

KLAMATH SUSTAINABLE COMMUNITIES
newsletter

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The Hundredth Monkey

The Japanese monkey, has been observed in the wild for many years. In 1952 on the island of Koshima, scientists were dropping sweet potatoes in the sand for the Monkeys to eat. The monkeys liked them even when covered with grit.

An 18 month old female named Imo discovered she could get rid of the sand by washing the potatoes in a nearby stream. She taught this trick to her mother and playmates who also taught their mothers.

This cultural evolution was gradually picked up by various monkeys before the eyes of the scientists. Between 1952 and 1958, all the young monkeys learned to wash the sand off their potatoes. Only adults who imitated their children learned this behavior.

Then something startling took place. In the autumn of 1958, a certain number of Koshima monkeys were washing potatoes – the exact number is unknown. Let us suppose that one morning there were 99 monkeys on the island who had learned to wash their potatoes. Let's further suppose that later that morning, the hundredth monkey learned to wash potatoes.

THEN IT HAPPENED!

By that evening everyone in the tribe was washing potatoes. The added energy of the 100th monkey somehow created a cultural breakthrough. But, the most surprising thing observed was the habit of washing potatoes spontaneously jumped over the sea, monkeys on other Japanese islands began washing potatoes!

Something similar seems to be taking place in these parts. Sustainability has become a buzz word in Klamath. Sustainability is discussed at City Council meetings. KCEDA is developing an internet based "Green Welcome Wagon" which will provide information on "Green" businesses. OIT has the energy center OREC and will be energy independent soon, when their geothermal power plant comes on line. Roller carts for recycling have doubled the amount collected.

Very encouraging to us at KSC who have been working for sustainability these past fifteen years - - -

ARE YOU THE HUNDREDTH MONKEY OF SUSTAINABILITY IN KLAMATH?

GM Corn = Bad News

Although genetically modified (GM) corn is banned in most of the world, it has been approved as "safe" for human consumption in the U.S. for 12 years and is now likely unknowingly consumed, in one form or another, by more than 90% of Americans on a regular basis. But a recent series of peer-reviewed studies were published in 2008 confirming previous studies indicating potentially severe health and environmental problems associated with the biotech crops. Recent alarming scientific research includes:

1) A new long term study by the Austrian government confirms previous findings that consumption of GM corn, for as little as 20 weeks, can damage the reproductive system, lower fertility rates and increase illness and death rates in offspring. Learn more @

http://www.organicconsumers.org/articles/article_15720.cfm

2) Researchers in Mexico reported in December that some popular varieties of GM corn negatively affect the learning response of bees. Scientists say this may be an indicator of the cause of Colony Collapse Disorder, a recent catastrophic and mysterious die-off of as much as 30% of the world's honey bee population in the past

3) In Italy, scientists published a study that put the biotech industry in a public relations tailspin. In the study, laboratory tests showed a direct connection between consumption of GM corn and a damaged immune system. From OCA *Organic bytes* #157, 01/07/08 Learn more @ http://www.organicconsumers.org/articles/article_16249.cfm

How to Avoid GM Foods

In the U.S., food products that contain genetically modified organisms (GMOs) do not have to be labeled as such. This is a big problem, considering more than 90% of surveyed consumers say they would avoid products with these ingredients but, most packaged foods on grocery store shelves already contain hidden GMOs. Although Obama stated publicly in his campaign that he supports mandatory labeling for genetically engineered foods, OCA believes we will have to keep the pressure on if he is to fulfill this promise. In the meantime, here are some quick tips to help you avoid GMO ingredients and "Frankenfoods."

- 1) Look for products that voluntarily label themselves GMO or GE-free.
- 2) Buy Organic: Products certified as "Organic" are not allowed to contain genetically modified ingredients.
- 3) Avoid non-organic products that contain the most common genetically engineered ingredients: corn (corn syrup, corn meal, corn oil, etc.), fructose, dextrose, glucose, modified food starch, ingredients including the word "soy" (soy flour, soy lecithin, etc.), vegetable oil, vegetable protein, canola oil (also called rapeseed oil), cottonseed oil, and sugar from sugar beets. From OCA *Organic Bytes* # 157, 01/07/09 Learn more @ <http://www.organicconsumers.org/gelink.cfm>

In a new study published recently in the scientific journal *Environmental Health*, mercury was found in nearly 50 percent of tested samples of commercial high fructose corn syrup. The news is disturbing given that this ingredient is present in a large portion of processed American foods. According to David Wallinga, M.D., co-author of the study, "Given how much high fructose corn syrup is consumed by children, it could be a significant additional source of mercury never before considered. We are calling for immediate changes by industry and the FDA to help stop this avoidable mercury contamination of the food supply." A separate study by the Institute for Agriculture and Trade Policy detected mercury in nearly one-third of 55 popular brand-name food and beverage products where high fructose corn syrup is the first or second highest labeled ingredient-including products by Quaker, Hershey's, Kraft and Smucker's. OCA *Organic Bytes* #159 1-28-09. Learn more at: www.organicconsumers.org/articles/article_16627.cfm

The "Great Klamath Tree Plant"

Klamath County will join communities across the state this spring by participating in Great Oregon Tree Plant to celebrate our state's sesquicentennial. At least 150 trees will be planted on public spaces around Klamath Falls this spring.

Anyone interested in sponsoring a sesquicentennial tree or volunteering some time to the project can go to www.klamathreeleague.org for complete information on the program.

Sponsors of the tree plant include: Klamath County, the City of Klamath Falls and the Oregon Department of Forestry.

Vinegar as an Herbicide

Vinegar is touted as a great cleansing agent, cutting through grease and grime in the kitchen, making windows sparkle, and even removing old bumper stickers. Now, you can add one more thing to the 101 or so uses for vinegar. You can use it as an herbicide.

