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Volume 2, Issue 16



*The Only Way To Get Produce Fresher is if You Grow It Yourself!*

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**The staff at Olden Produce looks forward to developing long lasting relationships with all the families we serve. You are always welcome to visit us at our farm and see for yourself the value of knowing where your food comes from.**

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## News From The Farm

This week on the farm we are starting to get the fields ready for the end of the season. We are pulling plastic and tilling fields. Unfortunately the end of the growing season is approaching.

All of our fall seed plantings are doing well. Our spring planting of peas has reseeded itself and we have a beautiful crop of peas in bloom right now. If we do not get some rain soon, they are not going to amount to anything but hey this is a free planting so let's wait and see what happens.

Tomatoes are slowly starting to come to an end. We have been hit with some blight and

have had to pull a number of plants but we should be able to harvest off the remaining ones for at least one, maybe two more weeks.

We are also eagerly anticipating the Fall Festival. We hope to see as many of you as possible. Please RSVP to [oldenproduce@yahoo.com](mailto:oldenproduce@yahoo.com) either way.

Have a great week!

Your dedicated farmers,

Dick and Tracy



This week's box contains:

- Sweet Corn (yellow variety)
- Red Potatoes
- Mixed Greens
- Slicer Tomatoes, Heirlooms, and Cherry Tomatoes
- Hard Neck Garlic
- Storage Onions (red or yellow)
- Peppers (Jalapenos, Bananas, and Bell Peppers)

September is the ninth month of the year in the Gregorian Calendar and one of four Gregorian months with 30 days. In Latin, *septem* means "seven" and *septimus* means "seventh"; September was in fact the seventh month of the Roman calendar until 153 BC, when the first month changed from Kalendas Martius (1 March) to Kalendas Januarius (1 January). In the Northern hemisphere, the beginning of the meteorological autumn is 1 September.

September begins on the same day of the week as December every year, because there are 91 days separating September and December, which is a multiple of seven (the amount of days in the week).



# Melbourne's Caper of the Week

## Famous Dogs and Their Owners-Part 2

### Search and Rescue Dogs

Over 300 dogs were brought into the site we now know as Ground Zero. The NYPD dogs were the first there.

Sirius - was attached to the Port Authority Police Department and

was the only dog to lose his life in the search and rescue efforts following the September 11, 2001 World Trade Center Terrorist attacks.

Appollo -part of the New York police Department K9 Search and Rescue team was on the scene just fifteen minutes after the disaster.

Riva and Salty - two guide dogs

who saved their owner's lives just before the World Trade Centre collapsed. Riva and Salty guided their blind owners, Mr. Roselle and Mr. Hingson down the crowded, smoke filled stairs from the 71st floor and were later honored for their bravery.

*(Don't miss the story about Dorado, another 9/11 canine hero, found on page 7.)*

## Tips to Green Your Meals

[www.thedailygreen.com](http://www.thedailygreen.com)

### Eat and home and cook for yourself.

Why cook for yourself? It's cheaper than eating out. It's fun. It's a chance to spend time with loved ones (or catch up on your favorite TV -- whatever works). You choose the ingredients. You control how nutritious it is. You drive less. You waste less food.



Why not cook for yourself? Time. A little planning goes a long way. Stretch Sunday's meal into Monday and Tuesday's leftovers, try a slow cooker, develop new quick pasta recipes, learn to love root vegetables with a forgiving shelf life, and soups and stews that keep on giving.

Cooking for yourself is a habit like anything else. It's a habit that can help you lose weight, stay healthy, save money -- and do your part to save the planet. Oh --

and don't forget to eat your leftovers.

### Eat Less Meat.

Why eat less meat? Eating lower on the food chain is probably the single most important thing you can do to help the environment. If the whole world stopped driving cars and SUVs, shipping goods in tractor trailers, flying planes, sending freighters across the ocean and all other transportation activity, it wouldn't do as much as if we all just stopped eating beef.

Livestock accounts for 18% of the world's greenhouse gas emissions, according to the United Nations. That includes clearing land for grazing, raising grains for feed (often with the help of fossil fuel fertilizers) -- and the not insignificant burping of cows. All the fertilizer and pesticides used to grow grain, the antibiotics and hormones (often) used to speed up livestock growth on feed lots and the copious manure all add to the environmental impact of raising

livestock.

