



Good Food News

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Jan 31 & Feb 7, 2006

One Step Forward but How Many Steps Back?

Stowing seeds for disaster: Norway to create super-cold storage vault of edible plant life

Excerpted from an article by Susan Sachs

Jan. 12, 2006: The future of humankind may soon be buried deep within a sandstone mountain, locked in permafrost and encased in concrete behind blast-proof doors designed to foil terrorists.

The bold experiment to preserve two million seeds, representing a veritable Noah's ark of the world's food crops, is expected to take shape this year on a remote Norwegian island. The seed bank, sponsored by the Norwegian government and a private trust promoting crop diversity, is meant to preserve the genetic building blocks of edible plants in the case of nuclear war, crop disease, catastrophic climate change, earthquakes or other natural or man-made disasters.

"If the worst came to the worst, this would allow the world to reconstruct agriculture on this planet," said Cary Fowler, executive secretary of the Global Crop Diversity Trust in Rome.

The trust was established in association with the United Nations Food and Agricultural Organization and aims to collect and safeguard crop diversity, in part through seed banks established across the world. Most of the seeds will be taken from inventories in existing seed banks in Africa, Asia and Latin America, where the safety of the storehouses has been compromised by electricity failures, political turmoil and poor security.

"This will be the world's most secure gene bank by some orders of magnitude," he added. "But its seeds will only be used when all other samples have gone for some reason."

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Meanwhile ... It Looks like we'll be needing those seeds sooner than they thought

Excerpted from ETC Group Ban Terminator Campaign News

Jan 27, 2006: At a UN meeting this week civil society groups and Indigenous peoples watched in disbelief however as Australian, New Zealand and Canadian governments ignored the profoundly negative social, economic and environmental impacts of "suicide seeds" highlighted in numerous studies by the UN's Convention on Biological Diversity (CBD) as well as in official submissions from Indigenous peoples and farmers' organizations. The outcome now threatens biodiversity and the future of seed-saving and locally adapted agriculture worldwide.

"Terminator poses a threat to our welfare and food sovereignty and constitutes a violation of our human right of self-determination," said Mariano Marcos Terena of Brazil on behalf of the International Indigenous Forum on Biodiversity.

Although the meeting "reaffirmed" the fragile UN moratorium on Terminator, new recommendations adopted in Granada now may be used to block the CBD's precautionary approach when governments meet in March in Brazil.

Not only did the meeting fail to condemn Terminator as immoral and anti-farmer, Australia and the United States falsely claimed that Terminator, which creates sterility, would "increase productivity."

Want to learn more?

web:<http://www.banterminator.org/>

Seedy Saturday

March 18, 2006, 10 am - 3pm
Scadding Court Community
Centre 707 Dundas St. W.
(Dundas West and Bathurst)
more info: <http://www.foodshare.net>

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working with communities to improve access to affordable and healthy food - from field to table



Recipes

Celery and Apple Salad Dijon

Can be prepared in 45 minutes or less. Serves 2

- 2 tablespoons mayonnaise
 - 1 tablespoon Dijon-style mustard
 - 1 teaspoon cider vinegar
 - 1/4 teaspoon sugar
 - 1 teaspoon minced fresh tarragon leaves or 1/4 teaspoon dried, crumbled leaves
 - 4 ribs of celery, cut into 1 1/2-inch matchsticks,
 - 1 crisp tart apple, cut into 1 1/2-inch matchsticks
- celery leaves for garnish

In a bowl whisk together the mayonnaise, the mustard, the vinegar, the sugar, the tarragon, and salt and pepper to taste until the dressing is smooth and add the celery and the apple. Toss the salad and serve it garnished with the celery leaves.

Variations: Add toasted walnuts or almonds or sliced dried apricots. Add some curry powder to taste in the mayonnaise dressing for added zip.

