

We not only grow what we eat, but also what we wear. Cotton, which accounts for 60% of the clothes and home fabrics in the United States, is one of the most intensely grown crops in the world. Approximately 25% of the pesticides in the world are used to grow cotton, and 75% of the cotton grown is genetically modified. The pesticides used for cotton are some of the most hazardous used today. In California, cotton ranks third for the amount of worker illnesses caused by pesticide exposure. Crop duster planes that spray these poisons on the fields can affect neighboring farms as well. And once applied, the pesticides continue to affect the environment around them. It is estimated that at least 67 million birds are killed in the U.S. each year because of pesticides leaching into water and other areas. But never fear, a strong organic cotton movement is growing every year. Patagonia, for example, took a pledge in 1996 to use all organic cotton in its clothes. There are also other distributors of organic cotton clothes on the web and more stores are carrying organic cotton products.

For more information about cotton:

www.sustainablecotton.org, www.panna.org,
www.cottonboard.org

Some sources of organic cotton products:

www.gaiam.com, www.organicclothes.com,
www.natracare.com, www.bluecanoe.com

Now Available from Our Nursery

**Banana, sapote, persimmon, pomegranate,
macadamia, guava (pineapple, strawberry, white,
and pink), passion fruit, heirloom squash, corn,
beans, and cucumber, basil, yarrow, plumeria,
apricot, plum, violets, nasturtium, bachelor buttons,
St. John's wort, bee balm, and much more!**

Volunteer Corner Amy Lerner

Although we haven't had as many volunteer days, LBO is still bustling with volunteer activity. There are many volunteers that regularly come into the LBO garden to work in the nursery and others that help in our community gardens. Our newest employee, Aliye Aydin, began as a volunteer for LBO, working up to 20 hours a week! But we always need more help, especially in our community and school gardens. Because we are starting new school garden programs, we will definitely need kid and garden-friendly helpers that love to spend time in the sun. If you or anyone you know is interested in volunteering, please call (562) 438-9000 or email longbeachorganic@yahoo.com.

LBO's New Sponsor: Wild Oats

Amy Lerner

As many of you know, a new supermarket made its way to the city of Long Beach. After over a year of construction, Wild Oats Market opened in April 2002. Not only does this store contain organic produce, but also every type of foodstuffs and household item sold at regular markets, but with less toxic ingredients. They carry everything from organic frozen pizza and bulk honey to less-toxic furniture polish and organic cotton balls. Not only do they offer alternative products and foodstuffs, but Wild Oats also wants to have a positive presence in the community. They decided to sponsor a new Long Beach Organic and City of Long Beach community garden and give \$10,000 to the cause. Part of these funds came out of a 5% day where 5% of the gross profits of that day go to a local charity. Thank you Wild Oats! If you're interested in an alternative shopping experience, visit **Wild Oats at 6550 E. Pacific Coast Highway at Studebaker, Long Beach, (562) 598-8687.**



School Garden Update Amy Lerner

The good news is that more and more schools in Long Beach are interested in having school gardens. Long Beach Organic started working with the New City School over a year ago teaching gardening in their school's organic garden. Our program has just expanded to Constellation Community Middle School where we will be working with their garden elective class two days a week at our community garden on First and Elm Street. The lot, which was previously a LBO community garden, is being re-done which includes creating a new area for Constellation. These kids have a lot of work ahead of them, but their effort will pay off when they see how beautiful the garden becomes!

In addition to those two schools, we have made connections with at least four other schools in Long Beach that have existing garden programs or want to create one. Los Cerritos Elementary School has a beautiful garden created by Diane Swanson, a truly inspirational teacher. She received many donations from the community and donated her own time to construct a diverse garden filled with flowers, herbs, and vegetables. In addition, she uses these vegetables to cook with the kids and donates the rest to Food Finders, an organization in Long Beach that distributes food to the community. Other interested schools include Willard Elementary, Lincoln Elementary, and Edison Elementary School. Thanks to the motivated teachers at these schools, gardens will become more commonplace in the city. Keep up the good work! If you are interested in a garden in your school, contact **Long Beach Organic at (562) 438-9000 or longbeachorganic@yahoo.com.**

Farms in Malibu? Aliye Aydin

Have you ever wanted to work on an organic farm? Now you have the chance. We at Long Beach Organic have made contact with Alan Cunningham at Vital Zuman Farm in Malibu. It's a beautiful 6 acre setting with a constant ocean breeze and view of the surrounding mountains. One Sunday in April, another LBO volunteer and I trekked up to enjoy some hard physical labor and get a taste of what it takes to till the land that sustains us.