Americans eat the equivalent of three quarter-pounders a day. (We are obsessed with meat.) If we each cut the equivalent of one hamburger from our daily diet, it would be like taking half million cars off the road. We might all live a little longer, too.

When you do eat meat, look for ethically raised animals, raised locally on natural diets whenever possible.

### Eat Real Foods

Why eat real foods? If your grandmother wouldn't have immediately recognized it as "food" there's a good chance it's less food and more manufactured good. Who wants to eat a manufactured good? There's a reason a Twinkie has a shelf life to rival a Nerf basketball.

Real foods are the basis for a commonsense diet. The only processing food needs is the cooking you do at home.

*(continued on page 3)*

# Tips To Green Your Meals *(continued from page 2)*

Chances are, the less processing a food has been subjected to, the less energy and fewer resources have been expended manufacturing, packaging and transporting it to your grocery store. And real foods haven't had all the nutrition processed out of them. So read labels, and look for those foods with the shortest, most direct list of ingredients. Better, choose foods without labels because the items in the produce aisle are as real as it gets.

## Eat In Season

There's a reason *Locavore* was the 2007 Oxford Word of the Year. Eating fruits and vegetables at the time of harvest means you're eating them when they're fresh, have traveled less and have been stored less. That means a tastier food that has typically required fewer resources to reach you. For instance, a blueberry in April (from Florida) to September (from Michigan) will arrive fresher -- and cheaper -- than its counterpart flown in from South America during the winter.

## Shop Local, Buy Local

Eating locally, and eating what's in season is easier when you shop at farmers' markets, farm stands or from a community supported farm (CSA is short for "Community Supported Agriculture"). Spending your money locally at local farms also means you're helping to keep working farms viable, and that means keeping the scenery of your town or region intact.

Beyond that, when you shop direct from a farmer, you can ask questions about how produce was

raised: "Were pesticides used? Fertilizers? What is she doing to control water pollution and soil erosion?"

## Start Your Own Backyard Garden

Hey, there's no farm like your own, and there's no food mile like *no* food miles. Besides the benefits of gardening that go beyond food -- time outdoors, quiet opportunities for contemplation, the satisfaction of having made something with your hands -- growing your own food means complete control over the quality of your diet. You can also plan your garden to be part of a backyard landscape that supports birds, butterflies, bees and other wildlife.

A small space is enough for a surprisingly productive garden (and don't forget to look for community gardens you can join). Even a sunny set of front stairs, or a window box, is enough to grow tomatoes, herbs and some other yummy produce. If you have a

little more space, you can plan a bigger garden full of high-yield vegetables. If Michelle Obama can garden at the White House, you can too!

As you gain expertise, you can consider raising your own bees to pollinate your plants (beekeeping doesn't take much more effort than keeping a garden) and plant some tasty rare heirloom tomatoes and other vegetables that you will never find in a market, no matter how super.

## Learn To Preserve

If you garden or buy seasonal produce in bulk, you can make

your harvest last for months by learning age-old preservation methods.

Whether it's canning veggies, drying sunflower seeds, pickling cucumbers or making jams and jellies, there are simple techniques that can

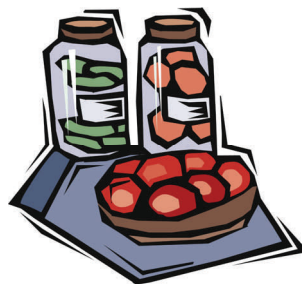
-- with a little investment of time -- make your dollar investment in a garden or a farm share really pay off.

## Compost

Composting makes simple common sense. Why send nutrients to the landfill or incinerator, when you can transform them into compost that will nourish your vegetable or flower garden, or your indoor potted plants? You'll save on fertilizer costs for the yard or garden, and you make good use of all the food you buy -- even those parts you don't eat.

Composting can be as easy as setting aside some space in a yard that can be kept free of animals and piling up vegetable and fruit waste (along with things like coffee grinds, egg shells and certain other foods and compostable packaging), as well as grass clippings, leaves and other yard waste. To speed up the decomposition process, manage the ratio of wastes, and turn the compost pile. Look for specific tips on the Web, where sites like [howtocompost.org](http://howtocompost.org) spell it out in detail. And don't think composting is *just* for people living with an acre of land. Kitchen compost bins and worm bins are available for urban composting, too. If you're lucky, your city or community garden may even accept kitchen wastes for composting.

