



Cornucopia

Network of New Jersey, Inc.

November 2011

Organic Vegetable Gardens Tour December 10

by Pat Kenschaft

Two Cornucopia Network gardeners will open their gardens on Saturday, December 10, 2011, from 2 to 4 p.m. As always, the CNNJ Organic Gardens Tours are open to the public and free of charge. Some visitors come with a hope of trying something similar at home, and others come just to see what can be grown in their region. Both groups are welcome at our Open Gardens.

Florence Rollino, at 45 Wells Ct., Bloomfield, will be growing radicchio, purple kohlrabi, and turnips if the weather holds out. There is also cabbage and spinach in the cold frames, and turnips in her front garden. Take Bellevue Avenue east from Montclair almost to the end at ShopRite. Take the last left, and then the first left onto Wells Ct.; 45 is the house at the end with solar panels.

Pat Kenschaft, at 56 Gordonhurst Ave., Montclair has two cold frames with both Burpees and Johnny Seeds Chinese cabbage. Carrots and parsnips will survive the winter under plastic bags of leaves. There may be pac choi, kale, collards, celery, and lettuce, rodents willing.

Displays will be in the front yard of 56 Gordonhurst. The tour is free, but donations and memberships to CNNJ will be happily accepted. ☺



Pat with a winter cabbage
photo by Fred Chichester



The first "winter garden harvest"
photo by José German



see page 8 for new garden dedicated to CNNJ gardeners!
photo by Anne Stires

An Appeal for Real

Renewing your subscription is a prescription for the survival of Cornucopia. We want to shake hands, not have the upper hand nor be underhanded. We want to eat organic; don't have me eat my words.

So we hope this appeal reaches you with an o-pun mind. ☺

Your local puned-it,
Fred Chichester



(see page 7 for membership form)

Protecting Your Heritage—Saving Seeds

by Nancy Tainai

“Just four companies control at least three-quarters of international grain trade; and in the United States, by 2000, just ten corporations—with boards totaling only 138 people—had come to account for half of U.S. food and beverage sales,” reported Frances Moore Lappé in [an article, in the October 3, 2011 edition of *The Nation*](#). Perhaps more distressing, she also tells us the U.S. diet is implicated in four out of our top ten deadly diseases.¹

“We are in a food emergency,” Vandana Shiva responded to Ms. Lappé’s essay, reminding us that corporate agriculture is killing bees, butterflies, earthworms and organisms that are necessary for soil fertility. She gives a more dire prediction: “the biggest threat we face is the control of seed and food moving out of the hands of farmers and communities and into a few corporate hands.”²

Any regular reader of this *Cornucopia Newsletter* is aware that some of those few corporate hands are creating and patenting genetically engineered seeds.³ For example, BT corn is married to a bacterium that produces insecticidal toxins. Pollen from the corn drifts far afield and can harm useful insects and also alter crops in nearby fields, threatening biodiversity.⁴ In addition, companies patenting those seeds forbid the saving of them, requiring growers to buy new seeds each year.

So how can we be sure that the vegetables in our gardens are what we intended to grow? How can we protect our food?—one way is by saving seeds!

A website called “International Seed Saving Institute” has a tutorial on saving seeds at www.seedsave.org/issi/issi_904.html.

“Seed viability decreases over time. Parsley, onion, and sweet corn must be used the next year. Most seed should be used within three years,” says the University of Illinois website.⁵



photos by
Barb Conover

1. Frances Moore Lappé, “The Food Movement-Its Powers and Possibilities,” *The Nation*. 10/03/11. www.thenation.com/article/163403/food-movement-its-power-and-possibilities
2. Vandana Shiva, “Resisting the Corporate Theft of Seeds,” *The Nation*. 10/03/11. www.thenation.com/article/163401/resisting-corporate-theft-seeds
3. Trina Paulus, “DOJ Says You Can’t Patent That!,” *Cornucopia Network Newsletter*, 9/10, http://cornucopianetwork.org/CNNJ_Dec10.pdf
4. F.B. Peairs, “Bt Corn: Health and the Environment,” *Colorado State University Extension*, 6/10, www.ext.colostate.edu/pubs/crops/00707.html
5. Barbara Larson, “Saving Seed from the Garden,” *University of Illinois Extension Home Hort Hints*, 8-9/00, <http://urbanext.illinois.edu/hortihints/0008c.html>

