



# ARBOR FARMS MARKET

2103 West Stadium - Boulevard Plaza  
Ann Arbor - 734-996-8111 - arborfarms.com

## Our April 2018 Newsletter for Healthy Living

### Pitch the Processed!

The dangers of excess sugar consumption have been well-established and were officially recognized in the 2015-2020 U.S. dietary guidelines, which recommend limiting added sugars to a maximum of 10 percent of your daily calories. Make no mistake, however, that this goal is nearly impossible to achieve on a processed food diet. A fast-food meal consisting of a burger, fries and soda can easily add up to an entire day's worth of required calories, while leaving your body starving for vitamins, minerals, live enzymes, micronutrients and healthy fats.

This kind of diet, consumed daily for months and years on end will inevitably prevent you from maintaining good health. In fact, research suggests refined high-carb diets are as risky as smoking, increasing your risk for lung cancer by as much as 49 percent. Researchers have also predicted obesity will overtake smoking as a leading cause of cancer deaths. Unfortunately, Americans not only eat a preponderance of processed food, but 60 percent of it is ultra-processed - products at the far end of the "significantly altered" spectrum. Examples of ultra-processed foods include breakfast cereals, pizza, chicken nuggets, soda, chips and other salty/sweet/savory snacks, packaged baked goods, microwaveable frozen meals, instant soups and sauces and much more.



More generally, ultra-processed foods can be defined as food products

containing one or more of the following: ingredients that are not traditionally used in cooking; unnaturally high amounts of sugar, salt, processed industrial oils and unhealthy fats; artificial flavors, colors, chemical sweeteners and other additives that imitate sensorial qualities of unprocessed or minimally processed foods (examples include additives that create textures and pleasing mouth-feel); pre-

processed foods you eat, the greater your risk. Nearly 105,000 study participants, a majority of whom were middle-aged women, were followed for an average of five years. On average, 18 percent of their diet was ultra-processed, and the results showed that each 10 percent increase in ultra-processed food raised the cancer rate by 12 percent, which worked out to nine additional cancer cases per

### *Celebrate Earth Day With Organics!* *Join us Sat/Sun, April 21-22 for our Earth Day Super Sale.*

servatives and chemicals that impart an unnaturally long shelf-life; genetically engineered (GE) ingredients, which in addition to carrying potential health risks also tend to be heavily contaminated with toxic herbicides such as glyphosate, 2,4-D and dicamba.

Not only is sugar a highly addictive substance (surpassing that of cocaine, according to some studies), but other ingredients are also highly addictive, especially salt and fat. In fact, the processed food industry has developed "craveability" into an art form. Nothing is left to chance, and by making their foods addictive, manufacturers ensure repeat sales. A number of studies have highlighted the risks of processed high-sugar diets, showing excessive sugar consumption is at the very core of many of our current disease epidemics as it drives obesity and insulin resistance.

Most recently, French researchers warn that ultra-processed foods raise your risk of cancer, and the more ultra-

10,000 people per year. The risk of breast cancer specifically went up by 11 percent for every 10 percent increase in ultra-processed food. Sugary drinks, fatty foods and sauces were most strongly associated with cancer in general, while sugary foods had the strongest correlation to breast cancer.

According to the authors, "These results suggest that the rapidly increasing consumption of ultra-processed foods may drive an increasing burden of cancer in the next decades." Co-author Mathilde Touvier told CNN Health, "It was quite surprising, the strength of the results. They were really strongly associated, and we did many sensitive analyses and adjusted the findings for many co-factors, and still, the results here were quite concerning." Confounding factors may also be at play, though, as those who ate a lot of ultra-processed foods were also more likely to smoke, exercise less and eat

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# 2018 Organic Produce CSA

## Homer Organic Family Farms



### Our Farming Practices

Our farming practices will take you back to the 1930's. Our fields are plowed and worked with horses. Our large families provide many hands to do the hoeing and many other tasks that can only be done by hand. Food that was raised in the 1930's had much better flavor and many more nutrients because farmers were not dependent on the chemicals, pesticides and GMO seeds that most farms use today. Food that has been organically grown doesn't just taste better, but it's also better for you!

We want you to enjoy better health. It is important to know where our food is coming from. Everyone needs a farmer. Who or where is your farmer?