*(continued on page 4)*



# Tips To Green Your Meals *(continued from page 3)*

## Buy USDA Certified Foods

Modern agriculture can be environmentally destructive by causing soil erosion, polluting water with fertilizers and chemical pesticides and, potentially, by altering the gene pool of natural ecosystems. Organic foods are produced without synthetic growth hormones, genetically engineered organisms, antibiotics, chemical fertilizers or manmade chemical pesticides.

Organic growing methods were developed by those who realized the long-term health of the soil -- and its ability to continue to provide nutrients needed to grow food -- depends on more than adding fossil fuel-based fertilizers, killing pests with toxic chemicals and planting genetically modified seeds that can withstand pesticide treatments. The Department of Agriculture's organic certification is one of the most trustworthy labels available, and a handful of other organic labels are also meaningful, according to Consumers Union. (Note that, unless it says it's 100% organic, it probably isn't -- quite; certain ingredients that aren't available in organic forms are allowed in foods labeled "organic.")

When it comes to personal health, eating organic foods sometimes means -- according to some research -- eating a more nutritious vegetable, and it also means avoiding any pesticide residue.

## Learn The Labels That Have Integrity

Labels are supposed to make our lives easier, by pointing out those foods made in ways that meet our ethical and environmental standards. Unfortunately, there are too many labels, claiming too

many things -- and while some are highly meaningful, some are downright deceiving.

In addition to USDA organic, here are some good labels to look for:

- **Fair Trade Certified** ensures that farmers and farm workers in developing nations receive a fair price for their product and work in fair democratic conditions; and that they are likely to be small-scale farms using sustainable farming methods.
- **Shade Grown** or **Bird Friendly** coffee, and **Rainforest Alliance certified** coffee, orange juice, chocolate and bananas all ensure that farming practices maintain rainforest health and native biodiversity, including migratory songbirds that spend summers in the North Americans and winters in the south.
- **Demeter Certified Biodynamic** ensures that foods are grown biodynamically, which means without synthetic pesticides and fertilizers, without most animal by-products and without genetically altered seeds, among other requirements.
- **Country of Origin Labels** In 2009, the U.S. expanded country of origin labeling (COOL) so that you can be more aware of who's producing your food. With more than 400,000 facilities in 170 countries producing food sold in the U.S., that can be important information.

## Check the Labels on Meat and Dairy Carefully

As we already explained, the decision to eat meat, and how much, is one of the biggest choices you make in your diet. Whether it's because of a sense of affinity for other living breathing animals, out of knowledge of the environmental impact that raising livestock and other animals has, it's worth it to choose your meat and dairy products carefully.

Some terms on labels mean virtually nothing -- or at least nothing verifiable. Phrases like "antibiotic free," "free range," "no chemicals," "no additives," "natural" or even "fresh" are deemed not meaningful by Consumer Union's very useful Eco-labels center (at [greener-choices.org](http://greener-choices.org) for guides for meat and dairy).

The same organic labels that apply to other foods apply here. USDA organic is trustworthy, as are a handful of others. Other labels with integrity to look for include "Certified Humane Raised," and "Grass fed" -- if accompanied by USDA certification.

## Choose Fish Carefully

First, fish can be highly contaminated with toxic chemicals like mercury and PCBs, so you want to avoid eating tainted species, particularly if you are pregnant, may get pregnant, are nursing, or planning to serve the meal to a child. (Government

warnings have shifted and sometimes one agency's recommendations have contradicted those of another agency, or of respected advocacy groups.)



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# Tips To Green Your Meals *(continued from page 4)*

Second, the world's stocks of commercial fish are, in many cases, being fished at unsustainable rates that are leading to collapsing populations. That said, fish are a healthy meat, so many people want to make fish a part of their diets.

A great source of information about fish comes from the Environmental Defense Fund's Seafood Selector, caught sustainably and are low in contaminants -- and which are not. It has a searchable database of fish, and also provides a handy wallet-sized card to take to the fish market.

