

The Foundation of Sustainable Living (FOSL) is a non-profit educational foundation working to create new institutional forms that provide access to land based on social and ecological objectives rather than market forces. Articles in this newsletter are the opinions of the authors and do not necessarily reflect the philosophy of FOSL.

To be educated, one must consider all sides of an issue. FOSL will publish diverse points of view. However, FOSL will not publish opinions we judge as hateful or advocating consumerism, overpopulation, religion, environmental destruction, violence, injustice, prejudice or patriarchy. Please send article submissions (850 words or less) to elained@mcn.org by the 20th of each month.



Bicycle parking was provided at the Noyo Food Forest's Learning Garden at Fort Bragg High School on Earth Day. Noyo Food Forest reported a 75 percent increase of bicycles parked in 2012 over 2011.— photo by Ed Oberweiser

Eating berries may slow brain decline

From <http://dawn.com/2012/04/27/eating-berries-may-slow-brains-decline-study/>

Women who eat plenty of blueberries and strawberries experience slower mental decline with age than women who consume fewer of the flavonoid-rich fruits, a U.S. study said.

Sixteen thousand women were surveyed on their health habits from 1976 through 2001. They filled out regular questionnaires. The findings showed that those who ate the most berries delayed cognitive decline by up to two and a half years.

Every two years from 1995 to 2001, researchers measured mental function in subjects older than age 70, according to the study published in the *Annals of Neurology*.

"We provide the first epidemiologic evidence that berries may slow progression of cognitive decline in

elderly women," said Elizabeth Devore, a doctor with Brigham and Women's Hospital and Harvard Medical School in Boston, Massachusetts.

"Our findings have significant public health implications as increasing berry intake is a fairly simple dietary modification to test cognition protection in older adults."

Devore said the findings are of particular importance to the aging population, which is increasing. The number of Americans aged 65 and older grew 15 percent from 2000 to 2010, according to the U.S. Census.

Robert Graham, an internist at New York's Lenox Hill Hospital who was not involved with the study, said eating more berries is a good idea for people of any age.

"Large epidemiological studies, such as this one, add to the basic science research that the antioxidant and anti-inflammatory properties of berries have

a beneficial role in age-related cognitive decline," said Graham.

"I would advise all my patients, at any age, to eat more berries. Berries are an easy, nutritious and delicious way to preserve brain function."

Flavonoids are antioxidants that are found in berries, apples, citrus fruits, tea, red wine and onions. Previous research has shown they may reduce the risk of heart disease and cancer.

"The current study demonstrates that women who consumed the most flavonoids, especially berries, had a slower cognitive decline over time than women with lower intakes," said Nancy Copperman, director of public health initiatives at North Shore-Long Island Jewish Health System in New York.

"Increasing our intakes of fruits and vegetables is one of the best ways to live a healthy life."

Save the Earth – eat less meat!

By Piper Hoffman

This year, **Care2.com** decided to expand Earth Day into Earth Month, since there is so much to explore when it comes to the environment.

Every day in April, we'll have a post about some of the most important topics for the environment, exploring and explaining the basics. It's a great tool to help you get started with helping the environment or to help explain it to others. See the whole series here – <http://www.care2.com/earth-day>.

What if you could make one immediate change in your life that would significantly decrease global warming and other damage to the environment? Great news! You can. Stop eating meat!

Perhaps the best thing you can do to save the environment is eat a plant-based diet, according to the United Nations, Sierra Club, Worldwatch Institute, Al Gore's Live Earth and many others. Even replacing just some of the meat you eat with grains, vegetables, legumes, fruit, and other plant-based foods can make a big difference.

Just changing the source of your meat won't do much. A recent *New York Times* op-ed by James E. McWilliams explained that there is no such thing as ecologically sustainable meat. No matter if the meat is local, organic or free-range. Raising animals to eat takes a surprisingly large toll on the environment.

Meat production may be the most important reason for global warming. It results almost entirely from a combination of carbon dioxide, methane and nitrous oxide. Raising animals for food is a major source of carbon dioxide and the single largest source of the other two gases. It comprises 37 percent of

methane and 65 percent of nitrous oxide emissions, as Kathy Freston reports in *The Huffington Post*.

