



On the Table

News and Views of the Kootenay Co-op





April is Earth Month... it's all about Bees!



We love bees... and we aim to prove it.

During the course of planning for April, we've worked with a wonderful cross-section of locals; artists, educators, farmers, suppliers, environmentalists, Co-op staff and downtown business owners.

And it turns out we all have one thing in common: Apiphilia. Apiphilia is a made-up word that means we all love bees. We love them for what they abundantly provide; like the pollination of about 1/3 of our fruits and veggies, and all of our honey, beeswax, and bee pollen! But we are also in awe of the bee-ness of bees; their complexity, community, resilience and industry. And we're all saddened and more than a



bit freaked-out about Colony Collapse Disorder (CCD), which describes the sudden disappearance of adult bees and subsequent collapse of hives. While science is only beginning to put together all the pieces of this mystery, we do know there are meaningful ways to help the bees on our own little bit of turf.

In this issue, we share our ideas, invite you to join us for bee events of all kinds, and give you lots of reasons to love and care for the bees.

We hereby dedicate Earth Month 2011 to all you bees out there...and to your human advocates.

- Jocelyn Carver, Marketing Manager

Earth Month Events

Bee Art Show by 400+ local kids!

On Display all Month at the Co-op

Come to the Co-op to see the Colony Creation Art Project. Hundreds of children in from district schools have contributed to this amazing piece of collaborative artwork.

Make Bee Art and Meet the Beekeepers

Saturday and Sunday, April 2 and 3, 11am-2pm

Co-op Patio

Everyone is invited to help the bees, so bring your brothers and sisters, parents and friends to make a cell for the beehive and a wish for the bees with Art Instructor Judith Roberston. Jeremy and Nette Lack, farmers and beekeepers of Mad Dog Farm, will be there with all kinds of bee facts, displays and a selection of bee products.

The Vanishing of the Bees Free Community Movie

Tuesday, April 12, 7pm
Capitol Theatre

Everyone is invited to see this award-winning documentary about honey bees, Colony Collapse Disorder and how we can all help.



Community Donation Day

Tuesday, April 19

1% of sales will be donated to the Tipi Camp's WISE (Wilderness Immersion and Self Esteem) Programs.

Earth Day Cele-bee-ration

Thursday, April 21, 11:30-1:30
Co-op Patio

Join, the Kootenay Co-op, the EcoSociety, Kootenay Co-op Radio, and Earth Matters for 2 fun hours of live community radio, contests, prizes, and great information.

Deadline for Environmental Fund

Friday, April 15

Deadline for Youth Bursary

Saturday, April 30



Earth Day 2011

Since the first Earth Day on April 22nd 1970,

millions worldwide have celebrated, commemorated, rallied and taken to the streets, parks, and auditoriums to demonstrate and take action for a healthy, sustainable environment. On this day, groups that fight against oil spills, polluting factories and power plants, pesticide use, the loss of wilderness, the extinction of wildlife and climate change, realize they share common values and a universal agreement: this Earth is our home – we must take better care of it.

You may know by now that this year's Earth Day theme is BEES. The plight of the bees is becoming headline news. In the words of the Canadian Honey Council, "Millions of bees are dying and scientists cannot tell us why! No bees=no fruit, no vegetables, no variety in our lives!! It is a global crisis!!!"

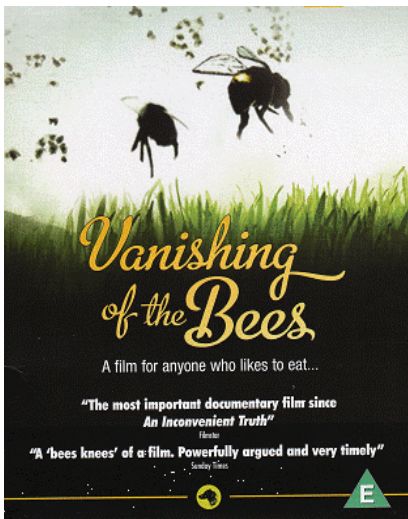
We invite you to enjoy the educational displays, events and activities we have planned throughout the month, and in the tradition of Earth Days past, we invite you to take at least one action to help save our bees!

