



Everyone can Shop! Anyone can Join!

# Bluff Country Co-op

Monthly Newsletter

## Mission Statement

We strive to offer high quality natural foods at affordable prices to members and customers in the Winona area and work to provide a sense of community for citizens committed to building a stronger, and more sustainable, local culture.

## Co-op Principles

We operate according to the Internationally Accepted Cooperative Principles: open membership; one member, one vote; limited return on investment; earnings distributed according to patronage; continuous education about cooperatives; cooperation among cooperatives, and concern for community.

We serve our members and the Winona Community by offering the best available natural and high quality foods at affordable prices. We support sustainable, organic and local agriculture.

We cultivate member, board and worker participation and cooperation in all endeavors of our cooperative. We maintain and aim at a high level of member sales and member ownership to ensure the social and economic well-being of our organization. We educate members and our community about cooperative principles and effective cooperative citizenship.

## Share Your Dinner Plans

liz haywood bcc general manager

I was recently in Minneapolis, on the coldest weekend of the year, to visit friends. We hunkered down in their houses, hibernation mode making us linger over wine and dinner instead of going out to see the town. While most of the city was pretty quiet, however, I did notice one striking group of people: bikers. When I saw one bicyclist, I thought nothing of it, except to wish him warm. After the 3<sup>rd</sup> or 4<sup>th</sup> on a 25°F Saturday afternoon, I had to wonder what was going on. Turned out to be a bicycle messenger race held annually in frigid Minneapolis. I didn't envy them one bit that day, but the hardcore group did remind me of people I've met in Winona, refusing to make cars an everyday necessity, and determined to have fun while reducing carbon use. With a March thaw on the horizon, its time to attach the slush blocker to the bikes and get riding!

Ginger Fride, our multi-talented writer, body care manager and lead cashier, has decided to make her post-grad move to Minneapolis. Thank you, Ginger, for your great work in this store! Our perishables manager, Tahira Darling, will be taking on Ginger's role in the body care department. Tahira has extensive training in herbology and body care and we are excited to be able to use her expertise! Next month I will introduce our new leader in the perishables

department. Sheena Larson is our new cashier, taking the hours left in Ginger's wake.

The staff here is getting antsy for the growing season to kick off. The tender garden greens we are craving won't be ready until April, but the return of the local produce season will harken the beginning of a permanent feature in the BCC newsletter. As part of our commitment to being an active cultivator of the local food economy, we will be featuring one of our local producers each month, through interviews, in-store demonstrations, and recipes. Our Earth Day activities will also reflect this directive, with a festival celebration of our farmers, with music, food and classes. We'll announce the late April date in the April newsletter. (And speaking of the growing season, we are introducing Seed Savers' line of organic seeds - buy them here all spring!)

Inside this edition you'll see an announcement for the 2<sup>nd</sup> annual Local Food Expo. This is a rare opportunity for Winonans: to visit with leaders in the local food movement, discover farms and products you haven't had before, and learn how producers in this area are challenging the industrial food status quo - all without leaving town! If you want to spend a Friday with good people, and enjoy a fabulous locally grown lunch, register for the Expo on March 9<sup>th</sup>.

## Creamy Comfortable Cheeses

There are so many cheeses to choose from. However, I think cheeses, like many other foods, fit a time and a season. During the colder months of the year I enjoy creamier whole milk cheeses, they become a part of the feel good factor. At Bluff Country Co-op we have two cheeses that I believe fulfill those needs.

Havarti and Butterkase are both made from whole milk. They have a creamy, mild texture and flavor. The Butterkase has a little more tanginess, but both cheeses are still mild. Both of these cheeses are great for sandwiches or melted in or on your favorite foods. I especially enjoy Havarti breakfast with a wonderful marmalade. Havarti is a great substitute for Monterey Jack on enchiladas. I love Butterkase with ham on rye for that classic sandwich— it is even better grilled!

[Spring is] a true  
reconstructionist.

Henry Timrod

## Membership Benefits

### Ownership

Participate in building a business that meets your needs.

### Save Money

Get special discounts and ordering privileges.

### Information

Receive the Co-op newsletter filled with nutrition and health tips, recipes, and information about sales, services and new products.