### About Us

We farmers (there are now seven participating farmers in our Homer Community) have been raising produce for several years, providing fresh vegetables for Farmers Markets and several of the Ann Arbor food stores. In 2008, we decided to begin a farm share program (CSA). Being a farm share member connects you directly to the farm your food is coming from. We usually offer a couple farm visits during the summer months. A farm visit will not only acquaint you with our farming community, but also offers a glimpse of the efforts made to provide you with good, clean, wholesome food.

We, being of the Amish faith, do not have phones, computers or email, so our communication needs to be by mail, at the farmers markets or through our friends at Arbor Farms. Of course, you are always welcome to come out to our farms.

We welcome you for a farm visit!

### What is a CSA Program?

By subscribing to a CSA you are investing in a share of the farmer's harvest. The CSA farm share program then provides you with fresh vegetables every week. The early harvest begins May 30th, continues throughout the summer, and ends October 13th (for a total of 20 weeks).

Not only are subscribers getting the freshest food, but they are also showing their support for the small farmer. The program works well for the farmers and members both. The farmer can plan how much to grow. The member knows they have a box of vegetables coming every week. It makes shopping quite simple. It broadens your eating habits, as you will try new things you've never had before. It can challenge the cook. A seed catalog to us is like a cookbook to you. Sometimes we like to try new items. So be our guest and enjoy the food.

### What might I see in my weekly box?

#### Early Season: June

Asparagus  
Leaf Lettuce  
Swiss Chard  
Sunchoke  
Kale varieties  
Collards  
Zucchini and Summer Squash  
Peas: Snap and Snow  
Asian Greens

#### Summer Season: July/August

Lettuce Broccoli Cabbage  
Radishes Beans Bell Peppers  
Rhubarb Cucumbers Hot Peppers  
Strawberries Zucchini Carrots  
Peas Tomatoes Sweet Potatoes  
Basil Potatoes Cantaloupe  
Green Onions Sweet Corn Onions  
Swiss Chard Summer Squash Egg Plant  
Asparagus Beets Garlic

#### Late Season: September/October

Remaining summer crops,  
Red Peppers  
Hard Squash  
Pumpkin  
Watermelon  
Spinach  
Cauliflower  
Late Greens  
And wrapping up the garden.

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**Subscribe Now-May 1st. Pick-up information & enrollment forms at Service Counter.**

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more calories overall. Research published last year linked poor diet to an increased risk of cardiometabolic mortality (death resulting from Type 2 diabetes, heart disease and stroke). According to the authors, suboptimal intake of

percent of the calories in processed foods come from added sugars.

By definition, unprocessed or minimally processed contain none. Ultra-processed foods, on the other hand, get 21 percent of their calories from

hydrates (refined sugars, fructose and processed grains); increase healthy fat consumption (eating dietary fat isn't what packs on pounds - it's the sugar/fructose and grains that add the padding); eat as many non-starchy veggies as you wish (because they are so low in calories, the majority of the food on your plate should be vegetables); limit consumption of protein to less than 0.5 gram

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**“Consumption of ultra-processed foods may drive an increasing burden of cancer....”**

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key foods such as fruits, vegetables, nuts and seeds, and animal-based omega-3, along with excessive consumption of processed foods such as meats and sugar-sweetened beverages accounted for more than 45 percent of all cardiometabolic deaths in 2012. In other words, the more processed foods you eat, and the less whole foods you consume, the greater your risk of chronic disease and death.

There's really no doubt that decreasing your sugar consumption is at the top of the list if you're overweight, insulin resistant, or struggle with any chronic disease. It's been estimated that as much as 40 percent of American health care expenditures are for diseases directly related to the overconsumption of sugar. Aside from being far from natural and hence devoid of valuable nutrients, ultra-processed foods also account for 90 percent of the added sugar consumption in the U.S. About 2

added sugars. For this reason, cutting your sugar consumption necessitates cutting out processed, especially ultra-processed, foods — basically any food that isn't directly from the vine, bush, tree or from the earth. Research shows only 7.5 percent of the U.S. population, namely those with the lowest processed food consumption, actually meet the U.S. dietary recommendations of getting a maximum of 10 percent of daily calories from sugars.