When sprayed on plants, the acetic acid in vinegar damages the plant cells that it contacts, producing a top kill. This can control very young weeds that have just a few leaves. Older weeds, particularly those with strong root systems, are less susceptible to acetic acid, and multiple applications may be needed to stop their growth.

Most of the new vinegar-containing herbicides use about the same strength of vinegar you'd find in your salad dressing. But higher concentrations of acetic acid have more weed-killing power. However, vinegar products containing 20 to 25 percent acetic acid can be very corrosive. At this strength, acetic acid can burn skin and cause permanent eye damage. If you decide to use a vinegar herbicide, read the label carefully and follow these guidelines:

- Study the safety requirements for wearing goggles, gloves, long sleeves, etc.
- Target young weeds. Don't let the weeds get away from you and expect to have good results.
- Spray the weeds thoroughly. It is not good enough to get a little on each weed.
- Make applications on warm, dry days when rain is not forecast.
- Be very careful to not harm valuable plants with drift. Vinegar herbicides don't discriminate between good and bad plants.

From NCAP 10-08, e-newsletter. Learn more about these herbicides at:

www.pesticide.org/pubs/alts/weeds/vinegarinherbicides.html

AAA DriveGreen

AAA is offering their member's carbon offset credits.

For a fee you can drive carbon neutral because of their investments in renewable energy.

Go to <http://www.aaaorid.com/membership/drivegreen/default.asp> for details.

Local Food Network Next LFN Meeting Thursday, April 4; Noon Green Blade Bakery

Topics for discussion:

Farmer's market

Welcome wagon listing of local food producers/options - how to make it happen

Ferguson greenhouse/garden

Klamath Garden moves to OSU Experiment Station

Other?

Two significant LFN related developments have taken place recently:

Rotary First Harvest is moving the Klamath Garden from the OSU Extension to the Experiment Station near the airport. Focus of the Garden will change to producing food for distribution through local agencies such as the Klamath-Lake Counties Food Bank. A three acre garden is in the works. Given the large increase in the size of the garden, many more hands will be needed to help make it happen. For info on how to become involved; contact Sharon Parks at 882-7168, 890-0306 or parkssl@charter.net.

Shannon Hand has been working for some time to place a greenhouse and native plant garden at Ferguson School. Her idea is to have a center to teach about the interconnectedness of man, nature and environment. She sees this as a budding community based undertaking.

Shannon has spent many hours working on this, has written some grant proposals and is planning to build an 850 sq.ft. solar geodesic greenhouse. To get involved in this effort contact her at 281-5165 or shannonk-h@hotmail.com.

Garden Tip

Use grass, leaves, chipped brush and twigs as mulch around trees and plants. Mulch holds moisture so you won't need to water plants as often. It also controls weeds and helps to keep plants from freezing.

Fresh Green Organic Gardens CSA

Klamath's first winter CSA is in full swing, supplying nearly 100 families with fresh organic veggies. Tomatoes, potatoes, summer & winter squash, cucumbers, various greens including primo micro greens and a number of other items are supplied on a weekly basis. This food is **fresh and vital** – after eating these goodies since last fall, I feel a bit more zip in my being!

The CSA currently has openings for a few new subscribers. We get half an order which is \$72 for four weeks. Check their Local Harvest listing: <http://www.localharvest.org/member/M24483> - contact Rick or Karissa at (541) 798-4144 for more information. Dwight

Electronics Recycling in Klamath County

Oregon State law changed the first of the year to require free collection of most electronic items. The following are accepted at all County waste collection facilities. For info on recycling in Klamath County, go to: www.co.klamath.or.us/ComDevelopment/recycle.htm

All FREE recycling has to be complete components, not parted pieces.

Computers:	FREE
Florescent Tubes: Unbroken	\$.25/Foot – Compact FL \$1.00 each
TV:	FREE
Microwave:	\$5.00 ea
Stereo:	FREE
Radio:	FREE
C.B.	FREE
Misc:	To be determined on site.

Not All CFL Bulbs Are Equal

The Environmental Working Group (EWG) studied Compact Fluorescent Lights (CFL) in depth and published a detailed report called "[Lighten Up in '09.](#)" pinpointing a few good bulbs that contain a fraction of the toxic mercury found in most CFL bulbs and last up to 2 to 3 times as long. For detailed information: go to www.ewg.org/greenlightbulbs

Although some CFL bulbs have less mercury and last longer than others, all of them should be recycled, keeping mercury out of our environment.

Klamath Sustainable Communities
Annual Meeting
Wednesday, May 6th; 6:00 to 8:00 PM
Klamath County Museum
Spring & Main Streets – use Spring Street Entrance

The annual meeting will start with an organic, vegetarian dinner catered by Day Water Cafe. RSVP for a meal to Dwight Long, 884-9942 or oh_otter@charter.net. Cost of a meal is \$15.

We want this to be a no waste event. So please bring your own reusable plates, glasses, utensils and such.

The annual meeting is held to elect the KSC Board of Directors for the next year. Nominations will be taken from members. As is typical of organizations such as KSC, there may be a bit of arm twisting to get more folks to serve on the Board.

Toby Freeman, local community representative for Pacific Power will give a talk about their Blue Sky program which is offered to all of its customers. Charges added to your power bill go to support renewable energy development.

Leslie developed the KSC concept more than fifteen years ago and Dwight has been working with her for twelve years. For most of this time, we have been hanging in there, working to put out the message of sustainability – with few people listening.

Things have changed in the last year or so, at long last, the KSC concept has connected with an increasing number of people. Our membership has more than doubled in 2009.

Working together, we have more of an impact drawing others to the mission of KSC. We are looking forward to seeing you at the annual meeting.