The University of Illinois offers these steps:

- The best seeds to save are heirloom or standard, rather than hybrids (Hybrids may not give you the same product as the plant they came from.) Try to avoid seeds from plants that may have cross-pollinated.
- Beans, peppers, lettuce and tomatoes are suggested as good candidates for seed saving. Harvest from the healthiest plants with the most flavorful vegetables
- Once a plant produces fully mature seeds it assumes its job is done, so wait until the end of the season to let your vegetables fully mature. Seeds usually turn from white to cream-colored to brown when ripe. “Plants with pods, like beans, are ready when the pods are brown and dry.”
- The dry method can be used on beans, peas, onions, carrots, corn and most herbs and flowers:
- Let the seeds dry on the plant for as long as possible (but not so long that the local fauna help themselves to all your seeds.) Harvest the seeds and complete their drying on a screen in a well-ventilated, dry location. Small or light seed heads can be put in a paper bag for drying. Chaff or pods can be removed as seeds are drying.
- The wet method is used for seeds within fleshy fruits like tomatoes, squash, melons, and cucumbers:
- Scoop out the seed masses and put them into a container with a small amount of warm water to ferment for two to four days. This process kills viruses. Good seeds will sink to the bottom of the container. The pulp and bad seeds will float. Good seed can then be spread on a screen or paper towel to dry.
- Once seeds are dry, store them in jars or envelopes labeled with seed type and date. Put the seeds in a freezer for two days to kill pests. Then store them in a cool, dry place. If some seeds develop mold they were not sufficiently dry before storing.

Movie Review: *The Farmer and the Horse*

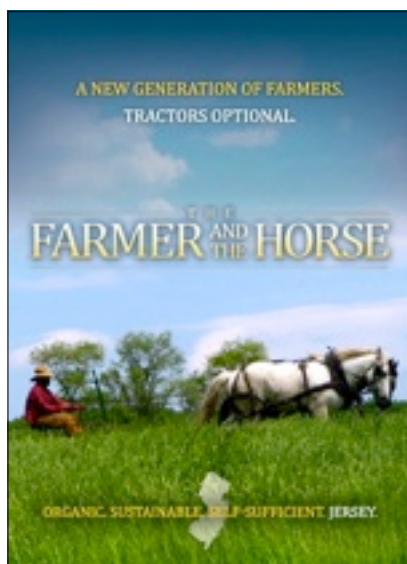
by Pat Kenschaft

The Farmer and the Horse, available on DVD from the web, www.thefarmerandthehorse.com was shown recently in the Montclair Green Film series. It is an interweaving of a history of agriculture in New Jersey with interviews with farmers, most of whom are at the beginning or end of their careers.

In 1910 there were over 35,000 farms in New Jersey. However, the Great Depression hit farming in the '20s, and by 1940 there were fewer than 26,000. By 1970 there were only 8,500.

At the end of the 18th century farmers used the same technology as in the Middle Ages. A few decades later John Deere developed the steel plow, which was much easier to clean and from which soil dropped off more easily. He became rich while agriculture boomed. For a decade there was a new agricultural technology almost every year. Around the turn of the 20th century tractors replaced draft animals and one farmer could now cultivate much more land than before.

The film included extensive discussion of tractors vs. draft animals, which don't need petroleum and produce manure that is good for plants. I was attracted to the film's photos of horses and oxen, most in pairs pulling something turning over the soil while one human walked behind. Today there is still an annual competition in NJ for draft animals.



Animals must be cared for every day, and it is important to bond with them. A tractor can be left in a garage for days or weeks and will be just as good when you retrieve it. However, it doesn't have either the environmental or emotional assets of a horse.

There were several young men and women who reflected on their life choices. Farming doesn't make much money, but working outdoors has much more appeal than being in an office. Many reiterated that life's purpose is not to make money. Still they were clearly conflicted.