### Voting Power

Vote on all major decisions at annual membership meetings and elect the new board of directors.

### Seasonal Potlucks

Meet fellow members, share tasty food, and become part of a diverse community.

### Support Local Farmers, Growers and Suppliers

We sell locally grown vegetables and meat and offer the largest selection of organic produce in Winona.

Membership investment is \$125 per household. Your stock will be refunded should you move or wish to discontinue your membership.

Ask any one of our staff members for a membership application and join today!

## Board of Directors

**Scott Miller** - president

puravida@hbc.com

**Cherie Hales** - vice president

chales@hbc.com

**Hans Madland** - treasurer

hans\_madland@yahoo.com

**Bruno Borsari** co-secretary

bborsari@winona.edu

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rredig@gmail.com

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**Carol Jensen**

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## fish oil supplements may help patients with mild alzheimer's

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from the vitamer information newsletter

A randomized, double-blind, placebo-controlled trial published in Archives of Neurology (Vol. 63, No. 10, October, 2006) had researchers give 204 patients with Alzheimer's disease wither 1.7g of DHA and 0.6 g of EPA (omega-3 fatty acids) or placebo for six months. the result? Of the 174 participants who completed the trial, those with very mild cognitive dysfunction (MMSE>27) supplementing with the omega-3 fatty acids experienced a significant reduction in MMSE decline rate. In addition, omega-3 fatty acid supplementation was found to be safe and well tolerated.

Before the study commenced, all participants were diagnosed with stable Alzheimer's condition and were presently on acetylcholine esterase inhibitors. Subjects in all groups were matched with having an MMSE score of >15 points. MMSE stands for Miini-Mental State Exam and is a routine diagnostic tool for measuring basic cognitive skills.

### Cocoa-Almond Butter Protein Bites

When you're craving sweets but don't want the sugar highs and lows, try these protein-packed healthy treats. A few of these bites are also satisfying enough to tide you over between breakfast and lunch.

1/2 c. organic almond butter

4 T. honey

1 scoop Bluff Country Co-op non-GMO soy protein powder

2 T cocoa powder

Melted chocolate for coating (optional)

In a glass bowl, combine almond butter and honey. Microwave on high for 1 minute or until it stirs easily. Add almond butter mixture to dry mixture and stir until combined. Turn mixture out onto surface and form dough into logs of equal size and width, and use a sharp knife to cut into 16 rectangles. Place bites on a flat surface, cover with plastic wrap and refrigerate for 2 hours to harden. If you want to add a coating, melt the bittersweet chocolate in the microwave and drizzle over hardened, cooled bites.

Makes 16 bites.



## Bluff Country Co-op

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Explore inspiring and insightful selections of books shared by individuals connected to the interests that are meaningful to you. The Bluff Country Book Club will meet on the 4<sup>th</sup> Thursday of each month at the co-op from 7:00 p.m. until 8:30 p.m. If inspiration strikes, you are welcome to bring a book-theme snack to share with others. Discussions have ranged in attendance from 5-12 people. Everyone is welcome!

March's book (**date change Meeting Thursday, March 22<sup>nd</sup>**):

*Through the Kitchen Window:  
Women Explore the Intimate Meanings of Food and Cooking*  
by Arlene Voski Avakian (Editor)  
\$26.95

Pick up your copy of this book at The Book Shelf on the corner of Huff and Sarnia Streets (507-474-1880). *Through the Kitchen Window* is not eligible for a 15% discount.

## What's Happenin'?

events calendar

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The Friends of the Co-op Committee has been planning for this year's events. If you have an interest in participating in the many outreach activities upcoming, please email or call Debi Niebuhr at 507-452-5215 or [dniebuhr@hbc.com](mailto:dniebuhr@hbc.com).