The United Nations has concluded that eating a vegan diet "is vital to save the world from the worst impacts of climate change," according to *The Guardian*. The livestock industry is largely responsible for deforestation, which obliterates ecosystems that would otherwise absorb carbon dioxide. Freston said, "Animal agriculture takes up an incredible 70 percent of all agricultural land and 30 percent of the total land surface of the planet.

"As a result, farmed animals are probably the biggest cause of slashing and burning the world's forests. Today, 70 percent of former Amazon rainforest is used for pastureland, and feed crops cover

much of the remainder."

Clearing all this land for pasture and feed crops also shrinks or eliminates the habitats for countless species of wildlife.

Just cutting back on your meat consumption has an impact. Al Gore's Live Earth organization found that if everyone went vegetar-

ian just for one day, the U.S. would save 100 billion gallons of water. This would be enough to supply all the homes in New England for almost four months. It would also save 70 million gallons of gas, enough to fuel all the cars of Canada and Mexico combined with plenty to spare. Joining the "Meatless Monday" movement, which encourages people to eat no meat for one day every week, could go a long way.

Driving a Prius doesn't even approach the impact of eating less meat. According to the Environmental Defense Fund, "if every American skipped one meal of chicken per week and substituted vegetarian foods instead, the carbon dioxide savings would be the same as taking more than half a million cars off of U.S. roads."

A University of Chicago study confirms that in terms of fossil fuel consumption, there is a huge difference between dietary and personal transportation choices.

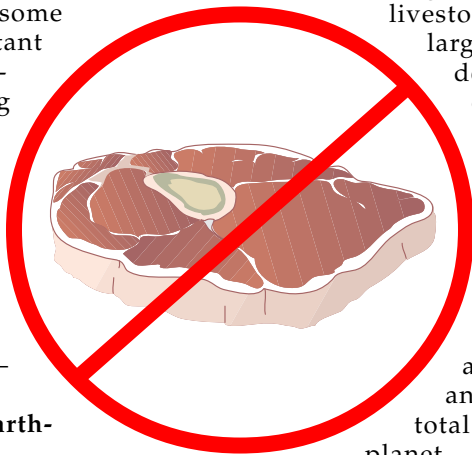
What is on your plate matters much more than what is in your garage.

Climate change isn't the only ill that the meat industry generates. Freston said, "raising animals for food is a primary cause of land degradation, air pollution, water shortage, water pollution (including the ammonia that causes acid rain) and loss of biodiversity."

According to the U.N.'s report, the livestock industry alone is one of the top two or three most significant contributors to the most serious environmental problems, at every scale from local to global.

We don't need to eat all this meat. We'd actually be healthier without it. Meat consumption plays a role in causing our three biggest killers – heart disease, cancer and stroke. To help protect the environment and your health, visit <http://www.pcrm.org/health/diets/vsk/vegetarian-starter-kit>.

Here you will find the Physicians Committee for Responsible Medicine's free Vegetarian Starter Kit. The earth will thank you.



Reductionist orthodox science meets permaculture principles

By Nicollas Mauro
From the Permaculture Research Institute of Australia

“Design science is at the root of any definition of permaculture, or put simply, permaculture is design science.”
– Bill Mollison

Permaculture is a design, holistic and integrative science. However, mainstream, academic science is reductionist – that is, to understand how things work, scientists break down a system and study the tiny parts.

Nevertheless, permaculture can benefit from reductionist science to find relevant knowledge and new design ideas. Above all, it can gain some academic arguments to demonstrate the validity and legitimacy of its principles and techniques.

This is an article which shows some of the links I’ve found between scientific articles published in national and international journals, while searching facts and numbers to help me design my property. During the process, some ideas just popped up, so I included them to make the article a “live performance” of the usefulness of sometimes lurking in the scientific jungle .