According to Consumer's Union, no fish label is highly meaningful, but each of the following will tell you something:

- **Dolphin Safe** in most cases certifies that tuna is caught without killing dolphins, but only applies to the primary fishing grounds in the eastern Pacific, not to tuna caught elsewhere.
- **FishWise** is very useful for choosing sustainably caught fish and "somewhat meaningful" for determining contaminant levels.
- **Marine Stewardship Council** is "somewhat meaningful"; while it provides consumers information about which fish are sustainably harvested, the standards used to determine what is "sustainable" can be inconsistent.
- **Safe Harbor** is "somewhat meaningful" for choosing fish that are less contaminated (below median level) with mercury, but is not useful for comparing mercury levels between species. In other words, hypothetically, you may choose a Safe Harbor-labeled

tuna that is less contaminated than other tuna, but it could be still more contaminated than an unlabeled swordfish.

- **Seafood Safe** is "somewhat meaningful" for choosing fish that are lower in two common contaminants, PCBs and mercury. The label relies on data from the tests of random samples of fish.

## Buy In Bulk

Why buy in bulk?

Two reasons: Less packaging, and less cost. Packaging materials make up more than 30% of all consumer waste, according to the Environmental Protection Agency. Buying in bulk eliminates packaging waste.

Beyond bulk, look for minimally packaged items, and items that are packaged in 100% post-consumer recycled materials, or can be composted. Eliminate disposable bag waste by buying a couple good reusable bags -- preferably made from recycled materials -- and remember to carry them with you to the market, so you don't have to struggle with the old "paper or plastic" question.

## Check For Recalls

Much of green eating is about preserving the land, but it's also about improving your health. Organic and natural foods are not immune from recalls, as the recent peanut and pistachio recalls showed.

More often, recalls are indicators of larger problems in the food system. They demonstrate how industrialized and centralized food processing can introduce pathogens -- *E. coli* bacteria, salmo-

nella, etc. -- into the food supply, and then circulate them widely throughout the U.S. or world in countless processed foods. The Daily Green stays on top of recalls that are relevant to our audience, and you can always check [www.recalls.gov](http://www.recalls.gov) for all government recalls. Be aware that both the USDA and the FDA can announce recalls, for different segments of the food supply, so checking [www.recalls.gov](http://www.recalls.gov) is a better way to learn about food recalls than checking each agency's own listing of recalls. (Plus, you can check on lead in toys, and other defective nonfood products that have been recalled.)



## Think Beyond The Food

Eating green is really about limiting waste in one form or another, so why stop with the food? Here are three easy ways to waste less and save money:

- If you drink bottled water, or carbonated beverages, look to your tap, a good filter and/or a home carbonation system, paired with a good reusable bottle.
- Get cloth napkins and dishtowels, and stop buying paper napkins and paper towels. If you can't go without paper altogether, look for 100% post-consumer recycled paper, and Green Seal certified (Forest Stewardship Council-certified is also a good label to look for.) Make your green switch complete by choosing napkins and hand towels made from recycled materials or a sustainable fiber like bamboo, jute or organic cotton.

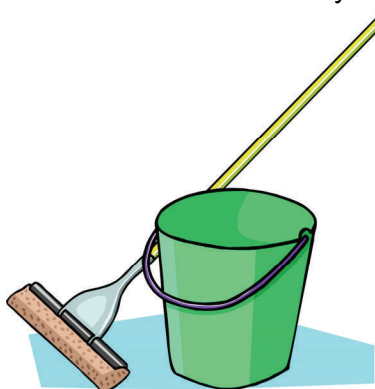
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# Tips To Green Your Meals *(continued from page 5)*

- Replace plastic storage containers with glass. Some kinds of plastics can leach Bisphe-nol A or phthalates, ingredi-ents that have been shown to mimic hormones and which have been linked to several health concerns. Glass, if you can avoid dropping it, will last a lifetime. Think carefully about what your container is made out of when you use the microwave, since heating can also cause suspect chemicals to leach into food.

## Green Clean

If you've gone through all the trou-ble of keeping any harmful pesti-cide residue from touching your vegetables, why would you want to use a pesticide (like an antimicrobial soap) or harsh chemical (like bleach) on your coun-tertops, cook-ing surfaces and dishes? Commercial cleaners made from less harsh and nontoxic ingredi-ents have prolifer-ated in recent years, making this an easy switch. But in most cases, you can save money by easily making your own effective cleansers with simple ingredients like baking soda, borax, lemon juice and vinegar.