- Freya Shaw, Marketing Assistant

Free Bee Movie Night

VANISHING OF THE BEES

Tuesday, April 12, 7pm
at the Capitol Theatre



Everyone is invited to see this award-winning documentary about honey bees, Colony Collapse Disorder and how we can all help.



Check the Earth Month calendar for all the activities

"The most important documentary film since An Inconvenient Truth." Filmstar

"An essential documentary... If you like eating, see this film." Channel 4

Earth Day Broadcast on KCR

Thursday, April 21,
11:30 - 1:30,

Co-op covered patio

Join the Kootenay Co-op, the EcoSociety, Earth Matters and Kootenay Co-op Radio for 2 fun hours of live community radio, contests, prizes and great info.

Enter to win this \$70 Nature's Path Earth Day gift basket by coming down to the Co-op during the live broadcast.



Don't miss the staff in bee costume for Earth Day. There will be a treat for everyone who comes down to the Co-op dressed like a bee!

Applications Invited for 2011

▶ See the Community Outreach Pamphlet for guidelines, available at the tills or online: www.kootenay.coop/publications/commout09.pdf

Community Donation Days

Every third Tuesday of the month, the Co-op donates 1% of sales to an eligible group. Priority is given to local non-profits for a food related project, but all groups are encouraged to apply.

Tuesday April 19th

1% of sales will be donated to the Tipi Camp's WISE (Wilderness Immersion and Self Esteem) Programs.

Recently Donated:

\$252.18 to Nelson Food Cupboard in February 2011

\$310.49 to BEAKS in March 2011

\$500 Youth Bursary

Deadline for Applications: Saturday April 30

All youth (up to and including 25 years) who are pursuing post-secondary education and are active Co-op members, or whose parent(s) are active Co-op members, are eligible to apply.

\$500 Environmental Fund

Deadline for Applications: Friday April 15

Non profit groups in the West Kootenays are eligible to apply for a specific environmental project in our community. Examples are: Increasing local food security; climate change; fossil fuel reduction; waste reduction; composting/recycling; organic farming; gardening/urban farming; pesticide reduction; wildlife and/or greenspace preservation.

ENTER TO WIN April GIVEAWAYS

Seventh Generation Gift Basket \$70 value

From Seventh Generation



Nature Clean & Treehouse Gift Basket

\$120 value

From Nature Clean



Kenmore/MD 24" Built-In Dishwasher \$400 value

From Ecover



eReader \$150 value

From Nature's Path



Honey Sweetened Granola: Breakfast or anytime Snack!

“Long lives are attained by bee pollen users; it is one of the original treasure-houses of nutrition and medicine. Each grain contains every important substance that is necessary to life.”

–Dr. Naum Petrovich Joirich, chief scientist

Cranberry and Pumpkin Seed Granola

Lindsay Clague

Dry:

- 6 cups rolled oats (not quick or instant)
- 1 cup raw sunflower seeds
- 1 cup raw pumpkin seeds
- 1 cup wheat bran
- 1 cup wheat germ
- 1 cup oat bran
- 1 cup unsweetened shredded coconut
- 1 cup raw nuts (I prefer pecans and almonds)
- 1/3 cup raw sesame seeds
- 1 Tbsp cinnamon

Wet:

- 1/2 cup local honey (warmed for easier pouring)
- 1/3 pure maple syrup
- 1 cup sunflower oil or other cold-pressed oil
- 2 tsp pure vanilla extract
- 1 cup dried cranberries, to be added later

Preheat oven to 250°F. Line 2 rimmed baking sheets with parchment paper. Set aside. In large bowl, combine all the dry ingredients and stir well. In medium bowl, combine wet ingredients with small whisk. Combine wet and dry ingredients and stir until evenly moistened.

Spread evenly onto baking sheets. Bake in centre of pre-heated oven for about 1 1/2 hours, stirring every 20–25 minutes for even toasting, or until pale and golden brown. After second stir, add in dried cranberries. Do not let granola get too brown as it will continue to cook while cooling and can become too dry and strong in flavour. Let it cool completely and then place in a tightly sealed container.

Recipe from *Seasonings* Cookbook. Thank you Lindsay Clague.



