



Green Earth
ORGANICS



August 2009 Newsletter

In The News

This Month, Help us Level the Playing Field by Empowering Urban Native Youth!



The Urban Native Youth School Supplies Initiative

Let's work together to empower our Native youth by pooling our resources to create real prospects for Aboriginal education and help put an end to the education gap by giving our young neighbours the opportunity to voice their dreams.

For the month of August, Green Earth Organics would love your

Food Ideas

More Healthy Breakfast Ideas!

It's said that breakfast is the most important meal of the day. Try some fresh organic berries with your favorite breakfast and start your day the organic way!

Enjoy your Healthy Bagel with a protein-rich "schmear" of Nuts To You Organic Pumpkin Seed Butter, now on sale, and increase your intake of magnesium and other important nutrients.

Mouthwatering strawberries and blueberries make any breakfast special, and you'll find they're now on sale! And yogurt lovers can mix fresh organic berries with Nancy's Soy Yogurt, also on sale, for a cool, creamy way breakfast treat.

What would breakfast be without

help with our school supplies drive. All types of material are suitable for donation - spiral notebooks, pencils, rulers, coloured pencils, erasers and even backpacks. Simply leave them in your empty bin so we can pick them up and donate them for you.

We will be donating the supplies to UNYA - Urban Native Youth Association. They are Metro Vancouver's only Native youth program-providing organization. It works to empower youth through 21 programs in the areas of education & training, personal support, residential programs and sports & recreation. UNYA also include community development, research, advocacy and cultural learning opportunities.

Book Drive Results Overwhelming!

A BIG thanks goes out to all of the Green Earth Organics members who donated books for our book drive. We donated close to 500 books to The Reading Tree. Those books will be distributed through school and community programs to deserving families and children.

Bee Very Afraid-Hive Collapses Linked to Pesticides

What would a lazy summer day be without bees buzzing about...in our gardens, at our picnic tables, and over our heads along the trail? Despite the occasional annoyance at your outdoor barbecue, this is a GOOD thing. Bees are as crucial to our ecosystem as, well, the "birds and the bees."

"OK," you say, "Just keep that hive away from my grill. And why are bees so important anyway?"

Quite simply, without bees much of the food we enjoy and depend on would not exist. Bees pollinate approximately 80% of world food crops, as well as cotton and fiber crops. They also pollinate plants throughout the world that provide habitat for other creatures. Someone once said that humanity would end 4 years after bees disappeared--and of course that's one theory we don't want to test.

The Mystery of "Colony Collapse Disorder"

In 2006 a new American phenomenon began. And we don't mean Green Day winning the Grammy for their ground-breaking recording "Boulevard of Broken Dreams." That was a good American phenomenon--but there was another that was really bad. For bees, people and the planet.

Colony collapse disorder (or CCD) began to worry the world. This is a phenomenon in which worker bees from a colony suddenly disappear. At first experts were eager to blame everything from genetically modified foods to mites and electromagnetic radiation from cell phones.

But consensus is building in much of the world that the bee crisis is primarily caused by pesticides applied to seeds by "conventional" farmers and commercial agribusiness.

Clothianidin and Imidacloprid, made by Bayer, are members of a class of pesticides known as neonicotinoids. Neonicotinoids are well known insect neurotoxins that are especially toxic to bees. Bayer knew this since the beginning of the 1990's. Downplaying the risks in favor of profit, Bayer submitted flawed studies to authorities.

Neonicotinoids travel systemically through the plant. Residues left behind contaminate the pollen, resulting in bee death, paralysis or disorientation.

Europe Bee-friends the Bees

The French banned these chemicals in 1999, and Germany and Italy have now banned them as well.

the perfect beverage? If you prefer nondairy "milk" with your morning cereal, Pacific Organic Almond Beverage is quite refreshing--and now on sale at a refreshing price!

Berry soon the season ends...

...for fresh, healthy blueberries and cherries. If you haven't stocked up on blueberries or cherries for your favorite recipes or to store for winter, you're in luck! Large, luscious berries are still available, and our farmers grow the "berry best." But buy now, as the season ends soon; within a couple of weeks, blueberry and cherry season will be past.

Berries can be easily frozen for winter, and are delicious in recipes, smoothies and yogurt! Or pop 'em into your mouth as a frozen, phytonutrient-rich treat, as your editor does!

To freeze blueberries, sort out the "bad" ones, wash and stem them, and freeze in plastic bags when dry.

