



Cornucopia

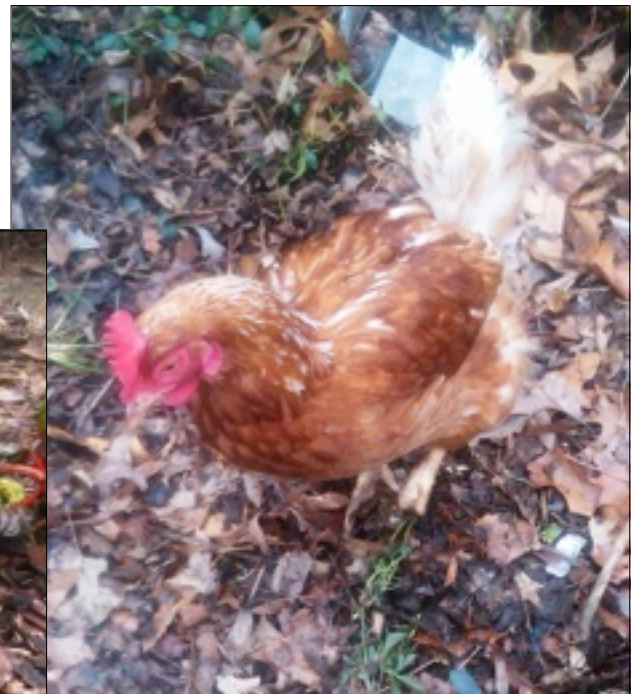
Network of New Jersey, Inc.

May 2011

May 14th Open Garden Tour

by Pat Kenschaft

Six gardens – in Montclair, Nutley, and West Orange – will be open to the public Saturday afternoon, May 14, from 2 to 5 PM (except mine will close at 4). Four Open Gardens are in Montclair and the three are within a half mile of each other.



*Above, one of the free range chickens roams...
Left, garlic, beets and Swiss Chard are already growing well in José German's garden to delight visitors at last year's May Open Garden Tour.
photos by José German*

Sachi Tripp at 8 Waterbury Rd., Montclair, and her family have over 300 square feet of raised beds used for vegetable gardening. "We are new gardeners with a lot to learn. We're working on raising all of our vegetables for the year, although we are not there yet. In addition to vegetables, we have nine berry plants and two apple trees. We have acquired four baby chicks, who will begin residing in our chicken coop by midsummer."

Denise Barth at 4 Aubrey Rd., Montclair, will be showing various herbs, Swiss chard, spinach, tomatoes, lettuce, broccoli, beans and raspberries. She

has been composting for 20 years and has a rain barrel.

My (**Pat Kenschaft**) garden at 56 Gordonhurst Ave., Montclair, provides almost all my family's vegetables year round. I have never used any poisons, commercial fertilizers, or power machinery. I have used a hose only once in the past four years. There will be environmental displays in the front yard, which will be there after the garden tours end at 4 PM. My last tour will begin about 3:30.

José German at 69 Grove St., Montclair, has chickens and bees this year.

continued on page 8

Compost tea: The magic living liquid

by Jose German, Certified Master Gardener

We can heal the abuse to our environment from the toxic contamination that generations of harmful chemical applications have created.

Using compost tea is one of the safest, most effective and most direct routes to get away from and undo the negative impact of chemical herbicides, pesticides and synthetic fertilizers, from gardens to farms, school playgrounds to forests, stream banks to sports fields.

Compost tea helps restore natural health and balance to our soil. It helps break down soil contamination and provide nutrients to our plants. Gardens dependent on the use of chemicals are more likely to suffer from insects, disease, and drought conditions. Compost tea is an aerobically brewed (not thermally brewed) liquid concentrate of soluble nutrients, organic compounds and elevated levels of microorganisms.

Healthy soil is alive with the beneficial microorganisms that are responsible for producing robust plants, more resistant to insect and disease problems, more productive and able to withstand extremes in temperature and moisture. As beneficial species of microorganisms increase, they displace pathogenic species. Less food and less room for pathogenic species to grow means fewer problems with Phytophthora or verticillium in the soil. There is less room for powdery mildew and black spot if beneficial species occupy at least 70% of the leaf surface. On turf, beneficial fungi can out-compete lawn diseases like pythium, fusarium and rhizoctonia.

