

## SEEDS OF CHANGE eNewsletter #59, November 29, 2006

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100% Organic Seeds and Food

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### DEAR ORGANIC GARDENERS,

[http://www.seedsofchange.com/enewsletter/issue\\_59/dear\\_gardeners.asp](http://www.seedsofchange.com/enewsletter/issue_59/dear_gardeners.asp)

I'm thinking about water a lot these days. It's flowing everywhere around here and more rain and high winds are in the forecast. On top of the rain, the temperature is unseasonably warm—beyond memory for this time of year in Maine. So, of course, talk of global climate change is once again on everyone's lips. This autumn brought torrential rains to the other coast as well, triggering flooding, hampering the harvest, and eroding soils. I'm sure they're talking about climate change there as well.

Wherever we live, it seems fairly certain that we are in for more challenging weather events in the near future, whether they be drought, deluge, or high winds. And as every gardener and farmer knows, extreme weather can wreak havoc on the most carefully tended beds and fields. Once I dig the last of my potatoes, carrots, and yacon out of the soupy mud and mulch what beds have not been cover cropped, I'm planning to spend some time this "off season" designing more resilient systems for our gardens. Inspired by a recent permaculture class here, and re-reading Bill Mollison's [work](#) (as well as endless hours of watching the voluminous runoff move across the land), I'm finally ready to try to mitigate the flood/drought cycle that has challenged our gardening since we've been here.

It seems that "extreme" events are becoming a regular occurrence and a little proactivity is in order. After contour mapping the garden area, we are working out a system of swales and ponds to divert water away from our gardens and store it for later use. Hopefully this will get us into the garden a little earlier in the spring and allow us to harvest fall crops without a snorkel. I'll keep you posted.

While winter is a great time to plan for the following year and develop more efficient cropping systems, there's really no reason to stop gardening all together and give up eating fresh, homegrown, organic food. To that end, I've contributed some ideas to help with indoor container gardening for the winter. In addition, Steve Peters shares with us his love of *Daucus Sativa* (carrots); he delves into the history and cultivation of this most popular and nutritious of crops, while Seeds of Change Marketing Analyst Dan Sandweiss, contributes an interesting interview with one of our favorite chefs, Karen Todd of Taos, New Mexico's Dragonfly Café. And, as always, we've included a report from the Research Farm where they are preparing for winter work, and some news from the organic world as well.

One final note, our 2007 organic seed catalog is nearly ready to send to the printer, and is due in homes at the end of the year. It's as beautiful as ever, and this year's cover is a surprise you won't want to miss. If

you're not subscribed, or have some gardening friends that you think would enjoy the range of organic seeds, tools, and books, click [here](#) to sign up.

**Enjoy the harvest and stay dry!**

**Scott Vlaun, Editor**

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## **A GREEN WINTER**

**by Scott Vlaun**

[http://www.seedsofchange.com/newsletter/issue\\_59/green\\_winter.asp](http://www.seedsofchange.com/newsletter/issue_59/green_winter.asp)

For many in the northern temperate zone, late fall can be serious doldrums in the gardening cycle. Most of us have harvested what we can from our gardens, stored out roots, canned what we could, and put the rest in the freezer. Even in our cold frames, the harvest is almost over. One of the best ways I've found to beat the late-season blues is to plant some salad on a sunny windowsill. While a few small containers might not yield the same quantity and quality of salad that comes out of the garden in late spring or early fall, that handful of fresh-picked mesclun on a sandwich or as a side salad takes on a whole new meaning in the short, dark days of January when fresh, nutritious green food is hard to find.

While growing windowsill salad is as easy as filling some containers and adding seeds and water, there are a few details that will help increase your satisfaction and assure you of a steady harvest. Like any gardening pursuit, indoor container gardening is about finding a working combination of soil, water, light, and the right varieties to grow. As far as containers go, almost anything that is at least three inches deep will do, a little deeper is better, and something long and narrow to take advantage of the limited space is optimal. Seeds of Change carries a nice selection in the [container gardening](#) section of the website and catalog.

Probably the most important thing for successful windowsill gardening is a good organic potting mix that combines adequate fertility with a balance of good drainage and sufficient moisture retention. I've had good results with screened garden compost and sharp sand, or a 50/50 mix of [coir fiber](#) and [worm castings](#), but the best bet for the beginning container gardener is to find a complete organic blend such as our [Fox Farm Ocean Forest Organic Potting Mix](#).

