



Good Food News

March 28 &
April 4, 2006

Spring is speaking up earlier every year--but are we listening?

The sun still crossed the equator on March 20th marking the vernal equinox and the official start of spring, but Mother Nature is increasingly getting a jumpstart on the celestial movements. Over the last 150 years, scientific measurements show that events signifying the beginning of spring have all shifted.

These events now happen about a week earlier on average in the northeast United States, according to a new report, Evidence of Early Spring, from the group Clean Air-Cool Planet (CA-CP). The new, first day for “natural spring,” is March 13.

“All of the major indicators of climate here in the Northeast, from temperature and length of growing season, to lake ice-out and lilac bloom and apple blossom time, are showing that spring is at least a week earlier now than it was in 1850,” said Adam Markham, executive director at CA-CP. “

“Biological spring has changed due to global warming and that’s threatening to put ecosystems badly out of synch,” Markham said.

Evidence of Early Spring follows a comprehensive report issued collaboratively in March 2005 by CA-CP and Wake entitled Indicators of the Climate Change in the Northeast, which looked at 11 different physical and biological markers of the changing climate in the region.

Indicators of the Climate Change in the Northeast noted that the average Northeast winter temperature has increased 4.4 degrees Fahrenheit from 1970 to 2000. During that same period, the growing season increased by 15 days and days with snow on the ground decreased by 16. For the coastal parts of the region, sea surface temperatures and levels have also risen..

Although the report states that climate has always changed and always has will, what is unique in modern times is that “human activities are now a significant factor causing climate to change.” The report points out that while it cannot be conclusively proven from the data that all of the regional warming is due to human actions, “the warming is fully consistent with what we would expect from global warming caused by increas-

ing greenhouse gas concentrations.” The clearest signal, he says, is the shift in late winter and early spring conditions.

“Many of the indicators associated with end-of-winter or the beginning of the growing season show very uniform movement – about a week – earlier. This is consistent with predictions, and it is scientific evidence that we don’t need to wait decades or years to see dramatic climate change – it’s happening all around us right now,” Markham says.

“Farmers may tend to look at this and say that it’s good, because they will get an earlier yield. But earlier bloom dates make these species more susceptible to damage from frost,” he said, “and analysis of data on apple yields indicates that warmer temperatures from January 1 to bud break correlated with lower yields, not higher.”

“It’s becoming startlingly clear from scientific studies around the globe that the early onset of spring activity is one of the distinctive fingerprints of climate change,” according to scientist and author Tim Flannery, director of the South Australian Museum and a professor at the University of Adelaide. “In the northeastern US, as in other parts of the planet, ecosystems face dramatic disruption as seasonal rhythms change as a result of global warming.” Markham noted that we don’t know “where this kind of interference with the climate system will lead us. The remarkable thing about the findings, according to Wake, is the consistency. “Despite the fact that this evidence comes from a wide range of environments – the atmosphere, the biosphere, the oceans, and snow and ice – the remarkably consistent signal of a warming trend across the region cannot and should not be ignored. We now have our canary in the coal mine.”

“For those who are still asking for scientific evidence supporting the notion that we are already seeing the kinds of effects scientists have been warning us we’d see from global warming, here it is.”

*from www.terradaily.com March 28, 2006
UNH Scientist Announce New Beginning of Natural Spring*