Photo: Heather Goldsworthy, Image Obscura

Tips for Baking with Honey

When using honey as a substitute for sugar in recipes the rules are very easy. Not only will the honey provide more flavour but it also is a much healthier choice than refined sugar and its derivatives.

Honey is roughly twice as sweet as table sugar and is composed of about 15-20% water.

When replacing sugar for honey, you will need to decrease the recipe amount by 1/2 of cup.

Due the water content of honey, you should reduce the liquid in your recipe by 1/5.

When baking sweets, reduce your baking temperature by 25° f.

If measuring honey by weight, 1 cup (250 ml) will weigh 12 ounces (340 g)

–Chris, Deli Manager

Honey: Mother Nature's Sweetener

Ambrosia, Nectar of the Gods, liquid gold and so many other great names for this incredible substance we call honey. Through the ages we have had a love affair with one Mother Nature's greatest gifts and today it is held with as much reverence as it did in prehistoric times.

Wild honey collection began more than 10,000 years ago and has been a part of the cultures of the Mediterranean, Middle Eastern and Asian regions ever since.

Regions of China began cultured honey production as far back as 3000 years ago and there is strong evidence that bee keeping existed in the Middle East in the same era.

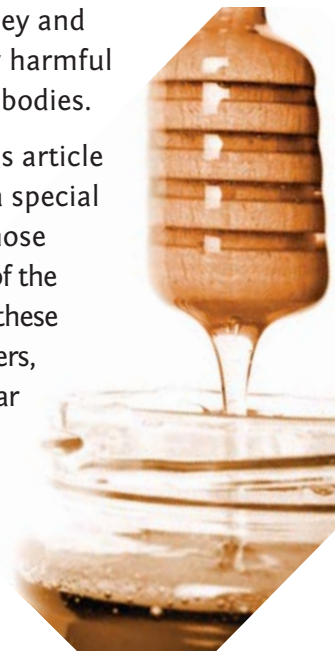
As you probably know, most cultures of the world use honey for various applications and the most common is in the kitchen. Only royalty or the elite in society were afforded the luxury of honey. With the advent of large, commercial apertures, the common person could enjoy all of the benefits from this glorious ingredient. Since then, we have been sweetening desserts, breads, drink and many other food items with honey.

In modern times societies have chosen refined sugars over the use of honey. In that time we have seen many related health issues rise such as diabetes, stomach

ailments and dental issues. Thankfully, we are starting to wake up and embrace the use and benefits of honey and are seeing how harmful sugar is to our bodies.

I would like this article to finish with a special thanks to all those billions of bees of the world. Without these busy, little workers, we would be a far less healthy and happy world.

—Chris, Deli
Manager



SUPPLIER PROFILE



Harmonic Resonance is Zan and Seyemon, raw food alchemists with the intention of providing super nutrient foods that melt the mind, and accentuate the soul!

They source 100% truly raw and organic ingredients from ethical sources that have been fairly traded, and whose values are aligned with their own. All of their ingredients have specific healing properties, such as the

digestive benefits of coconut oil, the boost of B vitamins in E3Live blue green algae, the endurance and energy increase from maca root, and the euphoric and antioxidant effects of cacao.

You deserve to feel amazing; allow yourself to rest, enjoy and delight in each bite of Harmonic Resonance Raw Chocolate...

... and feel the expansion within.

Harmonic Resonance Raw Chocolate Alchemy & Super Food Catering



Photo: Harmonic Resonance raw chocolates, now available in the Deli!

Ode to the Bees

The history of Apitherapy (the medicinal use of bee products) is more ancient than culture.



The nutritional and medicinal value of bee products, in their natural and unadulterated form, is astounding! Pots of honey have been found in 2,000 yr old Egyptian tombs still edible!

Raw, unprocessed honey is the richest source of live healing enzymes. Honey has been used to treat: diarrhea, ulcers, infections, IBS, gastrointestinal problems, cancer, staph infections, as well as have antibiotic effects in a number of infectious diseases. It can be applied to the skin to aid in healing from abrasions, abscesses, bed sores, burns, cracked nipples, cuts, and skin ulcers, just to begin! In China bee venom was used to treat epilepsy, diseases of urinary incontinence and arthritis. Sting therapy is still used today to treat a large variety of ailments. Bee Pollen is considered by many to be the most nutritious

and complete food on the planet. In addition to all of this, bee keepers are known as some of the longest lived people on the planet- ripening into a long sweet life with their buzzing companions.