Once you've got your container full of potting mix, sow seeds of mixed salad greens fairly densely on the surface and cover thinly with more mix. At this point I like to drench lightly with a compost tea or a liquid organic fertilizer such as [Earth Juice](#). This should be all the fertility you will need to produce a nice crop of greens. As long as you are careful about watering, you don't necessarily need a container with drainage holes, but be careful to maintain consistent soil moisture without overwatering, especially when the plants are small. To save time and effort in getting the seeds to germinate you can cover the container with a piece of glass or clear plastic to keep the moisture in.

The best place to grow your winter greens will be in the sunniest window in your house. As the sun will be low and the greens will lean towards it, turn the pots around every few days once they begin to produce. If your greens seem excessively "leggy," or too tall and spindly, you may need to add some supplemental light for a few hours each day. If you choose to use a grow light, place it close to the plants, within a foot or so, for the greatest effect. If possible, place your containers outside when the weather is nice. The plants will become stronger and more vigorous.

Once the seeds have sprouted, let the fun begin. Since you have sown heavily, you can start harvesting

microgreens as soon as the canopy starts to fill in. Keep thinning and harvesting this way, creating space for the plants to thrive, until you have a few large plants left. You can then harvest those for a final stir-fry. Once you get your first batch underway and the harvest has begun, you'll want to start another batch. If you space your planting about every three weeks or so you'll have a steady supply to get you through until the spring garden is producing.

The best varieties for indoor salad are obviously the fastest growing ones that you like to eat. I tend towards the milder [mustards](#) such as komatsuna, taisai, bau sin, and mizuna, and grow lettuces in a separate container as they tend to grow a little slower. Of course, you can grow in your container garden pretty much any salad green that you can grow outside. A pack of [mesclun salad](#) or [spicy mesclun](#) might be all you need to get on your way towards a green winter.

**Scott Vlaun**  
**Editor**

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**CARROTS: ENJOYED BY KIDS OF ALL AGES** by Steve Peters

[http://www.seedsofchange.com/enewsletter/issue\\_59/carrots.asp](http://www.seedsofchange.com/enewsletter/issue_59/carrots.asp)

The bright orange, sweet, and succulent carrot root that is grown and loved throughout the world is a far cry from its wild ancestor. Queen Anne's Lace (*Daucus carota* subsp. *carota*) is a small, woody, bitter root that is marginally edible, although the vegetative plant and flowers are quite similar to the cultivated carrot. Seeds of the wild carrot were found in European caves about 5,000 years ago, but it is unknown how these seeds or any other parts of the plant were used at that time. There are also vague references to carrot-like plants called *staphylinos* by the Greeks and *pastinaca* by the Romans more than 2,000 years ago, although these were probably genetically related plants, either parsnips (*Pastinaca sativa*) or skirret (*Sium sisarium*). The first actual written record that mentions carrots was around AD 1000, and comes from Arab merchants who brought carrots from Afghanistan into North Africa, then Spain, and eventually the rest of Europe.

The roots came in a variety of hues, usually purple or yellow, and sometimes white, but never orange! The purple carrots were described as tasty and juicy, while the yellow ones were coarser and inferior in flavor. By the 13th century, carrots were grown in Germany and France. They were also being cultivated at this time in India, China, and other regions east of their Central Asian origin. The European varieties were strongly biennial like the wild carrot (i.e., they required two years to produce seed) and were adapted to Mediterranean and temperate maritime-type climates. In contrast, the Indian and Chinese varieties were annuals (i.e., seed production in one year) and more adapted to tropical and subtropical environments.

The very first references to orange carrots were actually not written descriptions, but depictions in domestic scenes by some of the Northern European painting masters of the late 1500s. The carrots in these paintings were pale orange in color, but nevertheless orange, and clearly a departure from the common purple and yellow types. Throughout the 1600s, orange carrots became the preferred kind, while all other colors dropped out of favor, although there is no clear explanation for this phenomenon. The most obvious reason would seem to be that orange carrots have a superior flavor, but there is no proof of this. In fact, color and flavor traits are not genetically linked, and the only reason that orange carrots today are better tasting than other kinds is that they have essentially been the only ones grown and improved upon for the past 350 years. Perhaps more significant is that the color orange stood out more dramatically than other colors in the drab grayness of autumn when they were being harvested, and hence were more

often replanted to produce the next year's seed crop. By the 1700s the Dutch dominated carrot breeding and genetic improvement, with the premier varieties being Early Half Long, Late Half Long, Scarlet Horn, and Long Orange. These early selections are the progenitors of most modern varieties and to this day, the Dutch continue to be the world leaders in carrot development.