It is not easy to get land to farm in New Jersey; there seem to be two sources. Rich landowners who commute to NYC to work pay someone else to manage their land. The other option is to lease land. The financial security is less than a salary provided by a landowner, but provides much more freedom to make one's own decisions.

Old men reflected on their lives as farmers. All had enjoyed it and felt it was valuable work. However, they struggled financially and eventually they face a difficult decision. New Jersey farmers are sometimes offered \$10,000 per acre, so 100 acres yields a million dollars and a few hundred acres means a definitely secure retirement. However, once the land is lost to farming it is lost forever. Young farmers can't afford much to buy the few farms available, so retiring farmers feel an ethical conundrum.

The film makes me feel so fortunate to have a little land I can "farm" without depending on it for financial security. That half hour a day I spent outside while working full time and raising children gave me a deep satisfaction, enough so I can identify with young people wanting to devote their lives to farming. However, for me it was just a "hobby" — a hobby I believe (rightly or wrongly) is essential to my health, but not for my connection to the economy. I reflect on my mother's grandparents, all born between 1843 and 1847, who lived an average of 85 years. They had no access to modern medicine and, I'm sure, little money, but their life was a good and healthy one. The modern world is more complex, but I am glad to see there are young people contemplating farming in New Jersey. We need them — maybe badly, as petroleum becomes seriously scarce and expensive. 🐾



Pat in her garden
photo by Lesley Cecchi

"I used to visit and revisit it a dozen times a day, and stand in deep contemplation over my vegetable progeny with a love that nobody could share or conceive of who had never taken part in the process of creation. It was one of the most bewitching sights in the world to observe a hill of beans thrusting aside the soil, or a rose of early peas just peeping forth sufficiently to trace a line of delicate green."

**—Nathaniel Hawthorne,
Mosses from an Old Manse**

The Economy Starts At Home

by Robert W. Simpson

About a year ago, on a bright, warm, sunny day, I happened to drive by the last school in which I taught; it was almost dismissal time. There they were: loads of SUVs lined up — to pick up one child per vehicle and then drive less than 3/4 mile home. A quadruple loss in my view: a lost opportunity for physical exercise, fostering childhood friendships, getting fresh air — and a waste of gasoline. (By the way, idling a motor vehicle in New Jersey for more than three minutes is illegal... with a few exceptions. See 'Idling Stinks! for Everyone' www.nj.gov/dep/focus/pdfs/0108no_idling.pdf)

American gasoline is priced too low — at least that is what my son and I and a lot of other environmentalists believe. I'm one of more and more Americans who are anxious to see it hit \$10/gallon. That will push the American public, and the government, to move quickly toward "fuel efficiency" in many ways.

Until then, we can/should — each one of us — do our own part to reduce our gasoline use by being more efficient in our driving. This is nothing new — it's just been ignored — and it won't be at \$10/gallon! You, the readers of this newsletter, are probably more aware and more conscientious than most Americans. But, just in case, let me review a few suggestions from the days of gasoline shortages here: **Walk or bicycle rather than drive, as often as possible (it's good for your health as well as saving gas); if driving is necessary, carpool as often as possible; never drive to the store for only ONE item; plan your driving so you accomplish multiple tasks on each journey; remove unneeded weight from the vehicle; keep tires properly inflated and the engine tuned.**

A sign in the back passenger side window of my car reads: "This Toyota 2000 Echo gets 54 m.p.g. (hwy) 41 m.p.g. (local) because it is driven by a 'hypermiler'."

For those who are not familiar with the term, a

hypermiler is someone who controls his/her driving to achieve the most efficient use of fuel. Such things as taking one's foot off the gas pedal as soon as you see the red light, not when you get there, and driving 55 m.p.h. when everyone else is driving 65-80 m.p.h.. Driving slower on the highways absolutely works. My Echo is not a hybrid. It has 181,000 miles on it and a manual transmission (which, I admit, makes "coasting" easier and that does save a lot of gas). Some of you may

remember that federal control of highway speed limits to save fuel is not new. During World War II, our government mandated a nationwide 35 m.p.h. speed

limit. At that time, 35 m.p.h. was the most efficient speed for autos. (Even more important, it helped preserve automobile tires.) Today, with their sleek designs and advanced transmissions, **newer vehicles generally get the highest gas mileage somewhere between 45 and 55 m.p.h.** Responding to the oil crisis of 1973, President Nixon and Congress set the nationwide speed limit to 55 m.p.h. and it stayed there until 1995. "The main force



