

Just Local News

News and Views from the Just Local Food Cooperative

Issue 7

Early December 2004

Just Local Food for the Holidays

Most of our products make great gifts in their own right. We've put together a few combos and priced them for the gift-giving season. And some of our suppliers, like River Chocolates, make special gift boxes which we carry. Please check out the back page for more ideas...

Organic Beef

In addition to our regular supply of ground beef, Just Local Food is now offering limited supplies of prime beef cuts from Wheatfield Hill. These items are only available while supplies last. Please call for availability.

Wheatfield Hill Organics certified organic beef is not injected with antibiotics or other drugs, steroids or other growth hormones, implants or genetically modified organisms, nor is it ever irradiated. Our beef graze on native natural pastures from early spring through late fall. During the winter months our beef are fed certified organically grown grains and choice mixed alfalfa hay.

Wheatfield Hill Beef drink year-round from a spring-fed creek and have access to loafing sheds during the winter months. Our cows are not artificially inseminated but rather are naturally bred while on pasture. Calves are born on pasture during the spring and spend nearly the first year suckling at will at their mother's side.

Wheatfield Hill is a fourth generation family farm dedicated to maintaining a sustainable Agri-Culture. If you find beef from corporately owned factory farms or feed lots unhealthy, socially unjust, environmentally unfit and nutritionally unacceptable, then you deserve Wheatfield Hill Beef.

We also have certified organic Festival and Acorn Squash from Wheatfield Hill, while supplies last!

Fairly Local Frozen Veggies

Through our Buying Club you can stock up on organic frozen vegetables from nearby Caledonia, Minnesota. Sno-pac has a full line of frozen vegetables, fruits and berries. For example, organic corn is only about \$1.75 for a 10oz bag. Green Beans are on sale in December for \$1.35 a bag.

Buying Club Catalogs Available

We now stock paper catalogs listing the thousands of grocery and home products available through our wholesaler Natural Farms every four weeks. The paper catalog lists items, manufacturers, case sizes and prices. Their online catalog has much more content, including ingredients, pictures and stock available. They're \$1.50 and you can join our buying club anytime, for free, with no obligations or minimums. Call Crystal for a password at 579-0106.

Buying Club Customers Please Take Note

Most Buying Clubs rely upon volunteers to carry out all of the work involved. The service we offer is different in that the only responsibility our members have is ordering and paying for their food on time. We take care of the rest. The Just Local Food Coop includes a very small markup on all of your Natural Farms purchases. This markup helps cover some of the costs, but not all. We're told that's not good business practice, but we trust that by keeping our markup low we can help more people to buy more food, and eventually the small markup will cover our costs.

We've discovered that the most costly and labor intensive part of our buying club is delivery. Storing that much food, even temporarily, is hard to do without oversized freezers and coolers. To help, we've recently moved into a warehouse in downtown Eau Claire that will serve as the distribution point for the Natural Farms Buying Club. **Starting in December, we are asking our buying club members to pick up their order at our warehouse on delivery day** between 4:30 and 6:30pm. If that is not possible, we will arrange for delivery of your order for a flat fee of \$5.

Next Buying club Deadline: December 12
Pickup time: December 16, 4:30-6:30pm
Delivery: December 16 & 17

Holiday Delivery Times

Towards the end of December we're moving our Friday December 24 delivery up one day to **Thursday December 23**. We'll have the same Monday deadline.

The Corporate Attack on Organic Agriculture

by Steve Sprinkel and Mark Kastel

What could be wrong with farming in concert with nature-eliminating toxic agrichemicals and the use of genetically engineered crops? Well, plenty if you are a CEO at Monsanto, Dupont, or any number of other “life-sciences” companies that have invested in an escalating smear campaign aimed at discrediting organic farming. Promulgated by such well-funded surrogates as the right-wing Hudson Institute, Competitive Enterprise Institute, and the American Chemical Society, these multinational corporations can’t stand that consumers are voting with their pocketbooks because of their discomfort with conventional farming practices and have turned organic food marketing from a small, eclectic niche into the fastest growing segment of the food industry, with over \$12 billion in sales this year.

Mahatma Gandhi once said, “First they ignore you. Then they laugh at you. Then they fight you. Then you win.” The agrichemical industry is definitely itching for a fight.

Spreading animal manure on farm fields to renew soil fertility is one organic agricultural practice that’s under attack. Never mind that over 90% of all manure is spread on conventional farm fields or that organic farmers took the lead in developing strict limitations governing the use of raw manure.

The Hudson Institute charges that manure use increases the incidence of food-borne diseases. Hudson’s claim completely twists the results of a recent independent University of Minnesota study that found no statistically different risk in the pathogenic contamination of certified organic food verses its conventionally produced counterparts, according to lead author, Dr. Francisco Diez-Gonzalez.