When planting trees, shrubs, and perennials or renovating your lawn, compost tea will help your new plants get established quickly, with less



José German

transplant shock and faster root development. Compost tea can enhance the germination of grass seed and development of the new roots as well. For additional information about compost tea, you can contact me at greenharmony@aol.com. 🐦

Steps for making compost tea:

Supplies needed:

- 2 - 5 gallon buckets
- 1 aquarium pump
- 4 feet of aquarium hose
- 1 teaspoon of unsulfured molasses per each gallon of water
- 1 gallon mature compost
- 2 women's stockings



Recipe:

1. Put the aquarium pump at the bottom of the bucket and connect the hose to the other end keeping it up to allow the air to enter in the tube.
2. Fill the stocking with your finished compost (about half gallon in each stocking)
3. Add tap water (4 gallons) and run the water pump and bubble the air for a least an hour. This process will allow the chlorine to evaporate. (Chlorine would kill the beneficial microorganisms in the tea.)
4. Tie up the stocking and put it into the bucket. Submerge the two stockings in the water without blocking the air pump or the hose.
5. Add the unsulfured molasses to the water
6. Turn the pump on and let the mixture brew for 24 hours.
7. After the tea is done, remove the stockings with the compost and return the material to your compost pile.

Application:

1. Apply the compost tea to your flower and vegetable plants immediately. If you do not use it quickly, the beneficial microbes will begin to die after the air source is removed.
2. You can sprinkle the compost tea directly onto the foliage and the soil around each plant. You can repeat compost tea treatment every two weeks to your garden, if needed.

Your chance to ban toxic lawn chemicals where children play

by Suzanne Aptman & Chrissie Hines

Two bills are moving through the New Jersey legislature banning the use of synthetic lawn pesticides on school grounds and playing fields in parks. Read on to see how you can impact the outcome.

The Current Law

When the current Integrated Pest Management (IPM) law (governing schools in NJ) was established in 2002, the Legislature determined that “children are more susceptible to hazardous impacts from pesticides than are adults; that numerous scientific studies have linked both cancer and asthma to pesticide exposure.” The NJ Legislature no longer wanted to put children at exposure risk. While we are grateful for this concern for children’s health, the current IPM law is not a total ban.

Applicators can still apply pesticides at their discretion if they deem that more natural methods are not working. In addition, enforcement is nearly impossible due to the law’s lack of genuine mandate against pesticides.

The New Bills

Both the NJ Senate and Assembly have sponsored bills this year that would eliminate this risk by banning synthetic lawn pesticides in schools altogether (except in the case of a public health emergency). New York and Connecticut have already passed similar laws.

On the Senate side, the bill is very strong. S.2610 would ban synthetic pesticides in schools from day care through 12th grade, including park playing fields.

However, on the Assembly side, there are two versions of the bill, and one bill (A.3621) concerns us. It only bans synthetic lawn pesticides in schools through 5th grade. We can’t take the risk that children above the age of 11 will be exposed to these chemicals.

Their lungs and hormonal systems are still developing. Read more about this health/pesticide connection: www.beyondpesticides.org/health/reproductive.htm. These bills could be voted on in May.

What can you do to ensure the strongest bill gets passed quickly?

Sign the online petition at www.SafeYardsMontclair.org. It only takes 90 seconds.



Please write a letter (as soon as possible – by early May) to the key sponsor of A.3621, Assemblyman John McKeon, especially if you are the parent of a child in 6th grade through high school. Urge him to amend the bill to protect children through high-school. Tell him that exposure to these chemicals from early childhood through high school years can be harmful to their development; that younger children sometimes play on the middle and high school grounds and would be exposed. NY State protected children through high school age: we should, too.

Have your child (and their friends!) write a personal letter directly. Imagine the impact that could have!

Send these letters:

- **by email:** Assemblyman John McKeon at asmckeon@njleg.org (he represents towns in Essex county. If you live there, let him know which town).
- **by mail:** Find his address at www.johnfmckeon.com.

If you would like to see a sample letter, or have questions email us at the email below.