Alan doesn't run his farm like your typical business. For labor, he relies on energy from volunteers and those from the Southern California community at large who want to become involved in creating a sustainable food system. At the farm, which is located on PCH in Malibu, is the oldest continuous running farm stand in California. Alan also has a booth at the Santa Monica Farmers Market a few times a week, as well as providing food routinely to the Santa Monica Unified School District. He also runs tours for kids from that district, as well as for other groups, who come to see his farm and make more of a connection about where their food comes from.

I would like to see LBO become more involved with Vital Zuman farm, since these farms are so important to our well-being. We will go up there every two weeks on a Sunday, and carpooling would be great. If you would like more information, or want to come along and work hard, call Aliye or Amy at (562) 438-9000.

Not So Sweet Aliye Aydin

The following information is taken from Bill Denneen's article in the March/April issue of HopeDance Magazine.

It's that time of year again, and strawberries are sweeter and tastier than ever. However, organic strawberries are a must-have in this day and age. In 1998 nearly 14 million pounds of Methyl Bromide (MB), a chemical used to grow strawberries, were used in California. This chemical is classified by the U.S. EPA as a Toxicity Category I toxin and has caused birth defects and brain/nervous system damage to laboratory animals. California grows 80% of America's strawberries.

The struggle to outlaw MB in California started back in 1984, when a State Legislature bill was passed, putting a 1991 deadline on using MB. These deadlines have subsequently been pushed back by MB manufacturers and others, and last year, this date was pushed until 2005!

But there is hope. Organic growers are working hard every day to find new and improved methods of growing strawberries by less-toxic methods. Organic strawberries are readily available at natural food stores and farmers markets. Look for them and boycott conventionally grown berries!

For more information: www.panna.org
www.hopedance.org
www.igc.org/cpr

I took the following recipe from the May 15, 2002 Food section of the L.A. Times. I like the idea of using strawberries in a savory recipe, something that one doesn't naturally think of.

Tarragon-Strawberry Dressing

1 pint strawberries, hulled
3 tablespoons rice vinegar
1 tablespoon olive oil
1 teaspoon minced fresh tarragon
1 tablespoon snipped chives
1 teaspoon lemon juice
1 clove garlic, minced
¼ cup water
salt & pepper to taste

- Puree the strawberries with a pulsing motion in a food processor until smooth. Stir in the remaining ingredients.
- Serve over a salad, such as spinach or mixed greens.

Power to the People Amy Lerner

As knowledge about conventional agriculture spreads, people are growing more concerned about where their food comes from. A local Long Beach resident, Maria Weston, took matters into her own hands. This alarmed mother decided to research Genetically Engineered foods and create an extremely thorough website dedicated to the issue. She designed the website to be a resource for her family and friends, but it is a wonderful educational tool for anyone interested in these topics. She will be updating the site regularly as she gets new information. Check out her website at <http://webpages.charter.net/westons/bioengineered.htm>

**The average bite of food travels over
1,400 miles and changes hands six times
before reaching your mouth**

Solar Power Book & Website Suggestions

Books:

[Achieving Energy Independence – One Step at a Time](#) -Jeffrey Yago

[Real Goods Solar Living Resource: The Complete Guide to Renewable Energy Technologies and Sustainable Living](#) – John Schaeffer & Doug Pratt (eds)

[The Passive Solar House](#) –James Kachadorian

[Cooking with the Sun – How to Build Solar Cookers](#) –Beth & Dan Halacy

[Solviva](#) -Anna Edey

Websites:

www.eesolar.com – Solar Technicians in Pomona CA Energy Commission:

<http://www.consumerenergycenter.org/solaranddg/index.html>

California Green Light: <http://www.cagreenlight.com>

Real Good Solar: <http://www.solareco.com>

HAVE YOU SUPPORTED A LOCAL NON-PROFIT ORGANIZATION LATELY?

Join Long Beach Organic!

A one year membership gets you an annual subscription (4 issues) to *Organic Times*, a 10% discount at our nursery, invitations to our exciting events, and the pleasure of knowing that you're helping to further the greening of Long Beach and our surrounding environment! Join at any one of the following levels (check one):

\$500 Sustainer \$100: Urban Agronomist \$50: Master Gardener
 \$30: Family Farmer \$20: Green Thumb

Name: _____ new member renewal

Address: _____ City: _____ State: _____ Zip: _____

Phone: _____ Fax: _____ E-mail: _____

I'd like to become a volunteer. Please contact me.

Enclosed is an additional contribution of \$_____ to help LBO continue its important mission.

All donations are tax deductible (Tax ID# 33-064038-20). Please make checks payable to LONG BEACH ORGANIC and mail along with this coupon to: **1336 Gladys Avenue, Long Beach, CA 90804**. Thank you for your generous support!

20% post-consumer recycled content, 100% compostable!



Organic Times

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