:

Mix all the ingredients together and pour over the greens in your large mixing bowl. Mix together well, but not so much that you bruise the greens. Let the mix marinate for 15 minutes.

On high heat, put a wok, cast iron skillet, flat top, or skillet on the stove. Once the pan is hot, add the greens immediately. Most likely you'll need to do multiple batches.

Once the greens hit the hot pan, use tongs to turn the greens over and over. The goal is to quickly get all sides of greens seared and immediately take them out of the hot pan. The greens should be just barely cooked, not raw, but not too soggy. **Immediately plate and serve!**

Protect Sonoma County Family Farms. VOTE YES ON MEASURE M on November 8!!

Ban genetically engineered crops in Sonoma County and support organic farmers!

MEASURE M. The Sonoma County Transgenic Contamination Prevention Ordinance is simple. It will prohibit growing genetically engineered crops and grasses in Sonoma County and will protect our local farms from contamination by genetically engineered plants grown in the open. Both pollen and seed are transferred to non-GMO crops by the wind, pollinators, and on the fur of animals. If more than a trace (9%) of a farmer's crop is contaminated, it is illegal for that farmer to sell or save the seed. Farmers also will not be able to sell their crops to those demanding non-GMO products.

Measure M will also protect our families, water, and wildlife from the increased herbicides inherent in growing genetically engineered herbicide resistant crops. Traditional corn growers are some of the farmers most at risk.

Corn can be cross-pollinated for long distances, and GMO pollen is causing mass extinctions of native corn types.

Measure M will add Sonoma County's voice to over 35 countries worldwide, which have similar laws prohibiting growing genetically engineered organisms for up to eleven years. This measure will not prevent the sale of genetically engineered food or feed; will not prevent health care practitioners from diagnosis, care or treatment of animal or human patients; and will not prevent research in enclosed laboratory settings.

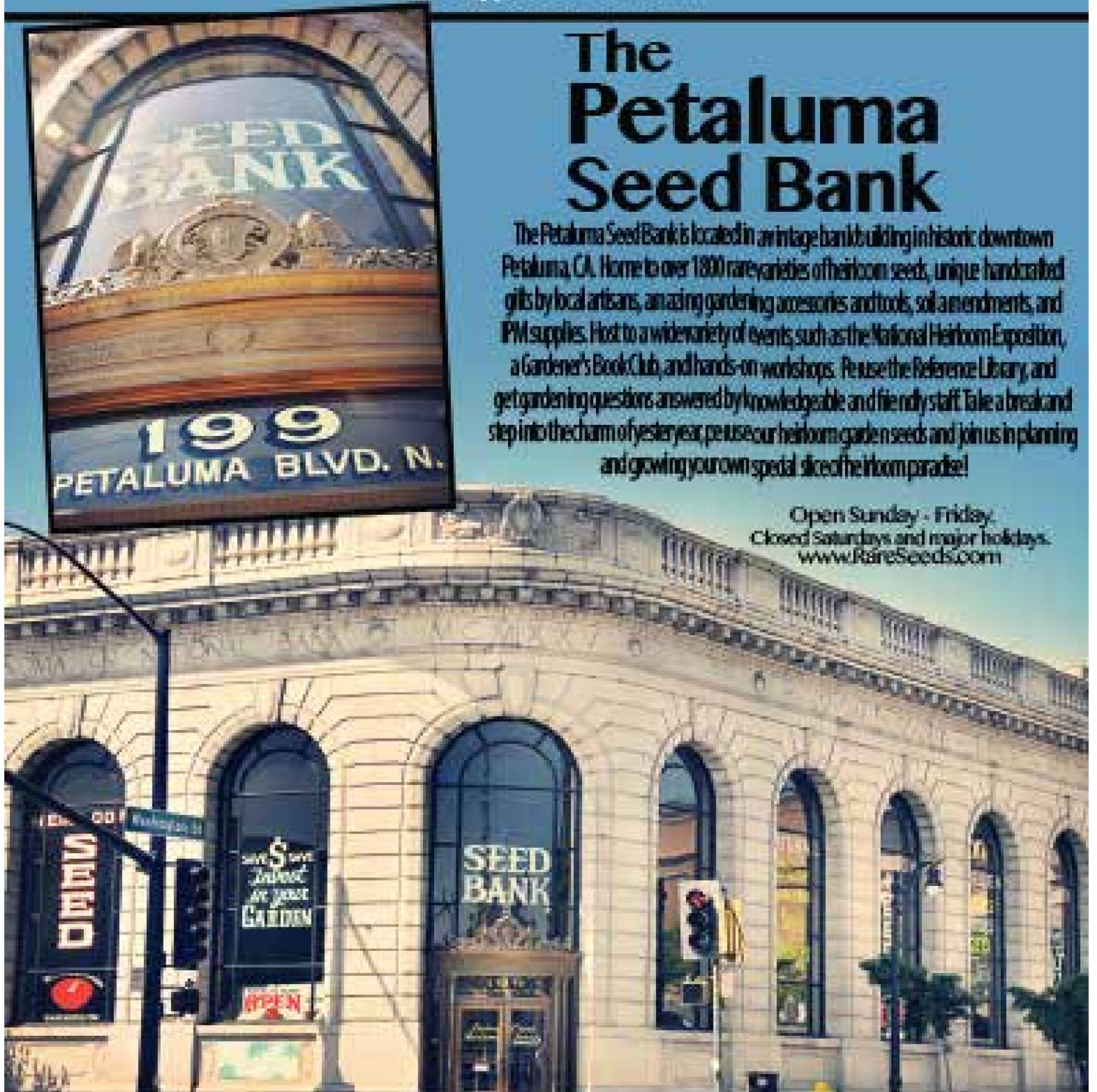
It is especially important to The Petaluma Seed Bank to preserve and maintain the integrity of heirloom seeds and traditional growing.

Will you join us, along with hundreds of local farmers, community leaders and informed citizens in the support of Measure M?

The Petaluma Seed Bank

The Petaluma Seed Bank is located in an antique bank building in historic downtown Petaluma, CA. Home to over 1800 rare varieties of heirloom seeds, unique handcrafted gifts by local artisans, amazing gardening accessories and tools, soil amendments, and PM supplies. Host to a wide variety of events, such as the National Heirloom Exposition, a Gardener's Book Club, and hands-on workshops. Peruse the Reference Library, and get gardening questions answered by knowledgeable and friendly staff. Take a break and step into the charm of yesteryear, peruse our heirloom garden seeds and join us in planning and growing your own special slice of heirloom paradise!

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