Berries can also be frozen in syrup or a dry sugar pack. For tips on freezing fresh fruit, try

<http://tipnut.com/freezefruit>

Eco Bites

Hoping "harmonization" won't strike a sour note...

On June 30, 2009, the U.S. and Canada signed the US-Canada Organic Equivalency Agreement between the U.S. Department of Agriculture (USDA) and the Canadian Food Inspection Agency (CFIA). This historic equivalency agreement will enable the continued smooth flow of certified organic products between the two

In August 2008 the group Coalition against Bayer Dangers (CBG) brought a lawsuit against Bayer's Chairman for knowingly endangering bees worldwide. The coalition is demanding that Bayer withdraw all neonicotinoids from the world market. For more information, visit <http://www.cbgnetwork.org/2821.html>

The Canadian Pest Management Regulatory Agency echoed concerns that Bayer produced flawed studies on clothianidin application, saying, "All of the field/semi-field studies were found to be deficient in design... Clothianidin may pose a risk to honey bees and other pollinators, if exposure occurs via pollen and nectar of crop plants grown from treated seeds." The agency also noted this unhappy fact: "... clothianidin is very persistent in soil, with high carryover of residues to the next growing season. Clothianidin is also mobile in soil."

In Prince Edward Island and Nova Scotia beekeepers have reported bee losses and many believe this is linked to residues from imidacloprid. New Brunswick has been increasing the use of neonicotinoids on potatoes since 1998, and has reported large bee losses.

The good news is: momentum IS building to ban this family of pesticides. The bad news is: honeybee stocks are in decline around the world.

Scientists warn that dwindling bee populations could have a devastating impact on global food supplies.

Learn more about this issue, if you are a dual citizen you can sign a US-based petition to help save the bees at: <http://www.petitiononline.com/savebees/petition.html>

Sweet Success: Healthy Honey from Organic Bee Keeping

Honey has been valued for centuries for its health benefits. Rich in vitamins, minerals and nutraceuticals, honey also has natural antibacterial and antifungal properties. Recent studies also show that honey is an ergogenic aid that can help boost athletic performance. And honey is soothing. Fresh ginger juice and honey is an ages-old oriental remedy for nausea and stomach distress.

We're proud to sell Capilano Number 1 Organic Honey! Try some and support organic beekeepers while enjoying the benefits of this super sweetener.

A Green Earth Partner Profile



Baking a Better Bagel - Healthy Bagel
Do you love bagels, but hate how hard it is to find a really healthy one? Well, we found one, appropriately named "The Healthy Bagel."

These bagels were launched at the Folk Festival the weekend of July 17th, and we're thrilled to be selling this brand new product!

This isn't your ordinary bagel, either: This is a West-Coast Style Bagel. Developed in with the help of a nutritionist, this is the healthiest bagel you can get. It is a high source of fiber, a great source of Omega 3 and 6 essential fatty acids, low in sodium, and it contains no preservatives or trans-fat. The bagels come pre-sliced in a freezer-friendly paper bag (lined with a biodegradable poly liner) - this Richmond, BC, company has thought of everything!

Click here to add this wonderful product to your order or to read more.

Ingredients: Organic whole wheat flour, filtered water, organic wheat flour, ground flax seed, sunflower seed, hulled hemp seed, vital wheat gluten, demerara sugar, yeast, sea salt.

Please note: To ensure they reach you "bakery fresh" we freeze the bagels when we receive them, so the date on the bag is not applicable.

products between the two countries, and theoretically will support the continued growth of the organic market in North America. It is the first agreement of this type worldwide for the organic industry.

Earlier this year, the Organic Trade Association came out in favor of a U.S.-Canada organic equivalency. "Canadian consumers will definitely benefit from this, and will continue to enjoy quality year-round organic products from the United States," said Matthew Holmes, managing director, OTA in Canada. "At the same time, Canadian farmers and manufacturers will be able to certify to our organic standards without having to take on additional, redundant certifications to sell into the United States-so everybody wins."

Is there a dark side? Hopefully not. But if there is, it will happen if organic standards are weakened in the US and "forced" onto Canada in the name of "harmonization." When it came to laws like Nafta, "harmonization" always meant lowering all standards to the lowest standard. So, stay tuned and stay active for strong organic standards on BOTH sides of the border.

Hot enough for ya?

If not, "no sweat", because scientists are predicting changes in BC weather patterns that may make the recent Kelowna fires look mild. If you'd like to remind yourself why Global Warming really is a global problem, pull up this article from The Province. It's also important to remember there are things we can all do to help combat climate change. We'll be touching on those in issues to come...