**March 9<sup>th</sup>:** 2<sup>nd</sup> Annual Local Food Expo at Signatures Restaurant in Winona

**April 21<sup>st</sup>:** Earth Day at Winona State University

**Late April:** Earth Day Celebration at Bluff Country Co-op

**June 14<sup>th</sup>:** Steamboat Days in downtown Winona

**July 19<sup>th</sup>:** Ice Cream Social at Bluff Country Co-op

**July:** 3<sup>rd</sup> Annual Shakespeare Potluck (exact date TBA)

**September 15<sup>th</sup>:** Heritage Fair in Downtown Winona

**November:** 35<sup>th</sup> Anniversary Celebration for Bluff Country Co-op (exact date TBA)

## Wellness

	Size	Regular Price	Save	Sale
Renew Life Multi-Nutrient Powder	15.9 oz.	\$36.99	30%	\$25.89
Liquid Organic Greens	30 oz.	\$36.99	30%	\$25.89
Nordic Naturals Nordic Berries Children's Multi	120 gummies	\$21.95	30%	\$15.35
Now Foods Fermented Soy Protein w/ vanilla & stevia	16 oz.	\$18.99	30%	\$12.99
Pure Essence Labs Brain 4-Way Support	60 tabs	\$39.99	25%	\$29.99
Immune Cellular Support	60 tabs	\$23.99	25%	\$17.99
Libido 4- Way Support for Women	60 tabs	\$31.99	25%	\$23.99
Virility 4-Way Support for Men	60 tabs	\$39.99	25%	\$29.99
Prostate 4-Way Support	60 tabs	\$19.99	25%	\$14.99
Vision Cellular Support	60 tabs	\$23.99	25%	\$17.99
Antioxidant Cellular Support	30 tabs	\$23.99	25%	\$17.99
A.N.I Coral Advantage Calcium Mineral Blend	90 caps	\$19.95	25%	\$14.95

## Body Care

	Size	Regular Price	Save	Sale
Giovanni Direct Leave-In Conditioner	8.5 oz.	\$6.99	15%	\$5.99
Tigerbalm Regular Strength Pain Relieving Ointment	.63 oz.	\$5.99	10%	\$5.39
Bee & Flower Bar Soaps sandalwood, rose, jasmine, ginseng	2.65 oz.	69¢	10%	59¢
Tendercare Unscented Baby Wipes	50 wipes	\$3.59	10%	\$3.19

## Frozen

	Size	Regular Price	Save	Sale
Quorn Naked Cutlets	9.7 oz.	\$5.29	15%	\$4.49
Shelton's Turkey Meatballs	10 oz.	\$5.69	15%	\$4.85
Woodstock Farms Blackberries	10 oz.	\$4.19	10%	\$3.75
Cascadian Farms Spud Puppies	16 oz.	\$2.99	20%	\$2.39

## Bulk Foods

	Size	Regular Price	Save	Sale
Chocolate Almond Chip Chunks of Energy		\$6.89/lb.	20%	\$5.49/lb.
Organic Vanilla Macaroon Granola		\$3.79/lb.	20%	\$2.95/lb.
Semolina Spaghetti		\$2.35/lb.	20%	\$1.89/lb.
Regular Rolled Oats		89¢/lb.	20%	69¢/lb.

## Grocery

	Size	Regular Price	Save	Sale
Barbara's Bakersy Crunchy Organic Granola Bars peanut butter, cinnamon crisp, toasted almond		\$4.99	30%	\$3.99
Shredded Oat Cereals bite size original, bite size vanilla, spoonfuls		\$4.89	40%	\$2.89
Terra Terra Chips original, mediterranean, zesty tomato, terra stix		\$3.39	25%	\$2.49
Fantastic Foods Soup Cups black bean, bean chili, minestrone, split pea, cheddar broccoli		\$2.49	20%	\$1.99
Lundberg Assorted Rices white arborio, brown basmati, white jasmine		\$5.29-\$3.79	25%	\$4.69-\$2.79
Thai Kitchen Rice Noodle Packets entire line		89¢	30%	59¢
Bionaturea Pastas spaghetti, linguini, fussilli, rombi, regatone, whole wheat penne rigate		\$2.79	15%	\$2.39
Fearn Gluten Free Rice Baking Mixes original, brown		\$2.59	25%	\$1.89
Clif Nutrition Bars		\$1.69	20%	\$1.39
Luna Women's Nutrition Bars		\$1.69	20%	\$1.39