© Can Stock Photo Inc. / iqconcept

reducing mileage is air drag," says Dr. David L. Greene of the National Transportation Research Center at Oak Ridge National Laboratory in Knoxville, Tenn. "The faster you go, the greater the drag. Drag forces increase exponentially, so doubling your speed from 40 to 80 increases drag fourfold." Also, during that period, we were probably **reducing auto fatalities at a rate of 4000 lives saved a year.**

And that, ladies and gentlemen, is part two of the secret; part one is that we have to really want to save the world!!! Unfortunately, it hasn't caught on yet in America. Maybe it will — at \$10/gallon.

"Consumer Reports tested the effect of higher speeds on gas mileage. David Champion, director of auto testing, found that boosting the highway speed of a 2006 Toyota Camry cut gasoline mileage dramatically:

- 55 m.p.h. – 40.3 miles per gallon
- 65 m.p.h. – 34.9 miles per gallon
- 75 m.p.h. – 29.8 miles per gallon" 🐦

The larger parts of this article within quotation marks were excerpted from: www.oilempire.us/55mph.html.

Ed. Note: Robert W. Simpson is a CNNJ Board Member and president of Brother Sun Solar.

This Toyota 2000 Echo gets 54 m.p.g. (hwy) 41 m.p.g. (local) because it is driven by a 'hypermiler'

Good News From Colorado

by Trina Paulus

Hi Cornucopia newsletter readers!

Two subjects: the exemplary and very good, and the struggle that continues with the takeover of the world's food, and blatant contamination of the soil, water and air on which good food and life itself depend.

First the good news!

I was in Colorado for the first time in ten years this August. I was invited to share the last days of the two-week 25th anniversary **Permaculture Design** course at **Central Rocky Mountain Permaculture Inc.**, CRMPI, and the ending celebration. It turns out this humble, small, site has hosted the longest



running annual Permaculture Design course in the world, not just in the USA!

What a thrill to see 25 young people camping on the side of the mountain in this little green jewel of a place. 2400 feet above sea level in very barren, red-clay scrub oak dotted landscape. They are learning the art of designing for sustainability, a permanent agricultural approach, with inventive water systems, renewable energy systems and human habitat integrated on levels from the very small to towns. . . .

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

The **FOOD ISSUES** Pages

The good news in this bad news section

The good news in this bad news section is that there are some very concerned, smart and dedicated people trying to let us know about threats to our food supply. The **Occupy Wall Street** folks are tackling the heart of many problems, the overwhelming role of money in our political, and everyday lives.

On the struggle level, there have been marches and protests in abundance against genetically engineered, salmon, corn, alfalfa, sugar beets and the perennial anti-science claims that genetically engineered foods are the same and therefore do not need labeling. Even if you have protested, and written letters and signed petitions about the labeling of genetically engineered foods, do it again.

This newsletter is picking the generous brains of Mike Adams, "The Health Ranger" at www.naturalnews.com. While there are many good sites which I often quote from, Mike makes it easy. So I'm giving you a potpourri of food related snippets that you can follow through by yourself. Reading online is of course easier, you can just click and go right to it. Thank you, Mike and NaturalNews.com.

The Anti-Vitamin Crusade is On!

Remember the headlines when the mainstream media declared that vitamins were dangerous and might kill you?

NaturalNews is now revealing this as a total hoax based on a fraudulently-constructed study published in a medical journal that failed to report its massive conflicts of interest.

Read this detailed article completely deconstructing the mainstream media hoax about vitamins:

www.naturalnews.com/033883_vitamins_mortality_risk.html

"Natural" Breakfast Cereals Often Loaded with GMOs and Chemical Pesticides

The shocking new report from the Cornucopia Institute (not related to CNNJ) reveals that "natural" breakfast cereals are often loaded with GMOs and chemical pesticides.