Together we will make New Jersey safer one yard, one field, one playground at a time! 🐣

Ed Note: Suzanne Aptman & Chrissie Hines are Co-Chairs of Safe Yards Montclair, a grassroots group working to eliminate the use of toxic lawn chemicals through education and advocacy. The focus of their work is expanding beyond Montclair to Northern New Jersey. If you would like to champion this cause in your town as part of the Northern NJ Safe Yards Alliance, please email: Info@SafeYardsMontclair.org or call 917-825-5538.



Trina & Una's Movie Suggestions

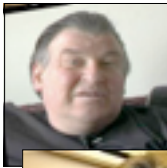
by Una McGurk

"May I Be Frank" (runtime: 2 hours 27 minutes)

Trina & I recently had the opportunity to attend a screening of this film when it was shown by the Montclair Adult School. "May I Be Frank" documents the transformation of Frank Ferrante's life. Frank is 54 years old, obese, depressed and addicted. He stumbles into *Café Gratitude*, a local raw, organic and vegan restaurant in San Francisco. When Ryland, a server at *Café Gratitude* asks Frank "What is one thing you want to do before you die?" Frank replies, "I want to fall in love one more time, but no one will love me looking the way I do."

Ryland, his brother Cary, and Conor, his best friend, inspired by the possibility of helping Frank, support him through a miraculous transformation. For the next 42 days, Frank ate only raw food, practiced gratitude, visited local holistic practitioners, and got a weekly colonic.. Frank got a new body, a clearer mind, and most importantly, a soaring spirit. "May I Be Frank" chronicles the essence of the human condition and what it truly means to fall in love again. It's a "must see" if you get the chance! This film documents the amazing changes and healing that one can experience through changes in one's diet and perspective. For more information on the film, check out the website: www.mayibefrankmovie.com

Frank "before"



Trina & Frank Ferrante (post-transformation)

what happened to him after a cycling accident left him possibly permanently incapacitated. Though he ultimately recovered, he emerged with a new sense of purpose. Determined to share his own awakening to his prior life of excess and greed, he investigated how he as an individual, and we as a race, could improve the way we live and walk in the world.

Armed with nothing but his innate curiosity and a small crew to film his adventures, Shadyac set out on a twenty-first century quest for enlightenment. Meeting with a variety of thinkers and doers – remarkable men and women from the worlds of science, philosophy, academia, and faith – including such luminaries as David Suzuki, Noam Chomsky, Howard Zinn, Archbishop Desmond Tutu, Lynne McTaggart, Ray Anderson, John Francis, Coleman Barks, and Marc Ian Barasch – Shadyac appears on-screen as character, commentator, guide, and even, at times, guinea pig. An irrepressible "Everyman" who asks tough questions, but offers no easy answers, he takes the audience to places it has never been before, and presents even familiar phenomena in completely new and different ways. The result is a fresh, energetic, and life-affirming film that challenges our preconceptions about human behavior while simultaneously celebrating the indomitable human spirit.

For more information on where you can see "I AM," check out the website: www.IAMthedoc.com. 🐦

"I AM" (runtime: 80 minutes)

Trina and I were also fortunate enough to be invited to a special prescreening of this film. "I AM" is an utterly engaging and entertaining non-fiction film that poses two practical and provocative questions: "What's wrong with our world?" and "What can we do to make it better?" The filmmaker behind the inquiry is Tom Shadyac, one of Hollywood's leading comedy practitioners and the creative force behind such blockbusters as "Ace Ventura," "Liar Liar," "The Nutty Professor," "Patch Adams," and "Bruce Almighty." However, in "I AM," Shadyac steps in front of the camera to recount



Trina and Una with Tom Shadyac

CNNJ at UN Sustainable Development Meeting

by Trina Paulus

Cornucopia members Una McGurk and Trina Paulus will be NGO delegates for the International Grail Movement at the United Nations for the 19th Commission on Sustainable Development annual meeting, CSD-19.

