

KLAMATH SUSTAINABLE COMMUNITIES

Winter 2009

Vol. 10, #3

In this issue:

- * [Compost Info at Mountain Valley](#)
- * **Top Five Reasons To Reuse a Bag**
- * **Chemicals Play a Big Role in Breast Cancer**
- * **Organic Farming Can Feed the World**
- * **Know Your Water Footprint?**
- * **Farm-To-School Programs**
- * **OCA Organic Transitions**
- * **Waste Food – Waste Water**
- * **Next KSC Meeting**
- * **KSC Website News**
- * **Reduce Your Carbon Footprint**

Compost Info at Mountain Valley

Klamath Sustainable Communities has placed a backyard compost education site at Mountain Valley Gardens, on Washburn Way, just south of the railroad overpass. KSC folks have been working for some time to get one together.

Everyone interested in learning how to compost household kitchen scraps, leaves, grass and other yard debris are encouraged to visit the site. Several examples of bins for backyard composting are featured. Printed *How To* compost brochures are available. Feel free to stop by and pick up brochures if you want to learn how to compost or get some tips about improving your technique.

Bernie and crew at MV are available to conduct tours of the compost site as well as the rest of their operation. This past growing season, MV had a primo produce stand and still have some winter squash. Call them to arrange a tour for your self, school classes or other groups. 882-3962

Top Five Reasons To Reuse a Bag

According to 1 Bag at a Time – www.1bagatime.com

- The petroleum in 14 plastic bags could drive a car 1 mile.
- Americans use over 14 billion plastic bags annually.
- It takes 70% more global warming gasses to make a paper bag than a plastic bag.
- Paper bags do not biodegrade in landfills.
- Cities spend up to 17 cents per bag in disposal costs.

Chemicals Play a Big Role in Breast Cancer

You know how Tammy Wynette said sometimes it's hard to be a woman? Well, it just got harder: a new report finds a potential link between breast cancer and 216 chemicals, including 35 common air pollutants and 73 food or consumer-product ingredients.

Racking up evidence from hundreds of existing lab tests, researchers concluded that environmental factors play a much larger role in breast-cancer likelihood than family history and genes. "Overall, exposure to mammary gland carcinogens is widespread," says the report, noting that 29 of the identified toxics are produced in volumes of more than 1 million pounds each year in the U.S.

Here's what's scarier: only 1,000 of the 80,000 chemicals registered for use in the U.S. have been tested for carcinogenic properties. As breast cancer is the leading killer of middle-aged American women, we advise avoiding pesticides, dyes, cosmetics, diesel exhaust, pharmaceuticals, food flavorings, and chlorinated drinking water. 5-22-07 Grist

Organic Farming Can Feed the World

A University of Michigan study indicates that organic farming is more productive than chemical and energy intensive industrial agriculture. Researchers noted 293 examples in previous studies that corroborate the fact that organic farming is better than conventional, but pointed out that biased studies funded by chemical producers have clouded the public's understanding of the issue. Corporate agribusiness has spent decades repeating the mantra that chemical intensive agriculture is necessary to feed the world. But according to the new report, "Model estimates indicate that organic methods could produce enough food on a global per capita basis to sustain the current human population, and potentially an even larger population, without increasing the agricultural land base." Ivette Perfecto, a professor at the University of Michigan, said of the study, "My hope is that we can finally put a nail in the coffin of the idea that you can't produce enough food through organic agriculture."

Learn more:

http://www.organicconsumers.org/articles/article_5996.cfm

Organic Bytes #113 7-12-07

Know Your Water Footprint?

The minimum water that each person requires, on average, for drinking, hygiene and growing food is about 1,000 cubic meters per year. That's about 2/5 of an olympic size swimming pool. Because the distribution of global water resources varies widely, some people get much more than this and some people get less.

Researchers have recently developed the concept of a "water footprint". As stated on the Water Footprint web page, [http://www.waterfootprint.org](#) The water footprint of an individual, business or nation is defined as the total volume of freshwater that is used to produce the goods and services consumed by the individual, business or nation.