Not convinced? Check out the Zen Cleaner's ultra-simple DIY recipes for cleaning everything in the kitchen: the coffee maker, the dishwasher, the garbage disposal, the microwave, the oven -- and the refrigerator.

## Buy Energy Star Appliances

When it comes time to replace an old appliance, the government's Energy Star rating system is the best way to make sure you're choosing one of the most energy efficient models on the market. Doing so will cut down on your energy usage, and costs, for the lifetime of the appliance -- 10 years or more in many cases. Energy Star currently certifies dishwashers and refrigerators and freezers. The refrigerator is typi-cally the biggest electricity user in the house (though flat-screen TVs are giving the old fridge a run for *your* money), so be sure to choose wisely.

And remember -- choose the right appliance for the job. While there are no Energy Star standards for stovetops, ovens, toasters or microwaves, you can be pretty confident that using a smaller appliance will use less energy.

Save Water

## Save Water

Depending on where you live, saving water may be imperative

or just plain smart. Here are six simple ways to save water:

- Identify and fix leaks in your faucet.
- Only run the dishwasher when it's fully loaded, run it on the econ-omy setting, and when it comes time to replace the dishwasher be sure to purchase one that is both energy- and water-efficient.
- Store a pitcher of drinking water in the refrigerator for an easy source of cold water.
- If you're running the water to get it hot, save the cold water for drinking or cooking, and the luke-warm water for watering plants. (Because older homes may have lead pipes, it's not wise to drink or cook with hot water, and it's a good idea to flush out any standing water in the pipes before taking a drink; that flushed water is fine for house-plants.)
- Use common sense: Don't leave the faucet running if you don't need the water. For example, use the drain stopper strategically, so you use a tub full of soapy water, or clean water for washing and rinsing dishes, instead of running the faucet.
- Don't thaw meats or other items under running water. Plan ahead and defrost frozen items in the refrigerator or on the counter.
- Amplify your water savings with additional energy (and cost) sav-ings by checking the thermostat on your hot water heater. Set it so that the water remains hot, but not scalding.

Treat the earth well.

It was not given to you by your parents,  
it was loaned to you by your children.

We do not inherit the Earth from our Ancestors,  
we borrow it from our Children.

~ Ancient Indian Proverb ~

# My (Dog) Hero...!

## Faithful Dog Leads Blind Man 70 Floors Down WTC Just Before Tower Collapses

<http://dogsinthenews.com>

NEW YORK CITY — In the after-shock of the worst terrorist gambit ever to hit the USA, we learn that the greatest inspiration can be found in the words, images and televised coverage of the American peoples' patriotic strength. But now, pan the cameras down a bit, and you'll find, just as heartening, the nation's *dogs* also upholding this great spirit of gallantry.

If you don't believe me, listen to this:

New York resident Omar Eduardo Rivera was unfortunate enough to find himself on the 71st floor of the World Trade Center north tower when the hijacked airliner struck the building 25 floors above him. Mr. Rivera, a computer technician who is blind, was in his office with his guide dog "Dorado" lying under the desk at the time.

According to the *Contra Costa Times* report published today, Mr. Rivera described how he unleashed his faithful friend, so that the dog might escape. But despite the chaos and the crowds of fleeing people, the four-year-old Labrador Retriever suppressed any selfish instinct for survival and instead stayed by the man's side and guided him to safety.

Mr. Rivera describes the drama:

"I stood up and I could hear how pieces of glass were flying around and falling. I could feel the smoke filling up my lungs and the heat was just unbearable.

"Not having any sight I knew I wouldn't be able to run down the stairs and through all the obstacles like other people. I was resigned to dying and decided to free Dorado to give him a chance of escape. It wasn't fair that we should both die in that hell.

"I thought I was lost forever—the noise and the heat were terrifying—but I had to give Dorado the chance of escape. So I unclipped his lead, ruffled his head, gave him a nudge and ordered Dorado to go.

"I hoped he would be able to quickly run down the stairs without me and get to safety. I thought he'd be so scared he'd run. Everything was in chaos. Glass was shattering around my head and people were rushing past down the stairs."