This gathering is like a big circus in the sense that there are so many things going on at any one time. This will be Una's first UN experience and my fourth. Next year will be the 20th Anniversary of the CSD, back where it began in Rio. 🐦

Ed Note: This is just an excerpt! For the full article, see the [Web-only supplement](#) on the CNNJ website

Shoppers Right to Know!

from the Organic Consumers Association (OCA)

Why OCA believes that most “natural” foods are a fraud:

- There is widespread use of GMO (genetically modified organism) ingredients in so-called “natural” foods, including the “natural” brands that make up most of WFM and UNFI’s sales.
- So-called “natural” (non-organic) soy milk, including leading brands such as “Silk,” are made with conventional soy lecithin, utilizing the hazardous chemical, hexane, as an extraction agent.
- 90% or more of the vitamins and supplements now on the market labeled as “Whole Foods,” “natural” or “food based” are spiked with synthetic chemicals.

OCA finds Whole Foods and UNFI guilty of the following:

- Corporate takeovers and monopolistic practices undermining organics
- Pushing so-called “natural” foods at the expense of organic
- Excluding small and family-scale organic farms
- Marginalizing local and regional producers and brands
- Organic monopolies and the “Whole Paycheck” phenomena
- Selling personal care products misleadingly labeled as “organic”
- Selling vitamins and supplements spiked with synthetic chemicals as “natural,” “all natural” or “Whole Foods”
- Violating labor rights and Domestic Fair Trade principles



Energy & Food: Disasters & Hope

by Trina Paulus

The connections are everywhere... they move back-and-forth: Genetically Engineered (GE) corn for ethanol. Is this a “food” or “energy” issue question?

We use land that could otherwise grow food to feed people – food prices go higher... and more people starve with less land to grow food. We set up a competition: drive cars or eat!



Trina inside the butterfly tent
photo by José German

continued on page 6

The FOOD ISSUES Pages

Tell Whole Foods to Label GMO and CAFO Products!

Whole Foods admits in an internal company document that it sells GMO foods, while they claim to support mandatory GMO labels. So, why don't they start Truth-in-Labeling in their own stores and voluntarily label conventional and “natural” foods containing GMOs or coming from Factory Farms (CAFOs)?

Use the following link to join the OCA petition to Whole Foods. If you don't have computer access, write to their corporate HQ: Whole Foods Market, Inc., 550 Bowie St., Austin, TX 78703-4644.

<http://www.capwiz.com/grassrootsnetroots/issues/alert/?alertid=25456531&type=CU>

www.organicconsumers.org

Ed. Note: I love having the shopping option of a Whole Foods Market three blocks away: it's one of the reasons I live where I do. I don't hate WFM, but I hope you share our increasing discomfort with some corporate policies and speak out!

Whole Foods: Label GMO and CAFO Products!

You admit in an internal company document that Whole Foods Market sells GMO foods while you claim to support mandatory GMO labels. So, why don't you start Truth-in-Labeling in your own stores, and voluntarily label conventional and “natural” foods containing GMOs or coming from Factory Farms (CAFOs)?

As a citizen concerned about the health, environmental, ethical, and socio-economic hazards of Genetically Modified Organisms (GMOs) and industrial-scale factory farms or CAFOs (Confined Animal Feeding Operations), I feel strongly that consumers have an inalienable right to know whether the food we are purchasing likely contains GM ingredients or comes from animals confined in CAFOs.

Up to 90% of U.S. soybeans, corn, cotton, canola, and sugar beets are now genetically engineered and routinely inserted into human and animal foods without labels or safety testing.

Approximately 80% of current grocery food items contain GMOs; while according to U.S. Department of Agriculture statistics, the majority of beef, pork, poultry, dairy, and eggs come from CAFOs.

Considering the growing concern over GMOs and CAFOs, Whole Foods Market should clearly identify all non-organic food products containing soy, corn, cottonseed oil, canola, sugar beets, alfalfa or GM growth hormones with a label or shelf sign that says “May Contain GMOs” and identify all meat, dairy, and eggs that come from CAFOs with a label or shelf sign that says “CAFO.”

Thank you for your attention to this important consumer concern.

We spread the genes of non-edible corn to contaminate edible corn... use up the precious nutrients in our soil and require pesticides and fertilizers made from oil in order to "save oil."

