



# ARBOR FARMS MARKET

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

## Our April 2017 Newsletter for Healthy Living

### Grow It Organic!

Besides air, water and shelter, the fourth basic human essential is food. For centuries, the biggest challenges were getting enough of it and obtaining the nutrients necessary from it to maintain health. Today, the world is faced with a food conundrum that may have been unforeseen a century ago. It stems from the fact that crops for human consumption aren't grown for optimal health as much as they are to be more easily produced.

Recently, experts from several countries were asked to review the possible health advantages of organic food and farming practices when the European Parliament commissioned Harvard T.H. Chan School of Public Health to prepare a report outlining possible benefits. Researchers used in vitro and animal studies, epidemiological studies and food crop analyses to determine that the most pressing concern regarding conventionally grown food is the use of pesticides, which are still detectable even after being washed. The term "pesticide" encompasses insecticides, fungicides, herbicides and rodenticides. In comparison, organic foods are generally pesticide-free.



While authorities in both the European Union (EU) and the U.S. are adamant that the pesticides on produce, as well as the amounts used, are perfectly safe, the limits were based on animal studies, and scrutinized one pesticide at a time rather than cumulative

amounts of several types. One reason that's a problem, the report asserted, is because: *"The human brain is so much more complex than the rat brain, and our brain development is much more vulnerable because there are so many processes that have to happen at the right time and in the right sequence — you can't go back and do them over."* The subsequent report also

dren's grey matter While some scientists say evidence on the negative impacts of pesticides on the developing brain is incomplete, the report made one thing clear: pregnant or breastfeeding women or those planning to become pregnant, "may wish to eat organic foods as a precautionary measure because of the significant and possibly irreversible consequences for children's health."

### *Celebrate Earth Day without pesticides—and Join us Sat/Sun, April 22-23 for our Earth Day Super Sale.*

highlighted the dangers of antibiotics usage in farm animals, concluding: *"The prevalent use of antibiotics in conventional animal production is a key driver of antibiotic resistance. The prevention of animal disease and more restrictive use of antibiotics, as practiced in organic production, could minimize this risk, with potentially considerable benefits for public health."*

The upshot of three long-term U.S.-based birth cohort studies was that pesticides are wreaking irreversible havoc on children's brains. Urine samples revealed that women's exposure to pesticides during pregnancy can be linked to lower IQ, neurobehavioral development problems and attention deficit hyperactivity disorder (ADHD) in their children. Magnetic resonance imaging also showed altered brain structure. In fact, the higher their mothers' exposure to organophosphates, a common pesticide first developed as nerve gas during World War II, the thinner their chil-

That's not all the report revealed. There's the "overly prevalent" use of antibiotics in farm animals to consider, as this practice contributes to the development of antibiotic resistance in bacteria. One reason this is such a threat to public health is because this resistance can spread from animals to humans. On organic farms, antibiotic use is restricted. Animals are given more space to roam in natural conditions, hence the emphasis on "pasturing" animals to lower infection risks, prevent disease and minimize antibiotic resistance

Something many people don't consider is that farmworkers who apply the farm chemicals, as well as those who harvest the crops, are at high risk for pesticide exposure. It seeps into their clothing, and they carry it home to their families. Populations living in areas where pesticides are frequently used for agriculture are also at risk. Pregnant farm workers unknowingly expose their

Continued on page 3

### What's Inside This Issue

- 2017 Organic Produce CSA
- Healthy Savings!
- Grow It Organic! continued
- April Monthly Coupon

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# Homer Organic Family Farms

## 2017 Produce CSA



### 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 31st, continues throughout the summer, and ends October 12th (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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## Grow It Organic!

unborn babies, and in one study, male pesticide applicators in close proximity to a pesticide spill or related accident are more likely to undergo altered DNA associated with a higher prostate cancer risk. *BeyondPesticides* contends that

tionally grown food may expose them to a number of harmful synthetic chemicals, antibiotics and hormones. However, there's not significant data on the true impact that these chemicals, by themselves or in combination, have on

percent higher levels of anthocyanins. Additionally, organic fruit and vegetable consumption may up your antioxidant intake by 20 percent to 40 percent. Organic strawberries, for instance, have more nutrients and antioxidants than conventionally grown, and organic tomatoes contain 50 percent more vitamin C and had a 139 percent higher total phenolic content in comparison.

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### ***“Pregnant women may wish to eat organic foods as a precautionary measure ....”***

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because organic farming methods don't rely on toxic pesticides, the real hazard to the health of these workers, their families and communities is eliminated. According to Organic.org: *“Simply stated, organic produce and other ingredients are grown without the use of pesticides, synthetic fertilizers, sewage sludge, genetically modified organisms or ionizing radiation. Animals that produce meat, poultry, eggs and dairy products do not take antibiotics or growth hormones.”*

The U.S. Department of Agriculture (USDA) states that organic farming emphasizes the use of renewable resources and conserving soil and water in food production. Produce can't be labeled “organic” until a government-approved certifier ensures farmers are following USDA organic standards. Companies handling or processing organic food must also be certified before they're shipped. As a caveat, it's important to know that some organic farms sometimes do use natural pesticides to get rid of or at least limit weeds or bugs, but it's the origin of the product that makes the difference. Using caution with any material on crops is advisable, because even pesticides given the organic label may be harmful to humans and the environment.