*Mr. Rivera and a little hero.*  
(Photo: REUTERS / Caracol TV)

At that point, Dorado was swept away by the rush of people fleeing down the stairs, and Mr. Rivera found himself on his own for several minutes amid the pandemonium. But then the unexpected occurred, in the form of a familiar,

fuzzy nudge from knee-high.

Mr. Rivera explains, "He returned to my side a few minutes later and guided me down 70 flights and out into the street, it was amazing. It was then I knew for certain he loved me just as much as I loved him. He was prepared to die in the hope he might save my life."

Inside the egress stairwell, they found some additional assistance from a co-worker. "I took hold of her arm. She went down on my right side and the dog on my left," says Mr. Rivera.

The narrow stairwell was extremely crowded, and confusion exacerbated the situation. "People were pushing and shoving past me. Everywhere there was a sense of terror."

But according to the man, order gradually prevailed: "...most people behaved quite prudently and grasped what was happening, so we walked down in an orderly fashion, but it was slow going. It was slow going because there were so many people struggling to get out but Dorado kept nudging me down step by step."

It took more than an hour for Dorado, Mr. Rivera and his co-worker to descend those 70 flights of stairs. Not long after they had reached the ground and gotten to safety, the tower collapsed.

Says Mr. Rivera, "I owe my life to Dorado—my companion and best friend."

# Can Acorns Predict a Rough Winter?

[www.farmersalmanac.com](http://www.farmersalmanac.com)

While many of us in the 21st century may think weather lore is more whimsical than wise, it's hard to hard to discount all of these "natural forecasters," especially when most of them are based on years of observation.

The following are some Natural Signs of a Rough Winter that we've collected over the years:

- Very thick onion skins or corn husks
- Woodpeckers sharing a tree

- Early arrival of crickets on the hearth
- Spiders spinning larger than usual webs
- Lots of acorns
- A small rust/orange band on a wooly worm caterpillar
- Trees laden with green leaves late in the fall
- Hickory nuts with heavy shells
- Tree bark that is heaviest on



the north side of the tree

- Crickets in the chimney
- Hoot owls calling late into the fall
- Raccoons that have thick tails and bright bands
- Squirrels gathering nuts early in the year
- Pigs gathering sticks
- Frequent halos/rings around the sun or moon
- Heavy and numerous fogs in August

## The Geese of Horicon Marsh

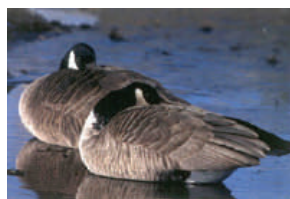
<http://dnr.wi.gov/org>

Each fall, tens of thousands of Canada geese leave their Canadian breeding grounds and head for Horicon Marsh. Horicon is a migratory stop-over for the geese.

It is the changing season which signals the fall migration. With the oncoming cold weather and shorter days of fall, the flocks move south. They travel together as a family and the large flocks we see overhead are collective family groups and non-breeders. As the young follow their parents, they learn the migratory route from the experienced adults.

The geese arrive on the marsh around mid-September. They stay for about 4 to 8 weeks. The population peaks around late October to mid-November and departs by early to mid-December, as snow and ice cover the food supply and freeze open water resting areas.

In most winters some geese remain in east-central Wisconsin, with the population size and distribution depending on open water, snow depth and weather conditions. While here, they feed on grass and grain and consume about 2 pound of food per day.



The geese that stop here in migration are part of the Mississippi Valley Population (MVP) of Canada geese. This is a mid-sized goose ranging from 7 to 10 pounds. In North America, there are several million Canada geese, consisting of 12 distinct subspecies. There are more than 1 million Canada geese in the MVP, with about 100,000 to 200,000 stopping at Horicon Marsh each fall. Another race, or subspecies, nests on the marsh and throughout Wisconsin, called the giant Canada goose.

The Canada goose can fly as fast as 60 mph, but usually prefers to go about 40 to 50 mph. They often leave with the passing of a cold front, so, with the aid of a strong tail wind, they can travel an easy 60 to 70 mph. At this rate, they can fly from Hudson Bay to Horicon, a distance of at least 850 miles, in about 15 hours. From here to their wintering grounds in southern Illinois, some 450 miles to the south, requires another 7 to 10 hours.