My property is two acres in a temperate climate. The most important characteristic is that it has quite a steep slope oriented toward the sun. A couple of goats have eroded parts of the land in the past. Some of the land is flat, fertile and in front of the house. We’ve found the Zone 1 garden plot! Characteristics of the rest of the land make it a good candidate for reforestation. I plan to create a food forest on it, with its complimentary animals (us and poultry).

Permaculture is a search for harmony in the process of positioning living or inanimate things. This is done in such a way that they can meet their natural needs and perform their natural behavior. The efficiency of the system is met by using these behaviors and any output in an integrated way.

A good way to know the requirements of a species, like a chicken for example, is to check how their wild counterparts live. A paper from K. C. Klasing studies the food consumed by red jungle fowl.

Wild food jungle fowl eat includes fruits and berries from trees and herbaceous shrubs, seeds from a variety of plants (especially bamboo seeds when available), nuts, young shoots of bamboo and other grasses, leaves, petals and tubers.

When near villages and agriculture, they eat readily available rice, millet and vetches. However, they don’t especially seek out these foods. Foods of animal origin frequently consumed include: termites and their eggs and

pupae, winged ants and their eggs and pupae, earthworms, roaches, grasshoppers, spiders, moths and their caterpillars, beetles and their grubs, small crabs, snails, centipedes, and lizards. Invertebrates are obtained by scratching at leaf litter in the forest. Insect communities in elephant droppings may be an important food source in many locations.

The permaculture approach of a food, fodder forest for poultry based on perennials is confirmed. The mainstream approach of feeding chickens with annual grains is somewhat dismissed.



How does one grow a food forest? The permaculture way to do this is to interplant fruit and/or nut trees with pioneer trees, as seen in nature. I like this because a lot of pioneer trees are wind resistant, produce food for chickens, stabilize steep or eroded slopes, are not destroyed by deer and add fertility.

For example, Seabuckthorn helps to infiltrate rain water. After feeding chickens seabuckthorn, their rate of laying eggs and the

number of eggs increased 10.3 percent and 28.1 percent for two-year-old hens.

The weight of chickens increased 5.74 percent and that of hens 7.81 percent after feeding them leaves and fruit residues after 56 days. It reduced the decrease of meat flavor during regular temperature and heat stress. The fruits are packed with proteins and vitamins and are edible.

Autumn Olive is often used as a nurse crop. Walnuts interplanted with autumn olives show that the nitrogen-fixing shrubs increase the growth of black walnuts by 85 percent after nine years. This increases the of nitrogen, phosphorus, potassium, calcium and magnesium in their leaves. Autumn olive fruits are also edible and are eaten by chickens (though no scientists bothered to study this aspect).

Potential other pioneer species include pea shrubs and black locust. Black walnuts, helped by autumn olives, are also edible for humans and poultry (once cracked). The pioneer species also benefit from poultry manure when young.

Mulberries are fruits rich in proteins and essential amino acids with high protein leaves that can be included in chicken pellets during a long bearing season. They can be self harvested by poultry. One can see the potential of a food and forest garden for humans and poultry, as expressed by Mollison and Holmgren in their books on permaculture!

What about growing bamboo near your poultry house, where the nitrogen tends to accumulate so it can furnish cover, wind protection, young shoots and seeds?

See Permaculture page 4

Using solar power could save the Greek economy

By Gina-Marie Cheeseman

Greece needs to boost its economy. Back in February, Greece caved in to pressure from the European Union (EU) to cut 15,000 public sector jobs by the end of this year. However, there is another way out of Greece's economic woes – increasing renewable energy, namely solar.

Greek Prime Minister Lucas Papademos spoke about the Greek government's plans to produce 100 percent green electricity by 2050. Papademos said green energy investment is a national priority to boost the economy.

Greece wants to become the EU's largest green energy exporter through Project Helios. The plans include increasing Greek solar power production from 206 megawatts in 2010 to 2.2 gigawatts (GW) by 2020, and up to 10 GW by 2050.

The government hopes the plans will attract up to 20 billion euros (\$27 billion) of investment. Although Project Helios would be expensive to implement, it would reduce Greece's carbon emissions by 80 percent by 2050 and would create jobs.