Many of the most trusted brands that *you might have thought* were non-GMO were actually found in tests to contain high levels of genetically engineered ingredients.

According to Cornucopia Institute test results:

* A **Kashi** cereal was found to contain 100% genetically engineered soy.

* A **Mother's** cereal was found to contain 28% genetically engineered corn.

* A **Whole Foods 365** cereal was found to contain over 50% genetically engineered corn.

continued on page 6



Trina inside the butterfly tent.

photo by José German

Food Issues... *cont. from page 6*

* A **Barbara's Bakery** cereal was found to contain over 50% genetically engineered corn.

... read the rest of this shocking report — with more details on the **honest cereal brands** that tested non-GMO — at this breaking news article on *NaturalNews*:

www.naturalnews.com/033838_breakfast_cereals_GMOs.html

Tell all those who need to know: **"NATURAL" does not mean organic!** NATURAL does not mean non-GMO! Don't be fooled by misleading labeling! Read more at NaturalNews.com.

Beware of Corn, Canola, Soy Not USDA Labeled Organic

Beware of so-called "natural" foods that claim to be vegetarian or "all natural." If they're made with corn, soy or canola and they're not organic, then they are almost certainly made with GMOs.

Many of these "natural" foods are sold at stores considered to have healthy food like Whole Foods or Trader Joe's. But that doesn't

mean they don't contain GMOs! The shelves at Whole Foods contain a plethora of products with genetically engineered food ingredients, so read the labels and buy USDA organic, which is reliably non-GMO.

Here's more news on this issue:

www.naturalnews.com/033780_natural_foods_GMOs.html

Five Short Videos About GMOs

Jeffrey Smith from the Institute for Responsible Technology (IRT) has released **five short videos** about GMOs, each one highlighting a shocking fact about genetically engineered foods. These short videos are great for sharing with family and friends who need to know about GMOs!

Here's an article with links to each of the five videos:

www.naturalnews.com/033806_GMO_videos.html

Support Mandatory Labeling for GE Food

Here's more of what you can do to support **mandatory GMO labeling** while raising awareness among friends:

www.naturalnews.com/33803_GMO_Awareness_Week_Labeling.html



Food Safety and Production Procedures

by *Pat Kenschaft*

On Sept. 16 the Montclair Society of Engineers sponsored a talk "Food Safety and Production Procedures" that greatly broadened my understanding of the path American food takes from farm to table. The speaker, Tony Benzinger, told us that he had earned an associate's degree in food science after high school and then worked with food for a few years. Then he went to NJIT and earned his bachelor's degree and worked in several jobs with that credential. Then he started his own company, Sundance Foods, which provides Kosher food. He told us that **on average American food makes seven stops along the path from farmer to consumer.**

About half of his audience were middle school students involved in robotics competitions. They were extremely well behaved, and some asked probing questions. He asked the audience if he were dressed to work with food:

"No, I must take this jacket off." He did so. "Now am I properly dressed?"

"That's right. I need sanitary clothing." He donned a white gown. "Am I ready now?"

"No, I need a mask." He put one on. "Ready now?"

"Something must cover my hair." He put something on. "Now what?"



"My hands! What will I do with them? Must I put on gloves?" He told us that there is much controversy as to whether gloves are better than washing hands thoroughly. He said he believes there is no difference, as long as one sings an entire verse of "Happy Birthday" while washing hands. They have to be very clean! "The important thing is that the hands must never touch the face. That contaminates everything. It doesn't matter whether the hands are super-clean or you are wearing gloves. Once you touch your face, there is contamination."

In the remainder of the evening he described five laws governing U.S. food: **GMP: Good Manufacturing Practices.** This established legislation asks who chooses uniforms, insists there be no personal things in the production area, dictates building standards, requires that pesticides be used only outdoors and mandates easily cleaned equipment and steady temperatures for refrigerators and freezers.

HACCP: Hazard Analysis of Critical Control Points. This was developed in the 1960's to curb hazards specific to each product. There are guidelines for identifying hazards, deciding the response, keeping records ("the biggie!"), verifying that the procedures have been followed and reviewing every year.