The Canada goose has always been a part of Horicon, although the MVP geese did not stop here historically. The tremendous numbers which the fall migration brings is a more recent event. After the restoration of Horicon Marsh, the first flocks arrived in the late 1940's. Through management and the establishment of food plots, they were attracted to the area. Since then, their numbers have increased dramatically.

### Pasta with Fresh Tomato-Basil-Olive Sauce

4 cloves garlic, crushed	3 T extra-virgin olive oil
10 large basil leaves	2 T pitted green olives
1/4 c toasted pine nuts	4 T freshly grated Parmesan cheese
4 medium tomatoes, seeded and	Salt and pepper to taste
1/2 pound pasta	

Puree all ingredients except pasta. Cook pasta in lots of salted, boiling water; drain and toss with sauce. Makes 4 servings.

MACSAC Cookbook

*We love tomatoes in this country, although along with the English, we were the last to accept the tomato as edible. We now produce more than 2 billion pounds of tomatoes annually.*

MACSAC Cookbook

*The ancient Egyptians saw the concentric circles of the onion as a symbol of the universe and treated it as an object of worship.*

MACSAC Cookbook

### Beer Battered Onion Rings

1 1/2 c flour	4 c vegetable or corn oil
1 1/2 c beer	Popcorn salt
4-5 large onions	

Whisk flour and beer in bowl until smooth. Cover and let stand at room temperature 3 hours. Slice onions into 1/4 inch rounds and separate into rings. Heat oil to 375 degrees. Dip onion rings in batter, a few at a time, then immerse in hot oil and fry until golden brown, turning once. Drain each batch on paper towels and salt lightly. Serve hot. Makes 4-6 servings.

MACSAC Cookbook

## School (and Work!) Lunch Ideas

<http://vegfamily.com>

Sandwich ideas to liven up your next midday meal:

- Peanut butter + jelly
- Peanut butter + apple/banana
- Peanut butter + grated carrots
- Nut butter on crackers
- Nut butter and jelly on bagel
- Almond butter and bananas
- Peanut butter + sliced bananas rolled up inside a flour tortilla
- Hummus, shredded carrots and celery rolled up inside a flour tortilla
- Hummus on whole wheat bread
- Hummus or baba ghanouj instead of mayo
- Hummus + tomatoes, cucumber and lettuce
- Hummus + sliced grapes
- Hummus + grated carrot
- Hummus + sliced, sautéed mushrooms
- Cucumbers or tomatoes and soy cream cheese with sprouts in a wrap
- Tofu mayonnaise mixed with nut butters, celery and peppers
- Vegan cream cheese and jelly sandwiches, cut up into quarters or fingers
- Avocado mashed on crackers
- Roasted red pepper with tomato and soy cream cheese
- Tofu egg salad in a pita pocket with lettuce.

# Olden Kids



Why did the man pour veggies all over the ground?

He wanted peas on earth.

## Acorn Dough Nuts



You'll go nutty for these clever fall treats, which look like acorns but taste a whole lot sweeter.

You Will Need:

- Chocolate Frosting or Peanut Butter
- Donuts
- Crumbled Toffee
- Pretzel

1. Frost a third or so of a plain or glazed doughnut hole with chocolate frosting or peanut butter.

2. Roll the frosted top in crumbled toffee (look for it in the baking section of grocery stores), then add a small piece of a pretzel for the stem.

<http://jas.familyfun.go.com>



## Make An Acorn Necklace

*( Adult supervision and assistance is needed for this craft.)*

1. Find an acorn top and a nut that fit together nicely.
2. Place the acorn top on a sturdy work surface and drill two small holes - from the top down - near the base of the stem.
3. Thread a thin leather or silk cord through the holes and knot the ends together so the knot is tucked up inside the acorn top (be sure the finished length of the cord will fit around your head).
4. Glue the acorn nut to the acorn top with a strong, permanent glue. Let dry, and it's ready to wear.
5. If you wish to further adorn your necklace, add beads prior to threading the cord through the acorn top. You can also make the necklace length adjustable by creating a loop at the back of the necklace and stringing on a tight-fitting bead that can slide up and down.

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