"In the last few years talk has centered on Greece's fiscal discipline," Papademos said. "No other Organization for Economic Cooperation and Development (OCED) country has reduced its deficit by so much so quickly. But fiscal harmonization isn't enough for development. The energy sector gives Greece an opportunity to become a hub for the European

Union and third countries."

"The Helios project represents viable development and it will enable Greece to become the largest exporter in the EU of clean energy," Papademos added.

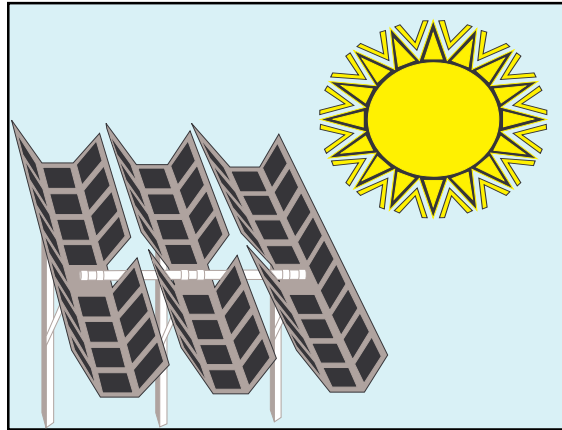
Gunther Oettinger, EU Commissioner for Energy, praised Project Helios. "The proposal of Greece to develop the Helios project together with other member states and the European Commission has the potential to be truly groundbreaking," he said.

"Greece now has to demonstrate that it is possible to exploit the many hours of sunshine that it enjoys and to translate that into an economic benefit for Greece and those European regions that are not quite as sunny," he added.

"Helios is also a unique opportunity to demonstrate that renewable energy technologies like photovoltaics are becoming

competitive in the near future through European cooperation. It could be the showcase project on the way to a truly integrated European market for electricity from renewable sources, while simultaneously helping the Greek economy to recover."

Greece becoming a major exporter of solar power would definitely be a boost for the global renewable energy sector and would prove that the green economy is truly the way forward. Hopefully, Greece can actually make good on its plans.



Permaculture from page 3

Maybe chickens could provide a natural way to control bamboo expansion. Regarding seeds, bamboo doesn't make them often (some species take 120 years!). Luckily for us, Daniel H. Janzen asked himself why bamboo waits so long to flower. He wrote an article in which he listed several species of bamboo with the number of years between flowering. This might be helpful for designing fodder systems based on bamboo seeds for poultry. Ok, I'm just musing, but I included it to show how scientific articles can expand creativity during the design process.

Forest gardens not only provide food and cover from birds of prey. This allows poultry to range more often and farther, as a study showed. They could safely leave the coops to forage.

Despite being the most distant habitat, trees and bushes were consistently chosen over short grass. Open short grass was the least preferred habitat despite being nearer.

Chickens also benefit trees. A comprehensive study made about the interactions between chickens and mulberry showed that chickens in a mulberry plot killed 90 percent of weeds in seven months. Domestic fowl were

also good at pest control, including a pest of mulberry.

We've seen some good trees for nuts and fruits. However, as we've seen earlier, wild chickens consume a lot of insects in the wild. A number of scientific papers show links between poultry and insects.

A promising insect is the larvae of black soldier fly. They can consume poultry manure and reduce it by half. Five hundred grams of flies per year could be raised from the manure of one laying hen. Black soldier fly larvae have 42 percent crude protein on a dry weight basis. This makes it a good food for poultry and it could replace soybean or fish meal.

We've just seen a few examples of knowledge and connections that can be studied and learned in a permaculture system. Permaculture is science. Science, even when it is very fragmented, can be woven into a more complex pattern. It's also the work of permaculturists to tap into this useful and overlooked resource (academic mainstream science).