If you want to know which conventionally grown fruits and vegetables carry the greatest toxic load in terms of pesticides, the Environmental Working Group (EWG) provides a list of the worst offenders, called the “Dirty Dozen.” These are among the most important foods to buy organic. Here's the latest: peaches, nectarines, strawberries, grapes, apples, cherries, spinach, bell peppers, tomatoes, cherry tomatoes, celery and cucumbers.

Since the early 1990s, people in the U.S. and other parts of the world have begun appreciating the concept of organic farming. In fact, most people are aware on some level that eating conven-

tionally grown food may expose them to a number of harmful synthetic chemicals, antibiotics and hormones. However, there's not significant data on the true impact that these chemicals, by themselves or in combination, have on human health, especially low exposures over long periods of time. Scientists agree more testing is in order, but toxin detection from mere handling has given organic food production methods more credence. While most agricultural experts have approached the idea of organic farming with skepticism because they believe conventional methods produce greater yields, research has shown that production from organic farming methods may be comparable when it comes to bottom line yield and profit. Harvard Chan School of Public Health, Center for Health and the Global Environment asserts: *“As more and more studies are demonstrating, organic, and various integrated and mixed farming systems, are capable of producing yields that approach, or even exceed, those of conventionally-managed systems, particularly during times of drought. And they can do so over large scales and with greater energy efficiency.”*

In fact, organic farming is increasing rapidly in many industrialized countries because consumers are becoming more aware of potential dangers associated with conventional methods and realizing there are options; there are foods available that aren't loaded with poison pesticides. Some people feel that eating organic is too expensive, but when you look at the long-term cost of choosing foods with residues of potentially harmful pesticides to eat and feed to your family, the sometimes higher price tag is worth it.

In 2014, a British study found that organically grown foods contain “significantly” higher antioxidants than the conventionally grown variety. The Organic Center, a non-profit research and education organization, compared conventional vs. organic and found that organic foods have: 19 percent more phenolic acids; 26 percent higher levels of flavones; 69 percent more flavanones; 50 percent higher levels of flavonols; 28 percent higher levels of stilbenes, and 51

### **Michigan Grass-fed Beef: *Humanely-raised on Michigan family farms!***



### **Porterhouse & T-Bone Steaks only \$13.99/lb**

Far from being bland, unappealing or otherwise peculiar, organic produce imparts a number of benefits you may never have thought of: organic food is fresher, more filling and free of additives that could keep nutrients from being absorbed by your body; organic food tastes better because it's real; conventional growing methods often produce tough, mealy and/or tasteless fruits and vegetables, compared to organic;

Processed or “treated” foods, from apples to chicken to bread, can be cross-bred within an inch of their life, injected with hormones and preservatives, genetically engineered or subject to other processes and ingredients that are harmful to consumers. Having undergone no harmful treatments or additives, organic foods are naturally resistant to bacteria and decay. If organic food where you live is simply unattainable, one way to minimize potential ill effects from eating heavily sprayed produce is to peel fruits and vegetables whenever possible. Unfortunately, this may mean sacrificing some nutrition, since oftentimes the peel contains the most valuable nutrients.

Reference: Harvard Chan School of Public Health Feb. 12, 2017. European Parliamentary Research Service December 2016. Organic.org 2017. EWG 2016. British Journal of Nutrition Sept. 2014.

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## \$2 OFF

your next purchase  
of **\$15 or more** at  
**Arbor Farms Market.**

Limit one coupon per visit. No cash value.  
Valid through 4/30/2017

## April Specials

Effective April 10 through April 30, 2016



*Subscribe today!*



**Organic Produce CSA**  
*Homer Organic Family Farms*

**Subscription and payment  
option info at Service Counter**

*General information for 2017 season is on page 2,  
or visit [www.arborfarms.com](http://www.arborfarms.com)*

**Benefits of  
Community Supported Agriculture**

*Ultra-Fresh Organic Produce- the best of the best!  
Saves time and money.*

*You really know where your food is coming from.  
Supports local economy and local agriculture.*

*Learn about new foods and seasonality.*

Organic Strawberries, 1-lb. pkg.....	\$3.99
Organic Asparagus.....	\$4.99/lb
Beeler's Spiral Hams, bone-in, uncured.....	\$5.99/lb
Michigan Leg of Lamb, bone-in, Lamb Farm.....	\$8.99/lb
Miller Amish Roasting Chickens, whole.....	\$1.89/lb
Fjord Sea Trout Fillets, farm-raised, Norway....	\$15.99/lb
Michigan Grass-fed T-Bone Steaks & Porterhs	\$13.99/lb
Organic Valley Grass-fed Milk, assorted 64 oz.....	\$3.99
Napa Valley Organic Olive Oil Extra Virgin, 25z..	\$11.99
Clif Builder Bars, assorted 2.4 oz.....	3/\$5
7th Generation Bath Tissue, 12-roll pkg.....	\$7.99
Boiron Sabadil Allergy Relief, 60-tabs.....	\$9.99
Kiss My Face Hair Care, entire line.....	20% OFF
Alba Botanica Sun Care, entire line.....	20% OFF
Acure Organics Skin Care, entire line.....	20% OFF
Natural Calm Magnesium, entire line.....	20% OFF
Bio-Allers Allergy Relief, entire line.....	20% OFF
Solaray Vitamins & Herbs, entire line.....	20% OFF

**Arbor Farms Brand Vitamins and Herbs..... 20% OFF entire line!**