Marrakesh Express Red Lentil Soup

serves 6

- 4 ribs celery, chopped
- 1/2 onion, chopped
- 2 tablespoons light olive oil
- 1/2 teaspoon ginger
- 1/2 teaspoon cinnamon
- 1/2 teaspoon turmeric
- 6 cups good-quality vegetable broth
- 4 plum tomatoes, diced
- 1 cup red lentils
- 1 15-ounce can garbanzo beans, drained and rinsed
- 1 bunch cilantro, chopped
- 2 tablespoons lemon juice

Salt to taste

In a large soup pot, saute the onion and celery in the oil until tender. Add ginger, cinnamon, turmeric, vegetable broth, tomatoes, lentils, and garbanzo beans. Bring to a boil, reduce heat to low, cover, and simmer for 45 minutes or until lentils are tender, stirring occasionally. Right before serving, add cilantro and lemon juice. Add salt to taste.

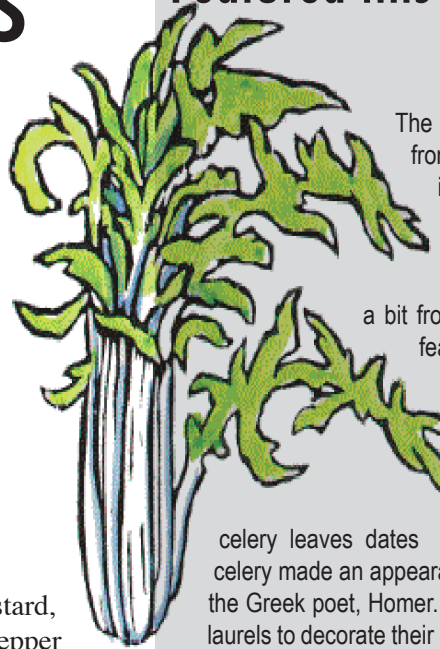
Celery by any name ... Latin: *Apium graveolens*

- | | | |
|-----------------------|--------------------|-------------------------|
| China: kan-tsai | kinchay | Spain: apio |
| Japan: serori | Sri Lanka: salderi | France: céleri |
| Indonesia: selderi | Thailand: kin chai | Italy: sedano |
| Philippines: kintsay, | Germany: Sellerie | Portugal & Brazil: aipo |

Featured this week:

Celery

The celery that we know today was derived from wild celery, which while thought to have its origins in the Mediterranean regions of northern Africa and southern Europe, is also native to areas extending east to the Himalayas. Wild celery differed a bit from its modern day counterpart in that it featured less stalks and more leaves.



Celery has a long and prestigious history of use, first as a medicine and then later as a food. The initial mention of the medicinal properties of celery leaves dates back to the 9th century B.C., when celery made an appearance in the *Odyssey*, the famous epic by the Greek poet, Homer. The Ancient Greeks used the leaves as laurels to decorate their renowned athletes, while the ancient Romans used it as a seasoning, a tradition that has carried through the centuries.

It was not until the Middle Ages that celery's use expanded beyond medicine and seasoning into consideration as a food. And while today, for most people thoughts of celery conjure up images of dips and crudité platters, eating this delicious crunchy vegetable raw did not really become popular until the 18th century in Europe. Celery was introduced in North America early in the 19th century.

Good Food News Readers' Corner

What to do with Squash seeds

"I usually separate them from the inner pulp and toast them in a shallow pan the oven while the squash is baking as I would with pumpkin seeds. These can be added to soups, salads or eaten as a tasty snack just as they are, without salt or oil."

- thanks to Daphne Hunt

Have a great tip, recipe or something else you'd like to share with other Good Food News readers? Email them to :info@foodshare.net or fax to 416.363.0474 attn: "Good Food News Readers' Corner"

Deliveries

For the week of February 7th
Coordinators orders are due by 5pm on
Tuesday January 31st

For the week of February 14th
Coordinators orders are due by 5pm on
Tuesday February 7th



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