Radiation exposure debate rages inside EPA

A plan to radically hike post-accident radiation in food & water has sparked hot dissent: <http://>

www.peer.org/news/news_id.php?row_id=1325

"For example, under the newly-revised PAGs, drinking just one glass of water considered "safe" by the EPA could subject you to the lifetime limit of radiation. http://www.peer.org/news/news_id.php?row_id=1325

Ed Note: This is just an excerpt! For the full article, see the [Web-only supplement](#) on the CNNJ website

Nuclear Power and Home Gardening

by Pat Kenschaft

I'm scared – as everyone is – about the disaster in Fukushima... and worried that Oyster Creek in New Jersey, the oldest operating nuclear power plant in the country, is exactly the same type of plant design. Ever since the summer of 1959, when I worked for "Atoms for Peace," I have opposed nuclear power as too dangerous, too expensive, and producing too long-lasting waste.

What does this have to do with home gardening? We must become more locally independent of power sources! Our species has been living high for the past couple of centuries. If we survive (as I deeply hope we do), we must revive skills and food sources of the past. My deceased relative raised her children on a PA suburban property. She milked the cow every day and made her own butter, cottage cheese, and ice cream. She also raised vegetables, a pig, and chickens on a property not much larger than mine. Raising local food will become important when we run out of fossil fuel – as we will.

In 1959, I kept asking leaders in the nuclear field what would be done with nuclear waste. "We'll figure that out in ten years," was the only response. We have no better solutions 52 years later, and it is frightening. But not as terrifying as the Indian Point nuclear plant, which sits 35 miles from my home, on an earthquake fault. Please write to your Congressmen and Governors that we should not spend money on

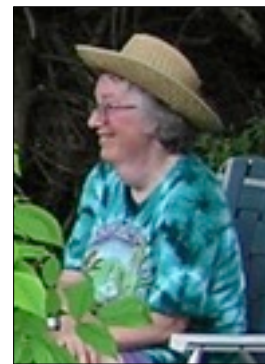
nuclear power plants, except to close them safely. Preventing tragedy from dead plants and the waste will be expensive enough.

Americans use twice as much energy as Europeans, who use eight times as much as Indians. Idling a vehicle is illegal in Switzerland. SUVs have been around only a couple of decades and we can do without them.

Hanging up clothing is a pleasant activity, and opening the dishwasher for the dry cycle is innocuous. Power machinery for lawns and gardens is inexcusable. When I was a child, lawns looked just as nice before power lawn mowers and leaf blowers.

When my children were growing up in Montclair, no parent drove a child to school, and I have read of a study indicating that more children are in accidents going to school in a parent's car than in a bus or while walking.

But I stray from home gardening! It's part of changes that are needed for the survival of humanity. Oh, yes: home gardening is fun, and fresh food is tastier and healthier! 🌱



Pat Kenschaft
photo by José German

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We'd like to hear from you!

CornucopiaNJ@gmail.com to let us know:

- what you care about
- articles you'd like to see or contribute
- if you would prefer to get the newsletter via email.

Ed Notes:

- The Newsletter is available online! www.cornucopianetwork.org
- Pat Kenschaft's blog: patsorganicgarden.blogspot.com

A Tribute to a Prairie Fyre

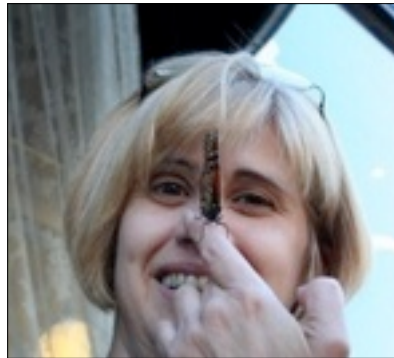
by Rose Hope

Prairie fires serve a particular purpose in nature. Over the years, as plants grow, they leave things behind. Dead limbs off of trees, old leaves, everything collects and rots on the floor. The resulting fire, kindled by a spark on a hot summer day, or a burning sun on tinder dry leaves, wipes away the dead and rotting – burns through and remarkably, amazingly, does little or no harm to the entrenched plants – the ones that are doing ecological good to the system. What it burns away is the detritus, the debris that is blocking new growth and in its place leaves land where everything breathes a little more freely. Prairie fires cannot be prevented. To attempt to do so has disastrous effects. Ultimately, the fire will ignite and once it does so, if it's been building up for years, it will wreak havoc.