There are countless, historical and cultural records illuminating the glory, the sacredness, the utter brilliance of the honey bee, and for good reason. 150 million years ago when flowering plants first appeared on Earth, a symbiotic relationship between plant and bee occurred. For the first time flowers blossomed and in their wake, fruits and vegetables appeared; a pre-condition for human evolution. Wherever honeybees and humans meet, a magical and mysterious courtship begins, where the medicine of the bee illuminates and inspires.

- Robin, Wellness Manager



Heart-Healthy Hawthorn

When talking about the healing qualities of Hawthorn (*crataegus laevigata*) the first thing that usually comes to mind is 'heart health'. Hawthorn has been used as a heart health tonic since the first century! Besides being a wonderful herb in helping with so many cardiovascular issues, hawthorn has also been widely used to combat chest pain (angina) and high blood pressure.

I recently heard a talk on herbs and their healing properties on CBC radio. The guest speaker of the show noted studies which have shown that even just having a hawthorn bush in the yard has helped with increasing cardiovascular health. Hawthorn berries ripen mid September, and have the highest in nutritional value just after the very first frost. Many people use the berries to make liqueurs, vinegars, tinctures or simply a hawthorn berry pie.

- Myriam, Wellness Clerk

Hawthorn Tea

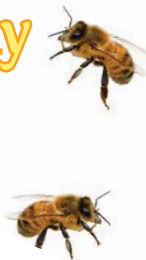
Simmer about 10 berries in 2 cups of water for 30 minutes. Drain the water and enjoy.

It helps to crush the hawthorn berries with a mortar and pestle (or any other creative way you may think of to crush the berries) before simmering as this will get all of the active nutrients out of the dried berry.

Herbal Honey Candy

Here is one of my favorite herbal tricks, that once concocted will delight even the most persnickety child palate. When I began wild-crafting herbs I wanted to find a way to utilize root herbs that were dry and a little older, but was ready to try something new (you can only drink so many teas and tinctures!) One fateful spring morning, in a small herb shop in Tucson, AZ, this recipe found me like a bee to the blossom. It's real simple: see recipe on the right.

– Robin, Wellness Manager



- 1 part dried herbal root (Osha, Ginseng, Astragalus, ect.) soaked for 10mins in Spring water; then thoroughly drained; and put into a lovely jar.
- Add 2 parts raw honey until roots are submerged, cover and let sit for at least one week.
- When the herbs are thoroughly saturated they can be either be removed and put into a travel tin for enjoyment ease (the same type that are used for breath mints) or left in the honey indefinitely.

The beauty of this is that the honey is now infused with some of the medicinal properties of the herb, and can be added to other herbal formulas. Brilliant!



SUPPLIER PROFILE



HONEY CANDLES®
100% pure beeswax



Photo: by Honey Candles Ltd of all the Honey Candles staff

Since 1994, Honey Candles® has been a family-owned, home-based Kootenay business that has been providing valuable employment in a small community. The business prides itself on their hand-made 100% pure beeswax candles: their scented Honey Candles® are scented with only pure essential oils with no fragrance oils.

Their Life Candle Program has produced and sent over 1300 candles to families in need and for emergencies

worldwide through Canadian Food for Children. They also involve local school children in the production to help them understand the benefits of social responsibility.

In 2011 they launched their Save the Bees Campaign. With every Peek-a-Bee pillar candle sold, Honey Candles Ltd will donate \$2.00 to the Canadian

Honey Council to aid in research to save the bees. When you purchase a Peek-a-Bee pillar, it helps us to help the bees.

– Honey Candles Ltd



Bulk Department Overhaul

The Bulk department is full of welcome changes this month, including incredible new prices!

April 1st we are unveiling MASSIVE changes to our Bulk Foods Department.

There couldn't be a better month to shine a spotlight on bulk foods than our self-proclaimed Earth month. Bulk foods mean avoiding wasteful packaging, shortening the supply chain from farmer to our dinner plates, affordability, and spending time in the kitchen preparing really healthy meals versus eating on the run.