## Refrigerated

	Size	Regular Price	Save	Sale
Soyatoo Whipped topping	7 oz.	\$4.99	50%	\$2.49
GTS Kombucha all flavors	16 oz.	\$3.49	10%	\$3.19
Geraldo's Guacamole	12 oz.	\$3.49	15%	\$2.99
Indian River Grapefruit Juice	59 oz.	\$4.19	15%	\$3.55

## Bakery

	Size	Regular Price	Save	Sale
Rudi's Cinnamon Raisin Bread	24 oz.	\$4.39	15%	\$3.79
Rocky Mountain Sourdough	22 oz.	\$4.19	15%	\$3.59

**All Specials Good  
March 5th through April 4th**

**O**n November 3rd, New Pioneer Food Co-op members and staff got to meet and listen first hand to a genuine political fireball who is one of the foremost authorities on organics in the country, Mark Kastel of The Cornucopia Institute. Mark traveled to Iowa City to share his views on the politics of organics as part of the Co-op Annual Member meeting. He is incensed by the distortion of the organic label by agribusiness giants and large-scale grocers such as Wal-Mart, and his organization, The Cornucopia Institute, has achieved some fame for their innovative investigation of organic standards within the dairy industry.

The Cornucopia Institute recently released their Dairy Report & Scorecard, which rates organic dairies throughout the nation based on their adherence to organic standards. Kastel is leading the movement to help consumers make informed choices about the organic products lining the shelves of grocery outlets throughout the nation. "Examining organic dairy is just the beginning," he comments, pledging to bring similar scrutiny to other organic industries.

After working for agribiz giants International Harvester and J.I. Case, Kastel's entrance into the organic farming industry came, as it does for so many conventional farmers, when he became sick. Mark experienced a "shift in consciousness," that led him to start "fighting the corporate takeover of organics and the corporate attack on organics." He founded The Cornucopia Institute to help discerning consumers separate "the heroes from the few bad actors" in the world of organics.

According to Kastel, consumers buy products labeled organic mainly because they believe that the label is only applied to products that are environmentally ethical, support animal husbandry, and encourage economic justice for small family farmers. The corporate takeover of organics threatens to undermine these core principles, thereby tarnishing the essential meaning behind the organic label and lessening its value to consumers.

The application of corporate ethics to the organic label has been brought to the forefront of agricultural politics since large corporations, particularly Wal-Mart, came on to the organics scene. Wal-Mart is the nation's number one seller of organic dairy products, with the majority of its dairy being supplied by Dean Foods/Horizon and Aurora Organics. These corporate giants operate farms that contain thousands of cows which are often packed into dry lots that do not allow adequate access to pasture. Replacement cows are frequently purchased from conventional dairy farms, and calves are quickly sold off to defray the cost of raising organic animals from their infancy. These are clear violations of both the letter and the spirit of the organic standards legislation.

Both Horizon and Aurora Organics refused to participate in The Cornucopia Institute's survey of organic dairies and are currently

under investigation by the USDA for improprieties. The Organic Consumers Association also recently called for a boycott of all Horizon and Aurora Foods products due to the factory-farm like conditions of their properties.

Is there any hope that the integrity of the label can be preserved as more organic brands move into the mega-store marketplace? Mark is quick to point out that he is not anti-corporate, but he is anti-corporate ethics. He explains that companies like Wal-Mart have an opportunity to improve the organics market. "If they were able to apply their logistical prowess and scale to organics, it would be good for farmers because it would increase demand, and good for consumers because it would be available more places," he notes.

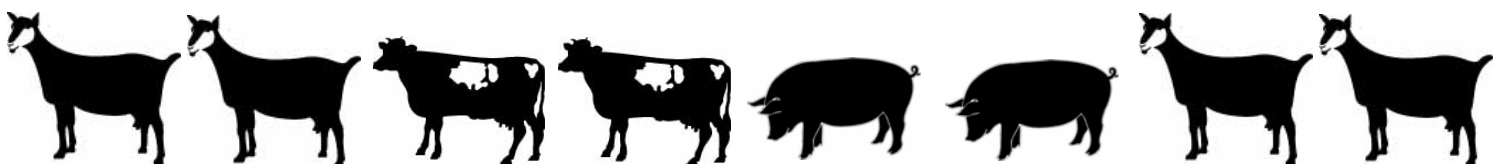
Wal-Mart makes clear its intention to distort the organic label for its won purposes when it supports companies that utilize factory-farming method and import goods from overseas, where standards cannot be adequately monitored. The blatant disregard of the ethics behind organics by suppliers such as Dean Foods/Horizon and Aurora Organics leaves consumers in the disheartening situation of trying to differentiate the "good" organics from the "bad". Organizations like The Cornucopia Institute and the Organic Consumers Association work to assist consumers in making more informed choices.