In fact, according to Dr. Diez-Gonzalez, he had a very “heated discussion” with a Hudson Institute representative who was dissatisfied with the study’s findings and who told the researcher, “you are wrong.” One concept we might agree on is that more research is required in order to measure chemical residues on all food products and to



determine the consequences of eating those contaminants. However, in the midst of the attacks against organic, is it useful to demean those of us who do not use chemicals on the food we eat or produce for others? Why are we the ones who have got it wrong, when history overwhelmingly indicates that we are prudent to be cautious?

The chemicals used in conventional agriculture are considered highly toxic by themselves and have been proven to be unhealthful, even minute doses or as residues, no matter whether one is reviewing cancer studies, endocrine systems research, or environmental data. Pesticides and herbicides are designed to kill things, and they sometimes kill things unintentionally. Farmers (who have the highest occupational cancer rate in the country) and farm workers continue to be at risk from these chemicals, but there is little danger from the botanical pesticides organic farmers infrequently utilize.

Millions of us are also concerned that synthetic agricultural chemicals may be contributing to, or causing outright, a host of life-shortening illnesses and conditions, so we have elected to minimize exposure to such substances. It’s that simple. This is why many of the synthetic substances used in the 1960s and 1970s have been banned and why more are now listed for prohibition. Continued prohibitions have been incentives for many farming operations to adopt low-input and conservative pest management strategies in order to learn to farm without damaging health or the environment.

Large-scale conventional farms that have been experimenting with organic management are now adopting some of these methods on their conventional acreage because they are good agronomy, not because cover cropping, leaving land fallow, crop-based remediation, and beneficial insect habitats are trendy. Many new-generation organic growers are attracted to nonchemical farming because it promotes creativity and reestablishes agriculture as an art, not merely a form of manufacturing - the fact that organic farmers are fairly paid is just icing on the cake.

Most farmers relish their relationship with nature, which is one reason why they are farmers. Organic practices empower that relationship and make the environment a safer one for workers, neighbors, and consumers. We consumers pay into that partnership every time we buy a product grown without toxic chemicals. We buy organic foods not simply for their own sake, but because of concerns outside our own personal circle.

Steve Sprinkel, of Ventura County, California, has farmed organically for 28 years and serves on the Policy Advisory Board of The Cornucopia Institute, a progressive food and farm policy group based in Cornucopia, Wisconsin. Mark A. Kastel is the institute’s Co-Director.

Just Local News is published regularly by the **Just Local Food Cooperative**. Our goal is to connect local and fair-trade producers with consumers in the Chippewa Valley. All articles within written by Aaron Ellringer unless otherwise noted.

Local Coffee ?

We're glad there are a lot of fair trade and organic sources for coffee here in Eau Claire. The Coffee grounds is a fair-trade roaster now, and we applaud them for that. At Just Local Food, we wondered how "local" can coffee really get? Enter the non-profit organization, Farmer to Farmer (F2F).

Based in nearby Glenwood City, F2F offers good prices on

Coffee pickers can pick six pounds of coffee beans in one day by hand.

quality coffee. Better yet, F2F offers a genuine, caring relationship between you and the coffee growers in Central America. I'll be reprinting a recent trip report from F2F in the next *JLN*. Below is their mission:

Farmer to Farmer is organized to build mutual friendship and cultural understanding among rural people so that we might better understand and accompany each other in our common struggles. We seek to promote peace within ourselves, within our community, and across international boundaries. We envision agriculture that is sustainable and respectful of the earth, and one that remains in the hands of the people who live on and work the land. We support grassroots agricultural projects that are democratically initiated and managed. Always, our decisions about a project will be guided by the respect that characterizes the relationship between friends. As an organization, we affirm the sacredness of the earth and shall work for and respect the rights of all people and cultures to self-determination.

Wish List

Thanks to those who responded to our requests in the last *News*, we sure appreciate the electrician referrals, reception desk and milk spill towels. Speaking of those towels, we put them to good use last week. While Jordan was at a customer's door, I was arranging milk in the back of the truck. A full crate slipped from my grasp and fell six inches to the floor, just enough to crack two of the six bottles in the case. Thanks to those old bath towels I was able to contain and remediate the spill. Well, some milk did drip in the customer's driveway. Sorry about that again, Patti!

As always, let us know if you can help or know someone who can! Here goes:

- insulation** - our warehouse doesn't have very good insulation, and we're using mostly foam and polystyrene panels for temporary use. If you happen to have any pink board, even pieces, we'll be glad to use them.
- clipboards**- If you've got any sitting around, we could really use them. Yeah, they're only a dollar at

Thompson's, but we use a lot of 'em!

- sawhorses, big boards or plywood**- we use these for tables and workspace. Also for shelving and storage.
- door and frame**- It's a long shot, but just in case you're tripping over an unused door and frame, we can use it!
- referrals**- If you know of anyone who might be interested please pass their name, address and/or phone number to us so we can share the bounty of local food with them!
- egg cartons, paper grocery bags, calculators, towels & rags**- our egg suppliers will

take all the cartons they can get back. We use grocery bags for our buying club members. Calculators get some hard use from our delivery drivers. Towels and rags are used to remediate milk spills and to clean out our truck and coolers.