Here is what you can expect from your new Bulk Department:



Extremely competitive new pricing

Pricing has been reduced by an average of 20.9% on identical products! For example, regular Quinoa pricing was \$9.99/kg and is now \$7.50/kg; Organic Almonds were \$21.99/kg and are now \$15.50/kg.

More sales

We will have a minimum of 5 bulk items on sale every month. For example, this April, check out our additional discounting on Quinoa (\$6.50/kg,) and Dried Mango (\$21.50/kg) while quantities last, and month-long specials on an additional 9 bulk items in the store.

A renewed commitment to Certified Organic.



We've discontinued conventional products wherever possible and replaced them with Certified Organic products that are now competitively priced comparatively. For example, our conventional Almonds which we've discontinued were priced at \$14.99/kg – we've replaced these with Organic Almonds at \$15.50/kg – just a 3% premium for certified organic.

New signage.

If the bin sign is framed in green, you can be certain the product is certified organic. An orange frame denotes remaining conventional items.

CASE LOT SALE

April
24-30
2011

Spring Case Lot Sale

April 24-30

Active Members Only, while Quantities Last

The twice yearly case lot sales are a perfect opportunity to stock up for the season at great prices. These savings are only available to active members, so check now to see if your membership is current.

A list of sales items will be published in early April and you can expect great pricing on pasta, canola and olive oils, rice, canned tomatoes and much more!

Bulk Cont'd

new New Products

We've discontinued over 30 slow-selling items and replaced those items with 30 new products that we expect will be more popular. For example, try out sprouted green lentils, sprouted quinoa or one of the delicious new Skeet & Ike's Gourmet Granola's. Of course, we can still special order any products that we are still able to source.

4 bulk bins set aside for trial of new and interesting products. These special trial bins will be denoted with purple-framed signage. Right now, we're trying Teff, Farro, Canawa and Germinated Brown Rice (all certified organic.) If products sell well in these trial bins, we will find a way to integrate them into our regular bins.

Clearer Pricing

We are switching to pricing per 100g instead of per kg. While this may cause some confusion in the short-run,

we believe it is the right thing to do. Our intent is to standardize with our competitors so you can more easily see the real value you are getting by choosing the Co-op! As well, the majority of bulk purchases made by our members are well under 1kg – switching to /100g pricing should help you to estimate the cost of what is in your basket more easily. For example, our new pricing on Organic Almonds will be displayed as \$1.55/100g versus \$15.50/kg.

But this is just the beginning folks... We are listening to your feedback and working hard to bring changes you'll see through the entire store. Stay tuned!

– Joe, Grocery Manager



Teff Banana Pancakes

Teff, a very small Ethiopian grain, is now cultivated in Idaho. It is rich in minerals, particularly iron. When ground into flour, these minerals become more available. These pancakes will give you staying power until lunchtime, especially if combined with a green smoothie. For more banana punch, try chopping up a small banana and fold it into the batter. Also, now that my twins are eating these (and they can eat a lot) I need to make a double batch .

1 cup teff flour	¼ teaspoon sea salt	2 tablespoons melted virgin coconut oil
¼ cup tapioca flour	1 cup water or non-dairy milk	1 tablespoon maple syrup, honey, or agave nectar
2 tablespoons ground flax seed	¼ cup mashed ripe banana (about 1 small banana)	
1 teaspoon baking powder		
½ teaspoon baking soda		

In a small bowl mix together the dry ingredients. In a separate bowl or liquid measuring cup, whisk together the wet ingredients. Add the wet ingredients to the dry and whisk together. Heat a stainless steel skillet over medium-low heat until hot. Add a little coconut oil. Drop batter by the ½ cupful onto hot skillet. Flip pancake after tiny bubbles form. Cook for another minute then transfer to a plate. Add about ½ teaspoon coconut oil in between cooking each pancake.

© Alissa Segersten 2008 www.nourishingmeals.com

Bees

Discovering the Benefits of Beekeeping

Why has mankind been so interested in beekeeping over the centuries? You can bet that the first motivator was honey. After all, for many years and long before cane sugar, honey was the primary sweetener. But the reward of honey is by no means the only reason people are attracted to beekeeping.