Thanks to people like Mark Kastel, the organic label still stands a chance of being redeemed. It is imperative that consumers look first and foremost to local organic producers to supply their table with the freshest, most seasonal items. Your local organic farmer can offer verifiable evidence of sustainability and ethical practices, from the elimination of exorbitant energy wasted during shipping to the humane treatment of animals. Buying local organics can also ensure that the food supply of the entire nation does not come from one centralized location, which can increase the spread of infection if food becomes contaminated (such as the e. coli outbreak from California spinach).

Some non-organic local producers farm chemical-free but have not been certified due to the exacting standards required for certification. By building a relationship and opening up a dialogue with your local producer, you can improve the chances that the products you purchase locally are grown to your standards.

If local items aren't available, groups such as The Cornucopia Institute can help guide shoppers to the products that fall most in line with the ethical intentions behind the organic label. Their website offers tools and information that can help consumers learn "who owns who" in the world of organics, so we can all make better choices. (Use the search box and type in "who owns organics" for a helpful chart.) In the future, the organization also plans to rate soy, eggs, poultry, and even organic wines.

For more information, please visit [www.cornucopia.org](http://www.cornucopia.org) and [www.](http://www.)



# cloned food: Coming to a supermarket near you?

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*Even slight imbalances in a clone's hormone, protein, or fat levels can compromise the safety of its milk or meat.*

The Food and Drug Administration (FDA) is poised to approve the sale of milk and meat from cloned animals and their offspring. If approved, cloned food would not be required to be labeled, eliminating consumers' right to avoid eating these experimental foods. While no binding rules exist to prevent companies from selling meat or milk derived from cloned livestock, FDA has asked industry to voluntarily withhold the sale of their cloned products. FDA's impending decision flies in the face of massive public opposition to animal cloning, widespread scientific concerns about the risks of eating food from clones, and troubling animal cruelty and ethical concerns associated with the cloning process. The **Center for Food Safety** supports a *mandatory* ban on the use of clones in food production until the food safety and animal cruelty problems in cloning have been resolved, and until public discussions have redressed consumer rights issues, and the disturbing moral and ethical dilemmas that cloning raises. *Tell FDA to ban the use of cloned animals in food. Let your voice be heard by writing a letter to FDA via our website: [www.centerforfoodsafety.org](http://www.centerforfoodsafety.org)*

## WHAT IS ANIMAL CLONING?

A sheep named Dolly made headlines in 1997 when she became the first successfully cloned mammal. The cloning technology used to create Dolly—somatic cell nuclear transfer (SCNT)—involves fusing the genetic material of a cell from an existing animal into an egg removed from an animal. Once the egg is fertilized in the laboratory, it is implanted into the uterus of a “host mother.” Dolly has become the poster-child for biotechnology companies keen to exploit cloned animals for the production of meat, dairy products, pharmaceuticals, and for use in growing animal parts for human organ transplants. Yet, the “Dolly miracle” hype has eclipsed more sobering news about the exceedingly high failure rates and adverse health effects inherent in animal cloning. Like so many others, Dolly suffered from premature arthritis and lung disease which caused her to be euthanized at the age of six, about halfway through her expected lifespan.<sup>1</sup> FDA justifies its rush to approve cloned animals in food, claiming that advances in animal cloning have resolved issues related to poor animal health, animal suffering, and food safety. This is simply untrue. One of the world's leading cloning scientists, Rudolph Jaenisch of MIT, stated in an article in 2006 that: “You cannot make normal clones. The ones that survive will just be less abnormal than the ones that die early. There has been no progress—none—in the last six years in making cloning more safe.”<sup>2</sup>