Local Organic Garlic

We've stored a whole bunch of perfect local garlic for Eau Claire. These are prime varieties from Sylvan Hills Organic Farm over west of Menomonie. Each bag is a mix of mostly Georgian Crystal with some Music and

Chesnek Red. It comes in 1# increments. Order early, while supplies last!

Coming Soon:

Products in the works for the near future include some root crops, a variety of cheeses, lamb, and olive oil straight from Palestine... what else would you like to see? Let Aaron know at 552-0849.

Our co-op

Just Local Food is organized as a **worker owned cooperative**. Each member is part owner/investor and has equal decisionmaking power. **Just** as in justice for the farmers, the earth, the workers, and the consumers. **Local** as in produced nearby in Western Wisconsin and regionally where appropriate.

Home delivery:

To get local fair trade food **delivered to your door** every week, call Lissa at 577-5564

Buying Club and billing:

To sign up for the buying club and ask questions about billing and invoices, call Crystal at 579-0106.

JustLocalFood.com

Holiday Gift Supplement

Please see our regular December price sheet for descriptions and flavors of items listed. When you order these items please tell us whether you'd like them delivered on the 17th or the 23rd of December.

Crystal Ball Farms Organic Dairy

Put together your own gift pack using these items at special pricing.

Cheddar Combo: 1 plain, 1 peppercorn, 1 onion parsley. \$16.00

Curd Combo: 1 plain + two flavors of your choice. \$16.00

Local Dairy Intro Pack: 1 half gallon white, 1 quart chocolate, 1 pint of half & half, 1 pound of butter, & cheese curds. \$16.00 + \$4.50 in deposits.

River Chocolates

These locally handmade chocolates are also available separately, see our price sheet for details.

Wooden box of 4 Truffles, \$16.00, choose a mix:

Classic: wonder, raspberry, black forest, amore

Tropical: wonder, silk road, thai, mexican

Fruits: lemon, raspberry, orange dream, summer

"Frostie" Tin with 13 Truffles \$26.00

Contains all 10 flavors with three extras

"Frostie" Tin of Milk and Dark Chocolate Toffee, 16oz, \$21.00

Eat My Fish

Herby puts all this in a box for your gift-giving pleasure.

Freshly smoked and packed to be consumed all the way through New Years.

Farm Box- 1 pound smoked trout fillets, 8oz trout spread, crackers, and one Eat My Fish bumpersticker, *call for price.*

Coon Creek Handcrafted Goat Milk Soap

We list here the size, price, then the shapes available. For all shapes and sizes, please choose either **Lavender** or **Lemongrass** Fragrance:

X-Large, 5oz+, \$6.50: Candy Canes or Acorn

Large, 4oz+, \$5.75: Holiday Bell, Cat Nap, Sunflower, Hummingbird

Medium, 3-4oz, \$5.00: Two Dolphins, Lotus Flower

Small, under 3oz, \$2.50: Angel



Cat Nap



Lotus Flower

Yankee Doodle Woodworkers

Affordable fine handcrafted wooden toys and gifts made in Sand Creek, Wisconsin. Pictures and brief descriptions online at yankeedoodlewoodworkers.com. Orders for toys are due Monday December 13 and will be delivered the 17th.

Paddle Boat - Pine 9" long, Propelled by rubber bands, painted features, \$9.00



Paddleboat



Snail Bank

Snail Bank - Poplar 7" tall, Money slot in back, pull out tail to empty, \$20.00

Hippopotamus Bank - Poplar 10" long, Money slot in mouth, \$20.00

Flipperdinger - Blow through the tube and try to hook a floating ball on ring, classic, \$5.00

Whimmy Diddle - Rub stick across notches and propeller turns, say a magic word and it changes directions, instructions included, \$4.00

Yankee Flyer - Amazing flying propeller, super to fly back and forth like a frisbee, fun for young and old, \$2.00



Jacob's Ladder

Jacob's Ladder - 6 sections hinged on colorful strong ribbon, very popular, Instructions included, \$7.00

Buzz Saw - Wooden version of old button on a string toy, pull handles and disc spins and hums, \$3.00

Hi-Bar Expert -

Squeeze uprights and gymnast performs, brightly colored, \$8.00

Chick with Egg - Egg flip flops when pulled, \$12.00



Chick with Egg

Dancing Man - Poplar, Maple feet, 24" inch Birch board, Nice action toy, \$15.00

Other Gift Options include a small honey bear or some beeswax handcream, some cheese or butter, truffles, coffee... or from our buying club you could get a wooden hairbrush, organic cotton toys, organic teas, natural shampoo... We have gift certificates in any amount!

Gift Certificate

To: _____

From: _____

Amount: \$ _____ Expires: _____

VOID

Local and Fair Trade Food

This certificate may be redeemed for home delivery of local and fair trade food. Delivery to City of Eau Claire or by special arrangement only. Orders due by Monday at noon for Delivery Friday. Not valid for Buying Club purchases.

Just Local Food Cooperative

justlocalfood.com - 715.577.5564 - 104 Gibson Street, Eau Claire