For a long time, agriculture has recognized the value of pollination by bees. Without the bees' help, many commercial crops would suffer serious consequences. Even backyard beekeepers witness dramatic improvements in their gardens' yields: more and larger fruits, flowers and vegetables. A hive or two in the garden makes a big difference in your success as a gardener.

The rewards of beekeeping extend beyond honey and pollination to bees produce other products, including beeswax, propolis, and royal jelly. Even the protein-rich pollen they bring back to the hive can be harvested and makes a healthy food supplement.



Backyard beekeeping has become vital in our efforts to re-establish lost colonies of bees and offset the natural decrease in pollination by wild bees.

How to help the Bees

Plant a Garden

Fruit trees, vegetable gardens, delicious herbs, beautiful flowers - it improves your health and helps the bees.

Choose with your Fork

Buy organic produce and help nurture the food systems that take better care of the bees and everything else on the planet.

Stop Pesticide Use

Get rid of the poisons in your home and gardens. Natural cleaners and pest remedies are safer, more effective and less expensive than toxic chemicals.

Raise Awareness

The first step to activate change is education. Let people know about the bee crisis and the real dangers of widespread pesticide use.

Weekly Produce eNEWS

- *Advance notice of weekend specials every Thursday*
- *Best value for your food dollars*
- *Nutritional information*
- *Storage, prep & cooking tips & tricks*
- *Aimpe, unusual & creative recipes*

Sign up at www.kootenay.coop

Select your interest:

- Co-op Events, Classes & Workshops
 - Monthly Newsletter & Specials
 - Weekly Produce Specials
- unsubscribe at any time





Attracting Bees to your Garden

Bees gather both nectar and pollen from plants. When you are selecting plants for your garden, choose ones that are attractive to bees. Take time to research recommended plants that attract bees in your area. Bees need food anytime they are active, mostly from spring through fall. Select a plant with a long blooming season or a group of plants that together will offer flowers from spring through fall. Check plant labels or talk to someone at your local nursery for help with this.

Honey bees also require water when they are foraging in your garden. Providing water can be as simple as putting a thin layer of water in a shallow dish or leaving a drippy garden faucet to form little puddles. Alternatively, a gardener can simply observe bees taking a sip of water from their birdbath or gutter.



Mad Dog Farm

Mad Dog Farm is a small farm of 28 acres in Tarrys, run by Jeremy and Nette Lack. They have a passion for growing, for local agriculture, for preserving heritage varieties of vegetables and other food crops, and a passion for their bees!

They grow naturally and organically and are certified Kootenay Mountain Grown. They are great believers in consumer certification, and thus they have an open farm policy.

They started keeping bees in 2009 with 3 hives for pollination. This has now developed into a passion and in 2010, they set aside 3-4 acres of land purely for wildflowers for their bees and by the end of 2010 they had 23 hives with plans for more to come.

In 2009, they introduced their range of lip-balms and recently their hand-cream. Originally made for their own personal use, these products are made from ingredients from their own bees and 100% natural ingredients that they know, trust and can pronounce.

In 2010, they started their range of dried herbs and other products, all of which are grown and dried on the farm within the hour of harvesting. They will continue to improve and expand their varieties and supply this year.



Member Forums

Building a better Member Benefits Package

Last year, more than 650 member-owners filled out our Member Survey, contributing their feedback and ideas on a number of important topics. Information collected from the survey continues to play an important role in the Co-op's evolution.



In recent months, the Board has been spending considerable time seeking to ensure that our Co-op is fully embracing the Co-op principles. As part of these discussions, one area we are focussing on is the Co-op's member benefits package.

The Board's Membership Outreach Committee has been working diligently to draft a set of proposed changes to the package. We believe these changes will better serve existing and future members, and the Co-op as a whole.

In order to gauge member interest in our proposal, the Board is eager to have a discussion with member-owners on these proposed changes. To that end, we have been contacting members who indicated on their survey that they would like to attend a member forum.

We would also like to extend the invitation to all current members interested in contributing their feedback and ideas regarding our proposed Member Benefits Package to attend a Member forum on April 28th.

On behalf of your Board of Directors and the Membership Outreach Committee, I look forward to working with you on enhancing our wonderful Co-op!