### **Description & Varieties**

The carrot (*Daucus carota* var. *sativus*) is a member of the Apiaceae plant family, which also includes dill, parsley, cilantro, celery, parsnip, fennel, and lovage. Formerly known as the Umbelliferae family, all of these plants produce multiple tiny flowers on a stalk that resembles an umbrella. There have been about sixty species of *Daucus* described worldwide, most of which have never been cultivated. The carrot is a biennial because it requires two years to form a flower stalk and produce mature seed, although it is primarily grown as an annual for its fleshy taproot, which accumulates starches and sugars.

Carrot varieties can be grouped into four major categories according to their shape and length:

1. Nantes: These roots are medium long (5–8 in.), slender (~ 1¼ in.), and cylindrical with rounded tips. Good examples include Scarlet Nantes and Nantes Coreless.
2. Chantenay: These roots are short-medium long (3–6 in.) with broad shoulders (~ 2 in.) and taper to a blunt tip. Good examples include Red Core Chantenay and Kurota Chantenay.
3. Emperor: These roots are long (8–14 in.) with slender shoulders (~ 1½ in.) that taper slightly to a pointed tip. A good example is the Japanese Imperial Long.
4. Danvers: These roots are medium long (6–10 in.) with broad shoulders (~ 2 in.) that taper to a distinctly pointed tip. Good examples are Scarlet Keeper and St. Valery.

Perhaps a more important criterion when choosing a carrot variety is the intended use. The primary uses for the home gardener would be for 1) fresh market, 2) cooking, 3) juicing, and 4) storage. Fresh-market carrots are crunchy and sweet with an exceptional carrot flavor when consumed raw. The Nantes and Chantenay types are the best for this use. Most varieties are suitable for cooking, which makes even somewhat bitter carrots palatable. Danvers types are best for cooking and their broad-shouldered roots are perfect cut into disks in a stew. The best juicing carrots are high in water content and lower in sugar than other types. High-sugar carrots tend to be too sweet as a juice. A great juicing variety is the Danvers-type Scarlet Keeper. Mature, topped carrots can be kept in storage without rotting for 4–5 months. Danvers and Chantenay types are the best for this purpose, with Scarlet Keeper and Red Core Chantenay being particularly good. Most of the commercial carrots are Emperor types because they have high fiber and hold up very well in the field, although their flavor is generally not as sweet as the other types.

### **Culture**

Carrots prefer moderate temperatures, 60–75°F, for optimum growth, flavor, and nutritional quality. Prolonged colder temperatures decrease carotene production and hence the carrots are paler in color, whereas high temperatures result in excessive lateral roots and bitter flavor. They grow best on deep, well-drained loamy soils with a pH of 5.5–7.0. Avoid stony ground, which produces misshapen roots, and heavy, wet soils, which produce excessive leaf growth and forked roots. Good soil fertility is important, but do not over apply nitrogen-rich animal manure, which may result in hairy, forked roots.

Always direct seed carrots. Plant from early spring through midsummer, sowing your last crop 80–90 days before the first fall frost date. After seeding, cover with 1/8–3/8 inch of soil. The roots will form the best shape when plants are spaced 1–2 inches apart. The seed, however, is small and difficult to distribute evenly, which often leads to a crowded plant stand. This can be remedied by hand thinning the stand when the green tops are still very small, i.e., less than 1 inch tall. If thinning is not done until the tops are much

larger, the resulting roots will be deformed. One technique for creating a more even stand is to mix the carrot seed with sand, and then direct seed. Thinning will still probably be necessary, but the stand will be less crowded. Another technique, which can eliminate almost all thinning, is to bake a significant portion of the seed (perhaps 50%) in the oven at greater than 100°F, which destroys the germ. Then, mix this non-fertile seed with your good seed and plant directly. Carrot seedlings grow quite slowly during the first few weeks and can get overrun with weeds; therefore, it is important to weed early in the season, at the same time that you are thinning the carrots.

Carrots thrive when they receive a steady supply of water throughout the season. The amount of supplemental water via irrigation depends upon the climate, soil type, and the amount of water in the soil at planting. The soil should be moist but not wet. If the soil alternates between wet and dry, cracking of the roots may occur. Several types of watering systems can be used, including overhead sprinkler or drip or flood irrigation.