You can determine your water footprint using the calculator on this site as well learn the total water required to produce various products. Some interesting facts about our water use from the Water Footprint web site:

- The production of one kilogram of beef requires 16 thousand liters of water.
- To produce one cup of coffee we need 140 liters of water.
- The water footprint of China is about 700 cubic meters per year per capita. Only about 7% of the Chinese water footprint falls outside China.
- Japan with a footprint of 1150 cubic meter per year per capita, has about 65% of its total water footprint outside the borders of the country.
- The USA water footprint is 2500 cubic meter per year per capita.

Calculate your water footprint at <http://www.waterfootprint.org> Also; check out the August 2008 issue of Scientific American to learn more about the global variability of fresh water. From CoCoRaHS 12-12-08

CoCoRaHS – The Community Collaborative Rain, Hail & Snow Network collects rainfall data from thousands of individuals across the US and maintains a website which is a compilation of these data. Their aim is to provide the highest quality information for natural resource, education and research applications.

Four people from Klamath County report to the network. Their website contains maps displaying the data. Go to www.cocorahs.org to check their maps and learn more about the service, and perhaps start reporting.

Farm-To-School Programs

By Diane Raymond

Natural News, October 20, 2008

For more info: www.naturalnews.com/024546.html

As farmers struggle to mitigate the increasing cost of transporting produce from farm to store and schools face smaller budgets and increasing concerns over the nutritional content of school lunches, some schools opt to bring the farm to the lunch table.

The concern over the nutritional value of school lunches isn't unwarranted: 15% of children ages 6-19 are considered overweight, according to a recent study conducted by CDC epidemiologist Cynthia Ogden, PhD. Between pre-packaged, highly processed lunches and vending machines loaded with sugary snacks and sodas, it is little wonder parents also worry about fueling their kids' minds. Many are asking the schools to do more; pointing out that the National School Lunch Program isn't passing muster.

Nearly half of the children in the U.S. who attend private and public schools participate in the NSLP, a federally assisted meal program that dates back to 1946. While the NSLP does provide a low-cost (and in some cases, free) means of delivering lunch through subsidies to schools, the program has been widely criticized in recent years for contributing to America's obesity epidemic. According to the Sustainable Table, a non-profit organization dedicated to educating the public about the problems with our [food](#) supply, our children are not meeting the RDA of vitamins and nutrients under the current NSLP guidelines. Couple that with the skyrocketing price of food, which extends beyond the family table to the school cafeterias as well. Forced to consider lower-priced alternatives to fresh foods, many schools have no alternative but to rely on the cheaper, less healthy fare. A number of districts across the country are taking matters into their own hands and breaking the mold. Instead of doling out sodium and fat-laden chicken nuggets for lunch, they are opting to assist local farmers and provide healthier, locally grown foods to students.

Eating and Learning: Models of Success

In the small community of Glen Lake, Michigan the farm-to-school program gives local schools an opportunity to sample tasty, healthy meals grown with as many locally grown products as possible. Not only is this a great opportunity for the children to develop an appreciation for locally grown food, studies show that children who are fed healthier, more nutrient rich foods are better learners. Michigan's program is a prime example of how school districts can assist local growers and simultaneously teach students about the [health](#) and economic benefits of consuming local produce.

Schools in Berkeley, California, have become a national model for how to make schools more sustainable. The Edible Schoolyard Project at Martin Luther King Jr. Middle School takes the farm-to-school concept one step further: the students use their school's organic garden as a [learning](#) tool. Students learn about planting and harvesting, cooking and eating, and biology, ecology, [nutrition](#) and sustainability. This program has become so successful that many schools around the country now have their own gardens. The National Gardening Association

Students at the Louisa May Alcott elementary school in Chicago's Lincoln Park neighborhood savor daily lunches dished up by local chef, Greg Christian. Christian runs the nonprofit Organic School Project, through which he donates half of his time and salary to a grand mission: seeing that Chicago students eat better. Nearby schools will be added to the OLP, with further plans to build teaching gardens at each school.

There is more good news: The National Farm to School program, a national network of community-based food systems that assist farmers and improve student health, estimates that more than 2,000 Farm to School Programs are currently underway in the U.S., with more than 8,700 schools actively participating.

How to Start a Farm to School Program

1. Research: Read the publication *Going Local* to acquaint yourself with model farm to school programs from across the country. As Farm to School programs come in many shapes and sizes, it's important to begin to identify what you want and what would work best in your school. Visit www.farmtoschool.org for more information.