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Food Safety... *cont. from page 6*

FALCPA: Food Allergen Labeling and Consumer Protection Act. There are eight ingredients that must be labeled: milk, eggs, peanuts, carp, wheat gluten, shell fish, tree nuts, and soybeans. Each must be separated. For example, his company uses white mixing bowls and measuring devices for foods containing eggs, and green ones for those that don't. Each group is washed separately from the other. He talked with passion about food processing places and restaurants that are casual about these separations. (I personally know of a tragic, fatal incident of peanuts being served in a restaurant, when the diner had specifically told of his allergy.)

PHSBPRA: Public Health, Security, Bioterrorism Preparedness and Response Act. This was passed after 9/11. It gives new powers to the FDA to protect the nation's food, drinking water, and drugs. It requires each important food to be given an FDA registration number. The batch then has a computer chip that is easy to replicate as the batch goes on its way. Every person handling the food and every driver whose truck carries it is recorded on that chip. All seven transactions are thereby recorded on the chip when it reaches the retail store.

ALERT: Assure (who is involved? Shippers must never enter food rooms.), Look (surveillance of the building — are the doors locked?), Employees (Who is involved?), Reports, Threats (immediately call the police if there seem to be any.)

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

No wonder store-bought food is expensive and getting more so! And no wonder the proportion of the American food dollar going to the farmer has decreased so much in my lifetime. How easy by comparison it is to just go to my garden and pick! ☺

"There Will Be No PurGen"

by Barb Conover

I testified at the first of three Board of Public Utilities (BPU) "Draft 2011 Energy Master Plan" (EMP) Public Hearings.

The opening part of my statement was to commend the EMP statement: "...coal is a major source of CO2 emissions and New Jersey will no longer accept coal as a new source of power in the State." Then I went on to say this left a loophole for the proposed PurGen 'clean coal' plant, since it would sequester its CO2...

Lee Solomon, president of the BPU, interrupted me and said: "Stop. You don't have to say anything more about PurGen. There will be no PurGen." . . .



Ed Note: This is just an excerpt! Does this mean "we won?" Read the full article on, the [Web-only supplement](#) on the CNNJ website!

CNNJ Officers and Volunteers

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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: _____

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Can we send our Newsletter only by email? Yes No

Garden Dedication on Bloomfield Ave., Montclair

by José German

On Oct. 11, a group of town residents and environment activists gathered at the corner of Bloomfield Ave. and Orange Rd. in Montclair to dedicate a new garden to three veteran Montclair gardeners: the late **Bob McClean, Dr. Pat Kenschaft and Trina Paulus.**

"Nothing that I can do will change the structure of the universe. But maybe, by raising my voice I can help the greatest of all causes — goodwill among men and peace on earth."
—Albert Einstein

The event was a genuine representation of this community and a very well-deserved recognition of the work of Pat, Trina and Bob. Congratulations to them, for their great legacy and continuing inspiration about gardening and environmental issues. 🌱

The garden originated as a project of the Montclair's *Beautification Committee* and Mayor Jerry Fried, who invited José German, President of *Green Harmony Now, LLC*, to design and implement the garden, which was donated by his landscaping company. The gathering included Mayor Jerry Fried, Billy Wong (vice chair of DCH Auto Group, owner of the space), David Wasmuth, Anne Stires, Virginia Barta, and Dr. Virginia Cornue (all of them members of the *Montclair Wildlife Habitat Project*), Toni Spiotta (Brookdale Park Foundation), Fred Chichester (President of CNNJ), Suzanne Aptman (Safe Yards of Montclair), Gray Russell (Montclair Environmental Coordinator), and Scott Seale (member of the Beautification Committee). Musician Alan Smith of the Montclair based *Porchistas Band*, performed a beautiful composition inspired by Trina's book, *Hope for the Flowers*.

The garden is free of chemicals and pesticides and will be certified by the *National Wildlife Federation* as a wildlife habitat. The design also includes vegetables such as Swiss chard, peppers and cabbage. It will be designated as a Monarch Butterfly Station after milkweed is planted in the spring.



Trina Paulus, garden-creator José German, and Pat Kenschaft. photo by Anne Stires



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