

Bathroom Reader

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Information for this special Earth Day issue provided by the students in BIO 103, part of a learning community, "Fooling with Nature."

And the Survey says...

74% of UW-Fox Valley students knew that organic food is not genetically modified.

53% thought it was healthier to eat.

50% thought it was safer to eat.

To qualify to be certified organic by the US Dept. of Agriculture, there are specific production and handling standards. For instance, a crop producer cannot use any of the following:

antibiotics, growth hormones, genetic engineering, petroleum-based fertilizers or man-made pesticides.

The Organic Seal certifies the producer and the product.



One should eat to live, not live to eat. *Moliere, French dramatist*

Lip smackin' Chicken McNuggets

Did you know that Chicken McNuggets™ contain 38 ingredients, including TBHQ, which is a form of lighter fluid? It also contains ingredients that are known as tumorigens, mutagens (which change DNA) and hormone disruptors. *Bon appetite!*

Source: *The Omnivore's Dilemma* by Michael Pollan

Tell me what you eat and I will tell you what you are. *Anthelme Brillat-Savarin, French gourmet*

What did you eat for lunch?

Over half of the processed food in the US has some form of genetically modified ingredients. Of the over 109 million acres of GM crops that are planted, 80% of the corn and 90% of the soybeans fall into that category. Is it on the label? No, it is not required at this time.

Why buy Local ?

Eating local products keeps food dollars in the local economy and it saves energy. The average food item travels 1,500 miles to reach our stores.

Find local foods at:

Free Market, Soul Purpose and Live Oak Market in Appleton and the Red Radish in Neenah.

Also the Farmer's market in winter and summer. For more sources click on <http://www.localharvest.org>.



Good food is always a trouble and its preparation should be regarded as a labour of love.

Elizabeth David, British cook and author