Editor's note: this is a shortened version. To see the entire article, readers can go to <http://permaculture.org.au/author/Nicollas%20Mauro>

Monsanto threatens to sue Vermont over genetically modified organism labeling

By Will Allen and Ronnie Cummins
From <http://www.alternet.org/AlterNet/>

The world's most hated corporation is at it again, this time in Vermont. Elected officials are abandoning the public interest and public will in the face of corporate intimidation.

Despite overwhelming support from the public and a clear majority of Vermont's Agriculture Committee, Vermont legislators are dragging their feet on a proposed genetically modified organism labeling bill. Why? Because Monsanto has threatened to sue the state if the bill passes.

The popular legislative bill requiring mandatory labels on genetically engineered food (H-722) is languishing in the Vermont House Agriculture Committee, with only four weeks left until the legislature adjourns for the year. Vermont legislators are holding up the labeling bill and refusing to take a vote despite thousands of emails and calls from constituents who overwhelmingly support mandatory labeling. They refuse to act despite the fact that a majority (6 to 5) of Agriculture Committee members support passage of the measure. Instead, they called for more public hearings on April 12, in the apparent hope that they can run out the clock until the legislative session ends in early May.

What happened to the formerly staunch legislative champions of Vermont's "right to know" bill? They lost their nerve and abandoned their principles after Monsanto recently threatened a public official that the biotech giant would sue Vermont if they dared to pass the bill.

In Vermont all of Monsanto's fear mongering and intimidation tactics were blatantly on display in the House Agriculture Committee hearings March 15-16. During the hearings the Vermont legislature was deluged with calls, letters, and e-mails urging passage of a genetically modified organism (GMO) labeling bill - more than on any other bill since the fight over Civil Unions in 1999-2000.

The legislature heard from pro-labeling witnesses such as Dr. Michael Harness, an expert on genetic engineering from the Consumers Union, who shredded industry claims that GMOs are safe and that consumers don't need to know if their food is contaminated with them.

Several legislators have rather unconvincingly argued that the Vermont public has a "low appetite" for any bills, even very popular bills like this one, that might end up in court. Others expressed concern about Vermont being the first state to pass a mandatory GMO labeling bill and then having to "go it alone" against Monsanto in court.

Monsanto has used lawsuits or threats of lawsuits for 20 years to force unlabeled genetically engineered foods on the public. Monsanto also intimidated farmers into buying

their genetically engineered seeds and hormones.

In 1994 Vermont became the first state in the nation to require mandatory labels on milk and dairy products derived from cows injected with the controversial genetically engineered Bovine Growth Hormone.

Monsanto's minions sued in Federal Court and won on a judge's decision that dairy corporations have the first amendment "right to remain silent" on whether or not they are injecting their cows with rBGH. This growth hormone has been linked to severe health damage in cows and increased cancer risk for humans. It's banned in much of the industrialized world, including Europe and Canada.

Monsanto wields tremendous influence in Washington, DC and most state capitals.

The company's stranglehold over politicians and regulatory officials is what has prompted activists in California to bypass the legislature. They collected 850,000 signatures to place a citizens' Initiative on the ballot in November 2012.

The 2012 California Right to Know Act would force mandatory labeling of GMOs and ban the routine practice of labeling GMO-tainted food as "natural."

Editor's update: The Vermont Agriculture Committee has passed H.722, the mandatory GMO labeling bill, but it's not over yet. Here's the catch:

Section 4 of the bill states that in order to allow food producers time to properly label products and avoid disruption in supply chains, this act shall only take effect 365 days after California and two of the following states have enacted substantially comparable requirements for the labeling of food produced from genetic engineering. These states include Connecticut, Maine, Massachusetts, New Hampshire, New Jersey, New York, Pennsylvania, and Rhode Island.

"Monsanto has used lawsuits or threats of lawsuits for 20 years to force unlabeled genetically engineered foods on the public. Monsanto also intimidated farmers into buying their genetically engineered seeds and hormones."

Quote of the Month

"Who are the oppressors? The few: the king, the capitalist and a handful of other overseers and superintendents.

Who are the oppressed? The many: the nations of the earth; the valuable personages; the workers; they that make the bread that the soft-handed and idle eat."