## ANIMAL WELFARE ISSUES

Animal cloning represents a fundamental change in our relationship with animals. Instead of humans assisting or acting as midwives in animal reproduction, cloning allows humans to become wholesale creators of genetic “replicas” of existing animals. Problems associated with cloning include: *Pre-Natal Failures*: Only a small percentage of cloned pregnancies result in live births. A 2007 study found that animal cloning failure rates remain as high as 90 percent.<sup>3</sup> *Surrogate (Host) Suffering*: “Host mothers” face grave suffering, much of which is caused by inordinately high rates of spontaneous abortions. Cloning often leads to a condition known as “large-offspring syndrome,” whereby cloned offspring grow abnormally large, causing early-term and stressful caesarian deliveries.<sup>4</sup> In one cattle cloning project, 3 out of 12 surrogate mothers died during pregnancy.<sup>5</sup> *Post-Natal Animal Health*: Most cloned animals born on a farm, outside a veterinary hospital, have little chance of surviving.<sup>6</sup> Those animals that manage to survive until birth are likely to suffer a wide range of health defects and deformities including: enlarged tongues; squashed faces; intestinal blockages; immune deficiencies; diabetes; high rates of heart and lung damage; kidney failure; and brain abnormalities.<sup>7</sup>

## FOOD SAFETY CONCERNS

Defects in cloned animals can escape detection but they still present food safety risks. The National Academy of Sciences (NAS) has stated that no method exists to detect subtle health problems in clones.<sup>8</sup> Ian Wilmut, lead scientist responsible for creating Dolly, has warned that even slight

imbalances in a clone's hormone, protein, or fat levels can compromise the safety of its milk or meat.<sup>9</sup> FDA claims that defective clones will be removed from the food supply with no explanation of how inspectors intend to identify hidden or subtle defects in clones. High doses of hormones and antibiotics used in cloning present another significant safety concern. Host mothers are often given massive doses of hormones and their sickly offspring are often treated with high levels of antibiotics and other veterinary drugs to increase their chances of survival. Although the commercialization of cloning would likely increase hormones and drugs in the human food supply, FDA has failed to address this important food safety issue.

## MORE SCIENTIFIC RESEARCH NEEDED

While the biotechnology industry has proclaimed the safety of its cloned food products, few food safety studies have been conducted. While FDA argues clones that survive six months are healthy, MIT's Jaenisch disagrees. He notes that: “Problems appeared when cloned mice were 15 months old. You would have to wait 15 years to [assess such problems] in bulls.”<sup>10</sup> As this suggests, health problems can occur in older clones, and many years of study are needed to assess cloning safety. A 2004 NAS study concluded that small sample sizes, limited health and production data, and rapidly changing cloning protocols make it impossible to draw conclusions about the safety of food from cloned animals.<sup>11</sup>

## BIODIVERSITY THREATENED

While cloning companies promise the production of identical, high-quality animals, scientists warn that this is a recipe for disaster. In 2005, a university researcher cautioned that, “if there is no genetic variability, disease can affect all the animals simultaneously,” potentially wiping out entire herds.<sup>12</sup> A herd with naturally occurring genetic differences will typically include some animals that possess natural resistance to certain diseases, but with genetically identical clones the protections that diversity provides are lost. The commercialization of cloning would make it difficult if not impossible to reverse weaknesses or adverse effects bred into an animal population or species.

## ETHICAL AND MORAL DILEMMAS

Americans have strong feelings about the moral and ethical implications of animal cloning, and these feelings have yet to be aired in a broad, public debate. More than 200 U.S. religious leaders have announced their opposition to patenting animal genes, tissue, organs, and organisms, due to their belief that genetic manipulation and life patenting shifts authorship of life from God to scientists and lab-technicians. Animal cloners have also acknowledged that the technology will likely lead to human cloning attempts, despite the safety and ethical issues that surround such risky experiments. In fact, the two leading animal cloning companies (ViaGen and Cyagra) were created by the companies most involved in human embryo cloning experiments.