Harvesting can begin when root diameters are 3/4 inch or larger at the upper end. Wash roots thoroughly and enjoy immediately. If extended storage is desired, remove excess soil from the roots but do not wash. Then, clip the green tops to 1/2 inch long and store in moist sand at 32–34°F. A much easier storage method is to keep the carrots in the ground, but a 6–12 inch layer of straw mulch is recommended to avoid exposing the roots to freezing winter temperatures.

### **Nutritional Powerhouse**

Carrots are truly one of nature's wonder foods. Not only are they universally relished for their delicious flavor and satisfying crunch, but they provide a wide range of health benefits. For starters they are rich in certain phytochemicals known as carotenoids, which are biologically active compounds that promote general good health and enhance the immune system. The most important carotenoid is beta-carotene, which is present in many orange yellow foods, including pumpkin, corn, yams, and apricots, but which is especially concentrated in carrots. Our bodies convert beta-carotene into vitamin A, which strengthens the immune system and promotes healthy skin, lungs, intestines, and many other vital organs. Beta-carotene that is not converted to vitamin A is a powerful antioxidant that slows the aging process and helps prevent degenerative diseases such as cancer, arthritis, heart disease, and cataracts. Also very important is alpha-carotene, which, while not as concentrated as beta-carotene, has been reported to be more effective in inhibiting the growth of cancerous tumors. Carrots are also rich in thiamine, riboflavin, and vitamin C. Interestingly, the best way to consume carrots for maximum carotene absorption is as carrot juice or lightly cooked in a stir-fry. Cooking partially dissolves the fibrous cell walls of a carrot, which enables our body to absorb more carotene—although, for the true carrot lover, there is nothing finer than munching a raw carrot straight from the garden.

**Steve Peters**  
**Commercial Seed Manager**

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**CHEF KAREN TODD OF THE DRAGONFLY CAFÉ Interviewed by Dan Sandweiss**  
[http://www.seedsofchange.com/newsletter/issue\\_59/chef\\_karen\\_todd.asp](http://www.seedsofchange.com/newsletter/issue_59/chef_karen_todd.asp)

**Background:** Karen and Seeds of Change have worked together for many years. In August of 1999, she opened the Dragonfly Café and Bakery focusing on fresh, local and organic ingredients.  
[www.dragonflytaos.com](http://www.dragonflytaos.com)

**Your web site says that your #1 ingredient is quality. What defines quality for you?**

Freshness and no processing. Freshness is key.

**How do organic ingredients fit into that definition?**

My produce comes as fresh as I can get it. Sometimes it's out of the garden in the morning and on the customer's table that afternoon. I buy local, which is mostly organic. Most small growers are turning more and more to organic and heirloom crops. If I have to choose between a conventionally grown heirloom and an organically grown "regular" item, I always go organic. Just because a seed starts as an heirloom, it doesn't mean it's free of chemicals. The finished product is ruined once they start dumping chemicals in the soil.

**You visit the Seeds of Change Research Farm quite often. Why?**

They're a wonderful group of people to work with. We have a wonderful, symbiotic relationship where they trade produce to me in exchange for my organic baked goods. They hand me quality ingredients and I turn around and hand back finished goods. Also, I respect the work they do and appreciate it. Finally, I get to try things they're researching but aren't in the catalog, and I give them feedback. They had a wonderful prickly cucumber that never made it into the catalog.

**Where else do you get your ingredients?**

Our flour is from the Sangre de Cristo cooperative mill that is local and organic and from a cooperative of farms. It's gluten content is very consistent. Eggs are from our own chickens. We compost everything from the kitchen and much goes back to the chickens. Our butter is regular, sweet unsalted. In the summer, we grow most of our own produce in our 2000 sq. ft. garden. The rest of our produce is from local growers. We have friends on the Pueblo that let me pick their fruit trees. People come in with wild mushrooms. In the summer, most of what I buy is local and organic. In the winter, I have to buy through big restaurant suppliers. To offer more local and organic products in the winter, I have started preserving organic produce by pickling, but it's not enough. We're talking about getting a greenhouse on our own property. That's how committed we are to fresh, organic, and local.

**You attended the Cooking and Hospitality Institute in Chicago. How much did they teach about organic ingredients?**

They didn't. It's just something I hold dear to my heart. I have two small children. I wouldn't put anything out that I wouldn't give to my own family. We use grass-fed buffalo. No hydrogenated oils. We support agriculture that we agree with in our hearts.