– Mark Twain

The battle over farmers' rights against Monsanto continues to brew

From Organic Seed Growers and Trade Association(OSGATA)

<http://www.osgata.org/farmers-determined-to-defend-right-to-grow-food-file-appeal-in-osgata-vs-monsanto>

Little did Willie Nelson know when he recorded "Crazy" years ago just how crazy it would become for our cherished family farmers in America. Nelson, President of Farm Aid, has called for the national Occupy move-

District Court in Manhattan, family farmers filed their Notice of Appeal to Judge Naomi Buchwald's February 24 ruling dismissing Organic Seed Growers and Trade Association et al v. Monsanto.

The United States Court of Appeals for the Federal Circuit will hear the farmers' appeal, seeking to reinstate the case, which has received worldwide attention.

The farmers are determined to move forward with their lawsuit

given thirty days in which to file their Notice of Appeal.

"Farmers are under threat. Our right to farm the way we choose, and to grow pure, organic seed and healthy food on our farms for our families and for our customers is under assault," said Maine organic seed farmer Jim Gerritsen, President of lead Appellant OSGATA. "We are honor-bound to challenge an erroneous ruling which denies family farmers the protection the law says we deserve. We're not asking for one penny from Monsanto. Ultimately, our fight is for justice and is waged to defend the right of the people to have access to good and safe food."

The Plaintiff/Appellant group is comprised of individual family farmers, small and family-owned seed companies and agricultural organizations. They are all organic or committed to farming without using genetically engineered seeds and have no desire to ever farm with Monsanto's patented GMO technology.

However, they are fearful that Monsanto seed will trespass onto their farms and that the resulting contamination of their crops will be viewed by Monsanto as illegal "possession" resulting in patent infringement allegations. Monsanto's harassment of family farmers is well known in farm country. The biotech seed and chemical giant has one of the most aggressive patent assertion agendas in U.S. history.

Between 1997 and 2010, Monsanto admits to filing 144 lawsuits against America's family farmers, while settling another 700 cases out of court for undisclosed amounts and imposing gag orders on farmers. The farmers' fears were heightened when Monsanto refused to provide a legally binding covenant not to sue, signaling Monsanto's intention to maintain their option to sue innocent family farmers in the future.



ment to declare an "Occupy the Food System" action.

Nelson said, "Corporate control of our food system has led to the loss of millions of family farmers, destruction of our soil . . ."

Hundreds of citizens, including New York City chefs, joined Occupy the Food System. Groups such as Food Democracy Now gathered outside the Federal Courts in Manhattan on January 31, 2011. They supported organic family farmers in their landmark lawsuit against big agribusiness giant Monsanto – Organic Seed Growers & Trade Association v. Monsanto.

Oral arguments by 83 plaintiffs representing more than 300,000 organic farmers, organic seed growers and organic seed businesses were heard that day concerning the lawsuit.

Judge Naomi Buchwald heard the oral arguments on Monsanto's Motion to Dismiss.

The lawsuit addressed the bizarre and shocking issue of Monsanto harassing and threatening organic farmers with lawsuits of "patent infringement." Monsanto sues any organic farmer who ends up with any trace amount of genetically modified (GM) seeds on their organic farmland even though it's Monsanto's fault. Pollen from Monsanto's GM crops has contaminated other farmers' organic fields. On February 24 Judge Naomi Buchwald dismissed the farmers' lawsuit.

On March 28, 2012 in Federal

challenging Monsanto's patents on genetically engineered seed technologies. They are doing this to continue their pursuit of Declaratory Judgment Act court protection from Monsanto's claims of patent infringement should their crops become contaminated by Monsanto's seed.

"Farmers have the right to

protect themselves from being falsely accused of patent infringement by Monsanto before they are contaminated by Monsanto's transgenic seed," said Dan Ravicher, Executive Director of the Public Patent Foundation (PUBPAT).

This not-for-profit legal services organization, based at Benjamin N. Cardozo School of Law, represents the plaintiffs. "Judge Buchwald erred by denying plaintiffs that right and they have now initiated the process of having her decision reversed," Ravicher said.