## CORPORATE CONTROL

Cloning will increase the hold that a few large corporations already have on our food supply. The technology benefits corporate factory farms at the expense of family farmers, who are less likely to afford the costly technology. Attempts to patent cloned offspring raise concerns that such patents will be used to control entire breeds. Monsanto, the leading producer of genetically engineered crops, has already filed global patents for the offspring derived from its pig breeding technology in an attempt to extend its patent beyond the reproductive technology to include an animal's genes and its offspring. The leading animal cloning company, ViaGen, has contracted with the world's leading pork producer, Smithfield Foods, to explore using cloned pigs in its products.<sup>13</sup>

For more information and to send comments to FDA, visit us at: [www.centerforfoodsafety.org](http://www.centerforfoodsafety.org)

# NOT milk?!: cloned cloned foods

will fattle research director for the cornucopia institute ([www.cornucopia.org](http://www.cornucopia.org))

**T**he Food and Drug Administration (FDA) has concluded that food and meat from cloned animals “is as safe to eat as the food we eat every day.” The FDA’s determination is contained in its Draft Animal Cloning Risk Assessment report released near the end of 2006. But public interest groups, and many consumers, are concerned that risks to the public have not fully been examined.

Since 2001, there has been a voluntary moratorium on the sales of milk and meat from cloned cows, pigs and goats, and from their offspring. The moratorium is expected to remain until the FDA completes its analysis of public comments on the draft report (comments are being accepted until April 2, 2007). The U.S. would become the first country to allow food from cloned animals to be sold in grocery stores should the FDA’s conclusions be formally accepted.

The FDA report relies heavily on the work of two animal-cloning companies—Cyagra and ViaGen—who stand to financially benefit from its conclusions and who supplied more than a quarter of the data used in the 700-page FDA draft. Consumer, farm, and animal welfare groups have been sharply critical of the FDA’s decision and the science upon which it was based. Their criticisms include:

Some form of abnormality is found in 64% of cattle, 40% of sheep, and 93% of cloned mice, with a large percentage of the animals dying during gestation or shortly after birth.

High rates of late abortion and early prenatal death occur, with failure rates of 95 percent to 97 percent in most animal cloning attempts.

Defects such as grossly oversized calves, enlarged tongues, squashed faces, intestinal blockages, immune deficiencies, and diabetes are commonly experienced.

When cloning does not produce a normal animal, many of the pregnancies are difficult and cause physical suffering or death to the surrogate mothers.

The cloning process is accomplished through the implanting of an adult somatic cell from the preferred donor animal into the uterus of the female. The somatic cell is subjected to an electric current or a chemical treatment to spark cell division prior to its placement in the female. The animals birthed by the process carry the hopes of scientists and industry seeking replication and perpetuation of high-production dairy cows, superior breeding stock, and other prized genetic traits.

Widespread adoption of cloning could lead to the dramatic loss of genetic diversity in livestock. “This,” notes Mark Kastel, Senior Farm Policy Analyst with The Cornucopia Institute, “may leave farmers and our nation’s food supply vulnerable to devastating epidemics due to an extremely narrow gene pool.” Cloning also depends on

the heavy use of artificial hormones to facilitate the reproductive process and to induce labor in the mother.

According to Stephen F. Sundlof, the FDA’s chief of veterinary medicine, cloned foods are “virtually indistinguishable” from conventional foods. Despite public opinion surveys suggesting that many are suspicious of and don’t want to eat food from cloned animals, the FDA has announced no intention of requiring an identifying label on cloned food products. One recent opinion poll conducted by the Food Information Council found that 58 percent of Americans surveyed would be unlikely to buy meat or milk from cloned animals, even if supported by FDA safety endorsements.

The FDA is also not proposing a tracking system for cloned foods that would allow for tracing back to the sources any problems that may develop. “This is particularly troubling in that they assume that only food from healthy cloned animals will enter the food stream,” says Kastel.

While cloned animals may be virtually indistinguishable, this doesn’t mean that there are not subtle subclinical physiological anomalies. Scientists have suggested that such anomalies could include alterations in key proteins affecting the nutritional content of food, leading to dietary imbalances.

Jim Riddle, the former chair of the National Organic Standards Board, notes that “The absence of tracking or labeling protects technology companies and users of cloned animals from liability.” Without traceability, the determination of harm, should harm occur, is virtually impossible.