**What should farmers know about supplying restaurants like yours?**

Before planting, call the restaurant to ask what the chef wants. It's a great way to get a foot in the door with the restaurant. The restaurant also feels committed to purchase your goods. Farmers should research selling prices to make sure they're in line with what restaurants are paying. Flex the price when you have more or less of an item. Lots of restaurants want to work with local growers because they know the produce didn't sit in transport a long time, so it tastes much better.

**What should gardeners know about trying to replicate fine dishes like yours?**

Never use hydrogenated oil; always use butter. If it doesn't taste right, add more butter (laughs). Play with the food. Have fun. Make a dish several times and see what you liked and didn't like. But quality ingredients are always key.

### **Can you share an easy recipe with our readers?**

How about a beet salad for the fall? This one is a fine, simple salad. The sweetness of the beets shines through. The truffle oil adds earthiness and the cheese adds saltiness.

#### **Ingredients:**

Chiogga Beets  
Yellow Mangle Beets  
Detroit Dark Red Beets  
Italian Parsley  
Stockton Red Onion  
Zefa Fino Florence Fennel  
Truffle or olive oil  
Manchego cheese

#### **Instructions:**

Roast beets and peel. Skin slips off easily after roasting. Quarter the beets. Add chopped parsley, shaved fennel, and thinly sliced red onion. Toss in truffle/olive oil. Shave manchego cheese on top.

#### **What else should our readers know?**

It's been great pleasure to work with Seeds of Change. Kelle Carter has been a star, driving items up to Taos. I hope our relationship continues for a long time.

**Interviewed by Dan Sandweiss**  
**Seeds of Change Marketing Analyst**

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**FARM REPORT: NOVEMBER 2006 by Erica Renaud**

[http://www.seedsofchange.com/enewsletter/issue\\_59/farmreport.asp](http://www.seedsofchange.com/enewsletter/issue_59/farmreport.asp)

Cool mornings and cool, dark evenings sandwich the warm, bright days at the New Mexico Research Farm this time of year. So, while cleaning seed and building projects are filling our mornings, we return to the fields in the afternoon to cut back perennials, rake leaves, and harvest the last of the carrot roots for a seed crop next year. It is solely at this time of year that we look up from the fields toward the cottonwood trees that surround the farm and view their luminous yellow. Photosynthesis slows as the daylight hours decrease, and we see all plants begin to lay down their leaves for the winter.

End-of-season projects, such as wood chipping our spring fruit-tree prunings to add carbonaceous material to our compost piles, have absorbed the time of Joe Martinez and Erazmo Marquez, Farm Associates of all trades—this is to say, of course, when they are not performing end-of-season repair and building projects. Recently, Joe and Erazmo enhanced our produce- and pot-washing station by building an overhang to protect the station from the elements. The next building objective before the December snows is to replace the roof of the infamous chicken shed, which has been converted to a storage shed. As the historical use of the chicken shed remains apparent to the nose, a translucent roof and more ventilation have been demanded.

Emily Skelton, Seed Cleaning & Quality Coordinator, has begun to ramp up for the seed-cleaning season. While she continues to prepare for her Registered Seed Technician Certification, Emily has been collecting samples of all potential noxious weeds throughout the U.S. This seed collection is part of the

process for her to gain knowledge and expertise in weed-seed identification to enhance the purity of Seeds of Change seed lots. Wade Collins has joined Emily to learn more about seed cleaning and seed quality. Wade, a new father of four-week-old Elliot, came to Seeds of Change from the Chicago area, where he had a CSA on his family farm. Wade earned a bachelor's degree in anthropology from University of Minnesota and is a licensed film editor. Now, he and his wife, Jennifer, have bought some land in Ojo Caliente, where they intend to start an organic farm and house their five dogs, ten cats, and a cockatiel.

Kelle Carter, Farm Field Coordinator, and Will Emmett, Farm Associate, are enjoying the slower pace of the late fall. After a rigorous season of planting, weeding, harvesting, and irrigating all of our field crops and variety trials, the peacefulness of cutting back perennials, clearing crop residue, and planting cover crops all take on new meaning. In order to take best advantage of getting ahead of the next spring season, good cover crop establishment and maintenance of the perennials are a must. As Will came to Seeds of Change from the Wave Hill and Brooklyn Botanical Gardens, he is meticulous about the care and nurturing of the orchard, roses, and perennials on the Farm—a much-needed horticultural dimension to all of the other demands at the Seeds of Change Research Farm.