The original complaint in OSGATA et al v. Monsanto was filed on March 29, 2011. In July, Monsanto filed a motion to dismiss. PUBPAT then filed a rebuttal brief on August 11, 2011. Judge Buchwald called for oral argument on the motion to dismiss, which was held in Manhattan on January 31, 2012.

The judge's dismissal ruling was issued February 24 and plaintiffs were



You can grow your own sprouts

By Michelle Schoffro Cook
From care2.com

There are many health and environmental reasons to grow your own sprouts. Check out my article (<http://www.care2.com/greenliving/10-reasons-to-eat-sprouts.html>).

While you can purchase them at your local grocery or health food store, it's so easy to grow them at home. Growing your own sprouts is a great way to have a

supply of gourmet varieties. It will ensure access to high quality fresh foods year round if you live in a colder climate. You may simply become more aware of the food you are eating.

I prefer the jar method. This involves using a wide-mouth mason jar and either sprout lids from a health food store or cheesecloth and a rubber band.

You'll only need a few basic supplies to get started sprouting. They include organic sprouting seeds, nuts, legumes, or grains (such as mung beans, alfalfa seeds, clover seeds, broccoli seeds, and garbanzo beans). *Avoid sprouting kidney beans. They are poisonous if eaten raw or sprouted.* Make sure the seeds you choose are from a reputable supplier that can guarantee they haven't been heated during processing. Heating prevents them from sprouting.

You'll need large wide mouth mason jars and sprouting lids for jars. Rubber bands can be placed over the top of the jars if you prefer. Now you're ready to get sprouting.

For hygiene's sake, wash your hands before handling seeds. Use seeds, grains, nuts, or legumes. For simplicity, I'll refer to any of these items as seeds throughout the instructions.

Remove any broken or discolored seeds, stones, twigs, or hulls that may have found their way into your sprouting seeds.

Place one type of seed in the jar. Use about a teaspoon of seeds or one-third cup of beans. Remember, they will grow in size during the soaking and sprouting process.

Cover the seeds with pure water. If you are using a few tablespoons of seeds, cover with at least one cup of water. If you are using beans, nuts, or grains, use at least three times the water as the amount of seed. In other words, one cup of water for one-third cup of mung beans, for example.



Allow the seeds to soak for about six to 12 hours. I find it easiest to start them before going to bed. They absorb the water while I'm sleeping and are ready to start sprouting in the morning.

Cover the jar with the sprouting lids or cheesecloth. If you're using cheesecloth, secure it over the top of the jar with a rubber band. Drain off the water.

Rinse thoroughly with fresh water and drain off the water again.

Set it upside down in a clean, cool spot in your kitchen area, preferably on a slight angle to allow excess water to drain off. Alternatively, use a stainless steel dish drying rack which gives the sprout jars the perfect angle for draining.

Rinse the sprouts a few times a day. Be sure to drain them well each time.

The amount of time for harvesting sprouts differs for each variety. Alfalfa or mung bean sprouts are ready in about a week. Place them in a large bowl of cool water and stir them around to loosen hulls and skins from the seeds (this is an optional step). They'll usually come to the top so you can remove them. Don't worry about removing every hull. Doing so helps prevent spoilage so the sprouts will last longer. Drain sprouts well and store in the refrigerator covered for a week to 10 days, depending on the sprout type.

To increase the mineral content of your sprouts, add a piece of kelp or other type of seaweed to the water while the seeds are soaking.

Millions vs Monsanto from page 6

"America's farmers deserve to be protected under the law from the unwanted genetic contamination of their crops by Monsanto's flawed genetically engineered seed technology," said David Murphy, founder and Executive Director of Food Democracy Now! They are an Iowa-based national advocacy organization of more than 300,000 members.

"These farmers have no desire to use Monsanto's GMO seeds, yet they are forced into the untenable position of

losing their right to farm in the manner in which they choose, face legal intimidation and the loss of economic livelihood, all because America's legal system has failed to adequately protect them from the real threat of genetic trespass that is inherent as a result of Monsanto's patented GMO seeds and the natural biological functions of cross pollination from wind, insects or animals," said Murphy.