– Jon Steinman

Member Forum: Member Benefits Package

Thursday, April 28
6:00pm-8:00pm
Refreshments will be served

You must confirm your attendance by
Thursday, April 21

Email: board@kootenay.coop
Telephone: **Deirdrie, 250.354.4077**

Interested in being a Co-op Board Director?



Clock's a tickin'!

Deadline:

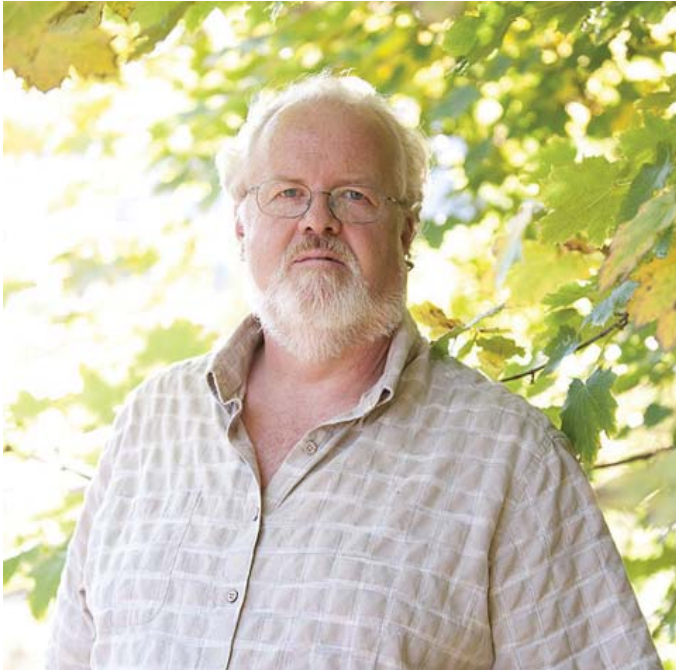
Saturday, April 30

Potential Candidate Packages are available at Customer Service or online:
<http://www.kootenay.coop/publications/CandidatePackage.pdf>

Candidate Eligibility Confirmed
Tuesday, May 31

In-Store Voting & AGM
Wednesday, Sept 21

Board Changes



This month we welcome two new members to the Board of Directors.

As a director representing the staff we welcome Amy Long, who due to an internal staff reorganisation, has replaced Sasha Lampis, who we would like to thank on behalf of members for her service over the last few years. Amy has previously served on the Board as Employee Director and will stand for re-election by the staff in September.

In addition, Joe Karthein resigned from the Board to take up employment with the Co-op as the new Grocery Manager, thus leaving us with a vacancy. This has been ably filled by Abra Brynne, a long-time member of the Co-op and past President of the Board. Abra will stand for formal election to the Board in September alongside other Board members whose terms are expiring and other members who wish to stand for election.



Serving our community
for 35 Years.

Earth Day

In 1970, Gaylord Nelson of Wisconsin proclaimed April 22 to be “Earth Day.” More than 20 million people participated in the first “Earth Day,” which helped raise the world’s awareness of environmental issues.

Now 41 years later, Earth Day is ‘celebrated’ by billions of people worldwide – from America to Zimbabwe, and I of course have a problem with it.... Earth Day is a day that is intended to inspire awareness and appreciation for the Earth’s natural environment – so what about the other 364 days?

Well looking at the period since the last Earth Day – mankind has done more damage to the natural environment than probably at any other time.

A huge oil mess in the Gulf of Mexico – the ramifications of which we have barely scratched the surface of, a release of nuclear material from earthquake and tsunami damaged power plants in Japan, ‘depleted’ uranium being spewed across the middle east and Afghanistan, and if that’s not enough - GMO food crops, pasture crops and food being forced in ever increasing quantities on us and on our livestock....[primal scream]....when is it going to end?

As a farmer, I know that if I make a mistake in the treatment of my small patch of land, I will pay for that mistake for years to come and not only that, remedial action will have to take place for years and it will take time (which I don’t have) and money (which I don’t have) to fix it. So you can be pretty sure I’m going to be a good steward of my patch – and I look at it that way for 365 days of the year.

Mankind’s patch is the Earth. There’s only one of them. It’s not replaceable. One day a year is not enough.

Jeremy Lack
Board President