With all the diversity of the Farm activities, Emily Gatch, staff Pathologist & Greenhouse Coordinator, is keeping busy hibernating in the new Seed Quality Lab where she is hot-water treating any at-risk seeds for potential diseases. Simultaneously, she is collecting leaves for composting in order to create, and then evaluate, the potential of leaf compost as a source of sustainable potting mix. Emily's intention is to reduce the Farm's reliance on off-farm, energy intensive, or unsustainable inputs (peat moss, coir, vermiculite, and perlite) in the greenhouse potting mix. Peat moss is of concern because peat bogs are a major carbon sink, so mining them contributes to global warming, and it has to be trucked from far away. Vermiculite and perlite are minerals that are heated to extremely high temperatures to expand them. These media also travel far distances until they reach us, and we want to decrease our dependence on shipping long distances as well.

We are now harvesting the last of our Research Trials. A broccoli variety trial in four regions of the U.S. is being evaluated and harvested for agronomic data, regional performance, and nutritional quality. The final varieties are being evaluated, harvested, and prepped for nutritional analysis at this very moment. Luckily, the frost allows these varieties to continue to develop late into the season and allows us to inform our customers of the best-performing spring and fall varieties for the multiple regions in which our customers garden and farm.

All of this is going on while the Farm staff supports the business by making varietal inclusion recommendations, by writing variety descriptions, by being the photography showcase, and by evaluating and testing all garden and farm tools for both the Professional and Garden catalogs. All in a day's work!

**From the staff of the Seeds of Change Research Farm,  
Erica Renaud  
Research and Farm Manager**

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**NEWS & VIEWS**

[http://www.seedsofchange.com/enewsletter/issue\\_59/news.asp](http://www.seedsofchange.com/enewsletter/issue_59/news.asp)

## **The Sixth International Ecocity Conference (Ecocity6) in Bangalore, India**

December 3 - 6, 2006. This is a landmark gathering of sustainablists from all over the world. Previously, the conference has been held in Berkeley, Australia, Senegal, Brazil, and China. The conference brings together some of the finest minds to discuss the intersections between urban development, governance, the environment, technologies, education, NGOs, and industry. Attendees are farmers/gardeners, ecologists, regional planners, community organizers, bioengineers, and "anyone wanting to learn more about the healthy city of the future: the Ecocity." Symposia will include Urban Settlement and Ecological Environments, Cultural and Social Environment, Urban Climate and Climate Change, and Efficient and Sustainable Urban Utilities Management. The goal of Ecocity Builders, one of the sponsors of the conference, is to cultivate a healthy biodiversity in the heart of cities and to bring agriculture back to the streets of the urban world.

For more information, check the conference web site  
<http://www.tciconferences.com/ecocity2006/ecocity2006.htm>

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## **Advances in the Cutting-edge Techniques of Genomics**

A new type of biotechnology has been quietly developing in the past decade that will most likely replace controversial "transgene" GMO technology in the world of plant breeding. The cutting-edge techniques of genomics, in particular marker-assisted selection, use both new advances in screening for desirable genes within the genome of one crop and its known relatives as well as Landraces to speed the process of classical plant breeding. Marker-assisted selection allows researchers to rapidly acquire information and identify useful existing genes within a crop group, while avoiding the environmental risks and political controversy associated with genetically modified crops that may contain, for example, transgenes from a fish or bacteria. This is an evolving field within plant breeding that gardeners and farmers should become familiar with, as we are likely to hear much more about it in the future, and because it has the potential to integrate with agro-ecological approaches to food production.

For a self-guided tour of this topic, start with: "Beyond Genetically Modified Crops," by Jeremy Rifkin in *The Non-GMO Report*, Volume 6, Issue 8, August 2006.  
See also "Seed Firms Bolster Crops Using Traits of Distant Relatives" by Scott Kilman in *The Wall Street Journal*, October 31, 2006.

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## **An organic farmer in the Senate!**

John Tester, the Democratic candidate for the Senate in Montana, narrowly beat his opponent, incumbent Conrad Burns in Tuesday's midterm elections. Tester is an organic farmer who grows wheat, barley, lentils, peas, millet, buckwheat, alfalfa, and hay on his High Plains prairie farm, which has been in his family for three generations. A former custom butcher and member of the Big Sandy Soil Conservation Service, Tester is easily recognized by his famous buzz cut and a left-hand missing three fingers. According to the New York Times, "he is probably the only major candidate for Senate who took time off in the heat of a campaign to harvest his crop."

As a company, Seeds of Change espouses no particular color of politics, but we are all for a politician who understands the seasons of farm life and the importance of organic production.

The New York Times, Thursday, November 9, 2006 or visit <http://www.testersenate.com/about>

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