2. Organize: Coordinate a group of cross-sector stakeholders in the community for a meeting to discuss farm to school (food service directors, parents, teachers, farmers, students, school administration, local nonprofits, etc.) Inspire potential supporters with an activity such as a farm tour or a farm-fresh taste test.

3. Assess: Facilitate conversations with various stakeholders to determine the feasibility of the program in your area—discuss where to buy local foods, assess how to serve them at school, identify staff or volunteers to support the program, and determine what the budget for your program can be.

4. Plan: Create a short description of your ideal program and then list specific first steps. Tip: start with easy wins! Try to limit this to five steps to help you organize and communicate your goals to others.

5. Start: Take small steps such as working with one or two whole products that are easy to process and popular among kids. Local apples, oranges, or strawberries are a good choice when they are in season.

KSC Local Food Network Committee
Next meeting January 16 @ Noon
Green Blade Bakery – 1400 Esplanade

Committee members have two focus areas – getting local food into schools and institutions which will not be easy given budget limitations; and, partnering with the Farmers Market. Call Green Blade to order a sandwich or calzone - 273-8999.

OCA Organic Transitions

The Organic Consumers Association is proud to announce the launch of our new long-term North American campaign: "Organic Transitions". As the planet descends into a global economic crisis, battered by global warming, resource wars, and Peak Oil, we need to prepare ourselves and our communities for survival and revival in hard times.

Organic Transitions is designed to mobilize organic consumers and local communities to plan and implement food, transportation, energy, and education strategies that will enable us to survive and thrive in the turbulent times ahead. Organic food and farming will provide the healthy cornerstone for a new, more localized, green economy.

Go to www.organicconsumers.org/transitions and check out our new "Organic Transitions" website. *OCA, Organic Bytes #150, 11-06-08.*

KSC has requested information on support materials to mobilize the Klamath community in an Organic Transition. Look for more information in the Spring issue or perhaps from Leslie's News Notes.

Waste Food – Waste Water

The world grows more than enough food to sustain the global population, but half of that food is wasted -- and thus half of the water used in food production is wasted as well, says a new report from the United Nations Food and Agriculture Organization, International Water Management Institute, and Stockholm Water Management Institute.

In developing countries, food spoils or is damaged by insects; in developed countries, it's more often just tossed out. The United States and other industrialized countries throw out some 30 percent of their food each year, says the report: "That corresponds to [10.6 trillion gallons] of irrigation water, enough water to meet the household needs of 500 million people."

The organizations call for a 50 percent reduction in global food waste by 2025, pointing out that 1 billion people already live with insufficient water. "Unless we change our practices," says the FAO's Pasquale Steduto, "water will be a key constraint to food production in the future." 8-28-08 Grist

<p style="text-align: center;">Klamath Sustainable Communities Business Meeting</p> <p style="text-align: center;">Monday, January 12, 2009 * * * 6:30-8:30 PM</p> <p style="text-align: center;">Nightfire's Daywater Cafe 919 Klamath Avenue</p>

Social time and dinner from 6:30 - 7:15 PM. Meeting starts at 7:15 PM. Dinner is \$12 (including tip) for a squash and mushroom lasagna, veggie soup, and salad. Drinks and desserts can be purchased. Please RSVP to Leslie at inharmony46@charter.net or 882-6509 by Jan 9.

Toby Freeman local community representative for Pacific Power will present information about their Blue Sky program which allows customers to invest in green power when paying their electric bill.

KSC Website News

By the time you read this, we are hoping to have made our website www.klamathsustainablecommunities.org very usable and current. Art Martin has put in a lot of time making this happen. You can now find our quarterly newsletters and minutes from our meetings over the last year at this site. We have updated our "Achievements" section as well as the calendar for "Joinables and Meetings." We hope you will start using this site more to access information about living more sustainably.

Have suggestions or want to add something to the site, contact Art at arthurbmartin@gmail.com.

Reduce Your Carbon Footprint

Thirty seven people are receiving this newsletter via email. 280+ are still being mailed paper copies. To receive this via email let Dwight know at oh_otter@charter.net – help save a tree!



"If you want to go fast walk alone;
if you want to go far walk together."
– an Ethiopian proverb