The Cornucopia’s Kastel suggests that cloned foods may eventually creep into the organic food sector. A cloned bull, for example, could be used to impregnate dairy cows, with the offspring eventually transitioned onto organic factory-farms. He says USDA’s present lax enforcement standards “does not give him much confidence” that this would not occur.

**The Cornucopia Institute, the Organic Consumers Association (OCA), and the Center for Food Safety are all working to maximize public and consumer feedback to the FDA on their cloning proposal. An Action Alert and sample public letter can be found on the Cornucopia Web page, under the action alerts, at [www.cornucopia.org](http://www.cornucopia.org)**

**The FDA’s controversial proposed regulations in the Federal Register will now be followed by a public comment period (until April 2, 2007). The OCA is calling on health and humane-minded consumers across the nation to stop this outrageous and hazardous regulation from coming into force as federal law. Take action here:**



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fax 507-457-0511 email bccoop@bluff.coop

Address service Requested

## H o u r s o f B u s i n e s s

Monday - Saturday 8:00 a.m. - 8:00 p.m.

Sunday 9:00 a.m. - 5:00 p.m.

Fresh from our deli diva, Miss Julie Reed...

### Whole Wheat Mac & Cheese

- 1 lb. whole wheat macaroni
- 1 c. Organic Valley whipping cream
- 1 tsp. Maille Dijon mustard
- 1/2 tsp. sea salt
- 1/4 tsp. crushed pepper flakes
- 4 oz. DeMill smoked gouda, shredded
- 4 oz. Zerto Pecorino Romano, shredded
- 28 oz. (1 can) Muir Glen fire-roasted diced tomatoes, drained.
- 1/4 c. Organic Valley grated parmesan cheese
- 1/4 c. Panko bread crumbs



Heat oven to 400F.

Cook the macaroni in 4 qts. boiling water, drain and rinse. Set aside. Heat cream, mustard, salt and pepper flakes or low-medium heat. Slowly stir in the gouda and romano cheeses. When the cheeses are melted, add the tomatoes. Mix together the parmesan and bread crumbs. Set aside. Toss the cheese-tomato mixture with the cooked pasta. Place in an oven-proof 3 qt. pan and top with the cheese-bread mixture. Heat in oven until heated through and melty, about 10-15 minutes. The top will become golden brown.

**Hint:** Save the drained tomato juice for a fire-roasted kick to a Bloody Mary or a homemade soup!

*Don't have time to cook? You can find this delightful comfort food in our heat-and-eat deli area!*

### WHAT IS ZONE THERAPY?

Zone therapy was brought to the U.S. in 1989 by Dr. Charles Ersdal, M.D. (M.A.) of Kristiansand, Norway. He is the originator and developer of this particular technique called zone therapy. It is a precise therapy applied as pressure to zones in the feet.

The entire body can be treated in 30-40 minute treatment. The body contains its own innate healing intelligence which is stimulated in zone therapy.

For research purposes, no medicines, remedies, or other therapies were employed. The treatment is administered by a certified therapist in a precise manner and directional pattern. Discomfort or pain signals the brain to make a correction in the autonomic nervous system and send the correction back to the tissue or organ with the imbalance.

The autonomic nervous system has two actions, either sympathetic (stimulating) or parasympathetic (contracting). One of these actions is needed to cause change in the body. When the body has made significant change, the discomfort is no longer experienced. Progress can be precisely monitored in this way.

The recommended schedule for treatments is 5 in a 2 month period to detoxify and establish the body's healing abilities. Then 2 weeks to 3 months apart after that depending on the body's response.

Symptoms are usually the last in a chain of events to appear and the first to disappear after the treatment has begun. But in order to reach a true state of health, all causes must be found and reversed.

Once this is achieved, 2-3 treatments a year will maintain health. This is truly a holistic approach!!!!!!!!!!!!!!

WHEN ZONING 6 AREAS ARE COVERED: BLOOD CIRCULATION, LYMPH CIRCULATION, HORMONE BALANCE, DIGESTION, ELIMINATION AND THE AUTONOMIC NERVOUS SYSTEM.

### TO MAKE AN APPOINTMENT CALL

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