FOSL's goals and philosophy

FOSL's goals are to preserve and repair the Living World, provide humanity's needs while living within the Earth's annual bounty and doing so without compromising the ability of future generations to meet their own needs. FOSL believes in treating others as one would like to be treated. FOSL's philosophy and goals are rooted in Permaculture, the only viable method that insures the survival of both humanity and the Natural World.

Permaculture is intentional design based on service to a sustainable environment and a just social system. Permaculture is living within Earth's biological limits using life long observation to emulate and increase the diversity, stability and resilience of ecosystems. Permaculture utilizes practical designs and systems for providing food, energy, shelter and medicine in a sustainable way. Permaculture emphasizes water conservation, local production and regional self-reliance. All that we are and do must be as stewards for the future.

We need to learn, teach, preserve and spread the knowledge necessary for living sustainably and healing the Earth. We have a fundamental duty to the Earth and all its life which cannot be superseded by human-made laws. Environmental destruction and war can destroy culture and all life on Earth.

We must create a sustainable social lifestyle that includes designing cultures, education and systems that express a community's greatest creativity and potential peacefully, while evolving future social consciousness. A sustainable lifestyle adapts to local conditions. Close-knit social networks support and help individuals and communities. Expanding knowledge extends from the Natural World we live in to our own inner nature. Governments, corporations or a single leader cannot save us. We must be the leaders. Our shared leadership will make us both leaders and supporters in any given situation, aiming for the common good of the whole community.

FOSL's goals on the social side of sustainability are to refine the art of working and living together in collabora-



tive ways. Our personal evolution is to become more self-aware, self-responsible, service-oriented people. We must tend the gardens, educate ourselves and our children while building community. Being more responsible locally for ourselves and our neighbors is the only way our lives can be sustainable. FOSL is council-governed and run as a true democracy. Democracy is a forum, a container whose success depends upon the participation of informed, aware

citizens. True democracy requires dedicated work and deep dialog. All ideas and knowledge must be shared, heard, taught and learned for the best decisions to emerge. Building community and a socially sustainable lifestyle is a developmental process.

The long-term FOSL goal is to help form networks of like-minded communities from Mendocino to Alaska in diverse bioregions. Such communities can support each other by

trading goods, local crops, diverse seed, knowledge, research and life enhancing technologies.

FOSL Mission Statement

- To educate individuals and organizations about sustainable living.
- To build model communities using skills and technologies for sustainable living.
- To inspire individuals and existing communities to be responsible for practicing and supporting sustainable living.
- To network with individuals and communities to become more self-reliant by producing what they use.
- To establish and expand a network for the exchange of knowledge and resources to facilitate and promote sustainable living.
- To hold land in trust and restore biodiversity to assist Nature in providing a sustainable life for all creatures including humanity.

Join FOSL in building a future we choose

Dear Friends of FOSL, The Foundation of Sustainable Living has a vision for the future. We have a lot to learn and old ways to unlearn. We're facing a grand transition from social and economic hierarchy and dominance, to a new social order of partnership with nature and each other.

In partnership with FOSL members, we accomplished a great deal. We purchased a five-acre property in Fort Bragg. Our goal is to create a sustainable community where we can practice life skills. Many have been nearly lost, including growing food and orchards, bee keeping and building our own homes. Please join us.

As we build our community, we're also creating a legacy for future generations. Your participation is fundamental to FOSL's growth. We urge

you to join FOSL and make a monthly or annual donation of as much money (or time) as you can afford. You can donate by mail (891 Prospect Heights, Santa Cruz, CA 95065).

Thank you for deepening your participation and commitment to FOSL's work to sustain ecosystems, social systems and planetary health for now and the future. Visit us at www.thefosl.org

For more information on joining FOSL or about our organization contact Parker at 831-214-8207 (Monterey Bay area). In Mendocino County, contact Ed and Elaine at 707-964-7965.

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