Eating a diet consisting of 90 percent real food and only 10 percent or less processed foods is a doable goal for most that could make a significant difference in your weight and overall health. Some common sense guidelines that can help you take control of your health are: focus on raw, fresh foods, and avoid as many processed foods as possible (if it comes in a can, bottle or package, and has a list of ingredients, it's processed); severely restrict carbo-

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per pound of lean body weight; replace sodas and other sweetened beverages with pure, filtered water.

Reference: U.S. Dietary Guidelines 2015-2020. *Cancer Epidemiology, Biomarkers & Prevention* March 2016, DOI: 10.1158/1055-9965.EPI-15-0765. *BMJ Open* 2016;6:e009892. *BMJ Open* 2018;360:k322. CNN Health February 14, 2018. *JAMA* 2017;317(9):912-24.

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**Don't Pitch the Plastics!**

**P**lastic pollution is taking its toll on health, as both food and water are becoming increasingly contaminated with these toxic bits. According to the environmental advocacy group Ocean Conservancy, some plastic products persist for so long, they'll still be recognizable after 400 years. An equally alarming problem is the plastic that gets broken down into microscopic pieces. Microplastic particles, which are less than 5 millimeters long, are literally clouding the oceans in spots. Carried along with the ocean's currents, swirling gyres of "plastic smog" now cover about 40 percent of the world's ocean surfaces. They're being eaten by fish and other marine life — that is well-known.

Only recently did researchers take the logical next step to determine that it's not only marine life ingesting plastic — you probably are too. Re-

search commissioned by media outlet Orb revealed alarming data about plastic pollution in tap water, with 83 percent of samples tested worldwide coming back as contaminated. In the U.S., 94 percent of tap water samples were found to contain plastic — the most out of all the locations tested. Orb notes the primary sources of "invisible plastics," one of which is synthetic microfibers from synthetic clothing like fleece, acrylic and polyester. Microfibers are released during washing, to the tune of 1 million tons a year, and the irregular shape of these plastic particles may render them more difficult for marine life to excrete than other microplastics.

Microbeads — those tiny plastic pellets you may have seen in your face wash or hand soap — are another primary source of plastic pollution that makes its way back to your dinner plate

and into your body. Microbeads are so small they get flushed down the drain and easily travel through wastewater treatment plants as they're too small to be caught during the filtration process.

Eight million tons of single-use plastics like forks, bags, straws and take-out containers also enter our waterways each year and, eventually, these items also get broken down into microplastics. Plastic pollution is also accumulating on farmland. According to "Science of the Total Environment", the annual release of plastics to land is estimated to be four to 23 times greater than that released to oceans. The use of sewage sludge (biosolids) as fertilizer may be particularly problematic. Perhaps we can all resolve to make a difference this Earth Day, and beyond. For our own good!

Reference: Ocean Conservancy: *Stemming the Tide*. The Center for Biological Diversity: *Plastics Pollution*. Orb: *Invisibles: The Plastic Inside Us*. Science of the Total Environment May 15, 2017;



# ARBOR FARMS MARKET

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your next purchase  
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## 2018 Organic Produce CSA Homer Organic Family Farms

**Duration: 20 weeks/  
May 30 - October 13**

**Cost: \$400**

**Share Size: 1/2 Bushel box**  
(2-person size, about 9-10 lbs  
will vary w/ seasonal contents)

### Subscriber Information

Name(s) \_\_\_\_\_ Phone # \_\_\_\_\_  
Address \_\_\_\_\_ Phone # \_\_\_\_\_  
City/Zip \_\_\_\_\_ E-mail \_\_\_\_\_

**Choose your Pickup Time:** (circle one)

**Wednesdays @ 7:30AM**    or    **Thursdays @ 2:30PM**    or    **Saturdays @ 7:30AM**

Picking up your box within one hour of designated time will yield the freshest produce. All pickups will take place in a designated area in front of Arbor Farms, outside the store and under our canopy to protect from the elements as much as possible. **You will be able to park, pick up your box, and be on your way in as little as 60 seconds!** Please note that boxes not picked up within 36 hours will be donated to Food Gatherers.

**Choose your Payment Schedule:**

\$400 paid in full

\$200 now, remaining \$200 by May 28th