Food  Share

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





recipes

BLACK-EYED PEAS WITH MUSHROOMS

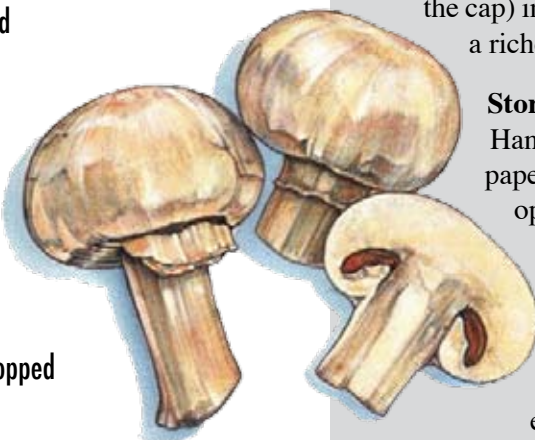
- 1 3/4 c Black-eyed peas, soaked
- 5 c Water
- 1/2 lb Mushrooms, thickly sliced
- 6 TBspoon Vegetable oil
- 1 t Cumin seeds
- 1 ea 1" cinnamon stick
- 1 1/2 med Onions, chopped
- 4 ea Garlic cloves, chopped
- 4 med Tomatoes, peeled & chopped
- 2 ts Coriander
- 2 ts Cumin
- 1/2 ts Turmeric
- 1/4 ts Cayenne
- 2 ts Salt
- Black pepper to taste
- 3 TBspoon Cilantro, chopped

Put peas & water in a covered pot & bring to a boil. Simmer for 2 minutes, turn off heat & let steep for 1 hour. Heat oil & when hot put in the cumin seeds & cinnamon stick. Let then sizzle for a few seconds. Add onions & garlic & stir fry until the onions start to turn brown at the edges. Put in the mushrooms & stir-fry until they begin to wilt. Add the tomatoes, coriander, cumin, turmeric & cayenne. Stir & cook for 1 minute. Cover, turn heat to low & cook for 10 minutes. Turn off heat. Bring black-eyed peas back to the boil, simmer for 20 to 30 minutes. Then add the cooked mushrooms & spices along with the remaining ingredients. Simmer, uncovered on low heat for 30 minutes. Stir occasionally. Remove cinnamon stick & serve. Serves 6

Pickled Mushrooms

- 2/3 c Tarragon vinegar
- 1/2 c Vegetable oil
- 2 T Water
- 1 T Sugar
- 1 1/2 t Salt
- 1 Garlic clove, minced
- 1 drop/to taste Hot pepper sauce
- 1 lb Fresh mushrooms
- 1 md Onion, thinly sliced rings
- Finely diced sweet red Pepper

In a glass bowl, combine the first seven ingredients. Add mushrooms and onion; toss to coat. Cover and refrigerate 8 hours or overnight. Sprinkle with red pepper before serving. Yield: 4 cups



featured this week: Mushrooms

Selecting Mushrooms: Look for mushrooms with a fresh, smooth appearance, free from major blemishes, with a dry (not dried) surface. A closed veil (the thin membrane under the cap) indicates a delicate flavor; an open veil means a richer flavor.

Storing Mushrooms: Mushrooms bruise easily! Handle gently. Loose mushrooms are best in a paper or damp cloth bag in your refrigerator. Unopened packages of mushrooms store well in the refrigerator but once the film wrap has been removed, store in the same way as you store loose mushrooms. Your mushrooms will breathe better and stay firmer longer with this attention. In your refrigerator, expect them to stay good and tasty for several days.

Cleaning Mushrooms: Gently wipe mushrooms with a damp cloth or soft brush to remove occasional peat moss particles. Or rinse with cold water and pat dry with paper towels.

Freezing Mushrooms: Fresh mushrooms don't freeze well. But if it's really necessary to freeze them, first sauté in butter or oil or in a nonstick skillet without fat; cool slightly, then freeze in an air tight container up to one month.

Nutrition: Button mushrooms are low in calories (only 20 calories for five medium-sized white mushrooms), fat and cholesterol free, sodium free, high in riboflavin and a good source of niacin, pantothenate and copper. There is mounting evidence that some mushrooms may have cancer-preventative properties.

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- : by any other name... :
- Mo-er, wun yee: Chinese
 - Paddestoel: Dutch
 - Champignon: French
 - Pilz: German
 - Fungo: Italian
 - Cogumelo: Portuguese
 - Seta: Spanish
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DELIVERIES

for the week of: April 4th
orders are due 5 pm Tues. March 28th

for the week of April 11th
orders are due 5pm Tues. April 4th



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