Prairie fires are unpredictable. Prairie fires are wild. Prairie fires are terrifying in the same way that they are magnificent, and wondrous and necessary.

You were all of these things. You were amazing – I don't know if you ever knew how I saw you, how we all saw you. You were inspired and brilliant and dedicated to ridding the world of awful things. Your flame burnt away at the detritus that suffocated our societies and time and time again you won. If you didn't win, you worked harder until you could. I don't know how to write about about the irony of a fire that builds grassroots movements but you encompassed it. You were the flame that never harmed what was good and kind. You weren't afraid. You weren't ever afraid, not that I saw. When you looked at the world and saw injustice, it was just a matter of going there – of burning brighter, not fading away.

More than flames, you gave light. You lit the way for your family and your friends. You helped everyone



Leigh with a just-hatched butterfly.
photo by Bruno/Greta Orti

understand that this world can be changed when we work together. You inspired. You inspired me to have confidence in the words I wrote and the person that I was. You lit a flame in me, in all of us that made us want to make things right.

I want to believe that you can hear these words, somehow, even now. I want you to know that as beautifully as your flames touched and inspired and illuminated when you were here and with and among us, they burn on in each and every single one of us that were blessed enough to know you. And they will never go out. Prairie fires can jump gaps such as roads, fire breaks – even rivers, running water itself, cannot stand their way. They can turn suddenly, split, branch off, rejoin, go in the opposite direction in an instant. They cannot be contained. Prairie fires spread exponentially, leaping from one area to the next, out in different directions. They can burn against the wind, or travel invisible under brush, or smolder for days on end. In your lifetime you lit a fire that will be passed on, never forgotten, and never ever extinguished, and I know that if you were here, you'd be continuing to light it in everyone you met. But in your absence, the best that we can do is to swear that we – each and every single person that you touched – will pass that flame on.

This is a world that needs Prairie Fyres. We no longer have you, but we have ourselves, and we have one another, and we have the memory of you for the too-short time you were with us. And together, we can set the world on fire. 🐾

Ed. Note: the CNNJ newsletter team lost our editor and friend, Leigh Davis in March. See the April issue for more.

Cornucopia Network of New Jersey survives entirely on volunteered time and your donation. Please send your dues (\$15 individual or \$25 family) with your contact information. We welcome volunteer time and donations as well. Thank you!

Name: _____

Address: _____

_____ Telephone: _____

Email: _____

Can we send our Newsletter only by email? [] Yes [] No

May Open Gardens *continued from page 1*

He raises 40-50 pounds of potatoes a year. He grows vegetables in a variety of garden styles: raised beds, table beds four feet over his sunny driveway, and water beds (a hydroponic setup of large pipes where water and nutrients circulate around plant roots).

José's Green Harmony Now provides landscaping services and advice.

Judy Hinds at 156 Rhoda Ave., Nutley, gardens the "Square Foot" way on 150 square feet of partial shade. A rain-barrel is new this year. Judy says, "We'll look at various methods of improving the soil, including composting and making leaf mold." She is eager to swap ideas about what's working best. Take Watchung Ave. to the end and turn left. Turn right at the second possibility onto Coeyman Ave., then the fourth left onto Stanley, and then immediately left onto Rhoda.

Necole Fabris at 8 Prospect Pl., West Orange, has a garden that provides 80% of her family's produce in the summer. She composts, uses leaves and grass clippings as ground cover, uses natural pest control,



Above, garlic and onions grow in a raised bed in José German's garden. Left, his beehive. photos by José

and has had a rain barrel for several years. "From Montclair, take Harrison Ave. to the West Orange end (Main St.). Left on Main. Follow Main to the next light. Go through the light and bear right to stay on Main. Make an immediate right on Prospect Pl. We are the second house on the left. We have a dog who is all bark, even though that bark is loud." 🐶



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In this issue...

May Open Gardens 1
 Compost tea 2
 Child Safe Playing Fields 3
 Movie suggestions 4
 CNNJ at the UN 4
 Child Safe Playing Fields Act 3
 Food / Energy Issues 5 & 6
 Home gardens & nuclear energy . . 6
 Tribute to Prairie Fyre 7